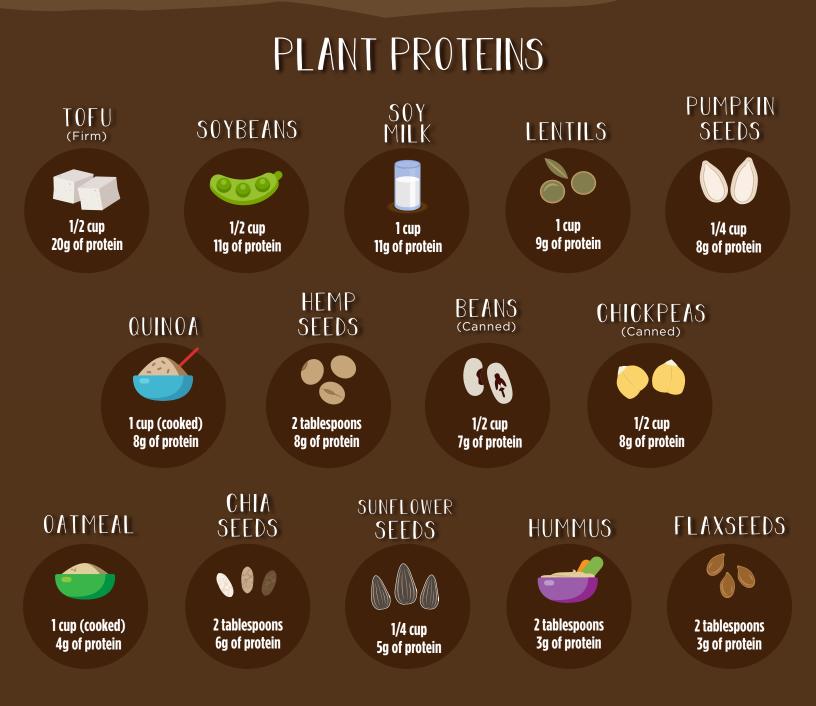


Marshfield Clinic Health System

PROTEIN TO EAT INSTEAD OF MEAT

Getting enough protein doesn't have to mean eating meat at every meal. You can get your recommended daily intake eating only these meatless protein sources or eating them in combination with some meat.



NUTS



Eating less meat is easier with a handy list of meatless protein options. Get more ideas for vegetarian recipes by visiting:

shine 365. marshfield clinic.org/tag/meatless-meals/



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