

# Greek Yogurt

1 small container (7 ounces) = 20 Grams of Protein

Greek yogurt can have all three macros, depending on the type you choose, and has an especially impressive amount of protein compared to other types of yogurts. According to the USDA, a small container of Greek yogurt (7 ounces) contains 20 grams of protein nine essential amino acids.

How to add them into your diet:

Greek yogurt with popular combinations and foods—nuts and seeds work well as toppings, while yogurt dip or sauce tastes great with eggs, avocado, smoked or grilled salmon and green vegetables like broccoli, spinach and brussels sprouts.



Sources: USDA & WebMD

## Greek Yogurt with Strawberries

Gluten Free +High Protein



### Ingredients:

1/2 cup nonfat plain Greek yogurt

1/4 cup sliced fresh strawberries

Servings Per Recipe: 1  
Calories: 80

### Directions:

- 1 Place yogurt in a bowl and top with strawberries.
- 2 Refrigerate in a covered container for up to 1 day

### Tips:

- 1 Greek yogurt contains more protein compared to regular yogurt. It's also a good source of calcium and provides probiotics that are good for your gut health. Choose plain Greek yogurt when you can and add yummy toppings on your own, such as nuts and seeds, fruit or even a few chocolate chips.