# **Vary your protein tracker** Keep track of how many different types of protein you have this week. Eat a variety of protein foods and choose plant protein sources more often.

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| --- | --- |
| **Day** | **Meal occasion and** **protein eaten** |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |

**How many different types of protein did you have?**

This week, why not try a bean or lentil dish that you haven’t had before?

**How many were plant sources of protein?**