Protein POWER!

Boost your know-how about this essential nutrient.
WHAT TO DO: TEST YOUR PROTEIN KNOW-HOW

Then use the answers to guide your eating choices.

1 Which has more protein, the white or the yolk of an egg?

The white—but not by much. A large egg white has about 3.6 grams of protein; the nutrient-rich yolk has 2.7. But three egg whites are just 1 SmartPoints value, while one whole egg is 2. (An omelet made with one egg and two egg whites instead of two eggs is a good compromise!)

2 True or False: Eating more protein can help you fill up.

True. According to some small studies, adding protein-rich foods to meals and snacks may help you feel less hungry between meals.

3 Which of the following is NOT a good source of protein:

C. Cheese, beans, and peas can be good sources of protein. Coconut milk is not.

4 How much protein is in a 3-oz serving of meat, fish, or poultry?

C. Each ounce has about 8 grams of protein; a 3-oz serving has about 24 g. (There’s about 8 g protein in ½ cup beans or 1 oz of seeds or nuts.)

Protein POWER!

Protein is a nutrition hero! It can help strengthen bones, and it supports muscles, cartilage, skin, and blood health. You probably know your animal proteins—meat, poultry, seafood, eggs, and dairy. But don’t overlook vegetarian proteins, like beans, peas, soy products, nuts, and seeds.

How protein helps:
Many high-protein foods are rich in B vitamins, vitamin E, iron, zinc, and magnesium, all of which help keep the body running smoothly. Because much of our body is made up of protein, eating the right amount can help build and preserve muscle. Protein can also help you feel more satisfied than other nutrients such as carbohydrates or fats. (Not surprising that foods higher in protein tend to be lower in SmartPoints® values!)

Tip: Aim to eat 8 grams of protein daily for every 20 pounds you weigh. If you weigh 180, for example, you’d aim for 72 grams.

An egg-cellent source of protein!
THINK AGAIN
Give your attitude toward nutrition a reality check—and expand your palate and your thinking!

UNHELPFUL
“Protein is so good for me, I should just focus on high-protein foods to be successful.”

HELPFUL
“Protein is good for me—but focusing on any one nutrient isn’t a great long-term strategy. Eating a variety of healthy foods will help me lose.”

UNHELPFUL
“I’ve tried to eat chickpeas, but I’ll never be able to stomach them.”

HELPFUL
“I didn’t like the chickpeas I tried, but there are other beans and legumes—and ways to prepare them—that I might like better.”

YOUR TURN! What unhelpful thought have you had recently? Write it here. Give it a reality check. Now, what is your helpful thought? Write it here.

UNHELPFUL
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

HELPFUL
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

TO DO THIS WEEK

**WHAT:** Pick a protein-rich food to try that you haven’t had before.

**HOW:** Check weightwatchers.com (for subscribers) for a recipe using it. Make a shopping list and plan when you’ll make it. Write what you plan to eat:

_____________________________________________________________________________________
_____________________________________________________________________________________

*Posted on Connect on the mobile app (for subscribers).*
[LIGHT FARE]

**GRILLED SALMON WITH HERBED CAPER SAUCE**

Great on a grill pan, too.

8 SmartPoints® VALUE PER SERVING // PREP 10 MIN // COOK 6 MIN// SERVES 4

- ½ cup loosely packed fresh parsley leaves
- 2 Tbsp fresh oregano leaves
- 1¼ Tbsp drained capers
- ½ small shallot, chopped
- 1 Tbsp red-wine vinegar
- 1 Tbsp water
- 1 garlic clove, chopped
- 2 Tbsp olive oil
- 4 (5-oz) skin-on salmon fillets
- ¼ tsp salt
- ¼ tsp black pepper

Puree first 8 ingredients in food processor. With motor running, add oil. Transfer sauce to bowl.

Sprinkle salmon with salt and pepper. Spray large ridged grill pan with nonstick spray and set over medium-high heat. Add salmon and cook, turning once, just until opaque in center, about 6 minutes. Remove skin and place salmon on platter or 4 plates. Drizzle evenly with sauce. Yields 1 fillet and 1½ tablespoons sauce per serving.

---

**THOUGHTS ON MY MEETING...**

GREAT STUFF I HEARD.... HELPFUL TIPS... WHATEVER!

---

**TUNE IN EACH WEEK!**

On next week’s video, airing April 20, you’ll get creative, delicious, plan-wise food hacks! Videos air Thursday nights at 8 p.m. ET/5 p.m. PT on the Oprah tab on Living (on weightwatchers.com); or on Connect on the mobile app, search for the connectingwithoprah profile to watch each new video. And remember to share your thoughts about the topic in real time on our chat feed!

**STRETCH, EXPLORE, RENEW!**

Our challenge winds up this week—but keep the fun going all season long. If you’ve come to your meeting 4 of the 6 weeks of the challenge, you’ll get a Spring Up award!

**LET US KNOW**

what you think about the Weekly!

weeklycommunity@weightwatchers.com

---

**LATE-BREAKING NEWS**

For updates and corrections to Weekly recipes and other content, go to weightwatchers.com/wwwupdates

---

**PROTEIN PACKS!**

Dip, scoop, enjoy! Classic or Roasted Red Pepper Hummus Snack Packs have 8 g protein and just 3 SmartPoints a pack! (Gluten-free, too.)

Available in participating meeting locations.

---

**WEIGHT WATCHERS at your workplace**

Start a Weight Watchers meeting in your workplace! For info, call 1-800-8-AT-WORK (1-800-828-9675) or visit www.weightwatchers.com/work. And many employers across the country offer discounts for our program. Ask your employer today!