Plants have more of it than you think! That's not just nuts and beans, but rice, oatmeal and veggies like peas and broccoli.

Eggs can be included as part of a heart-healthy diet. Enjoy 1-2 eggs a day as a high-quality protein.

Get protein from different sources to maximize nutrients, like omega-3s from seafood and choline from eggs.

Protein is already in many foods. Plus, bars and powders are often more expensive than whole foods.

IGNORING PLANT PROTEIN

BEING SCARED OF EGGS

GETTING STUCK IN A RUT

RELYING ON BARS AND POWDERS

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