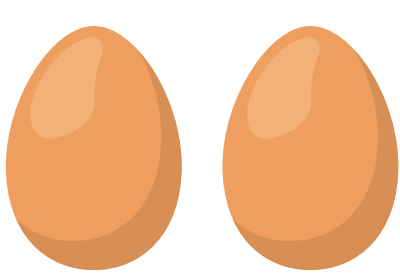


Protein & Calcium



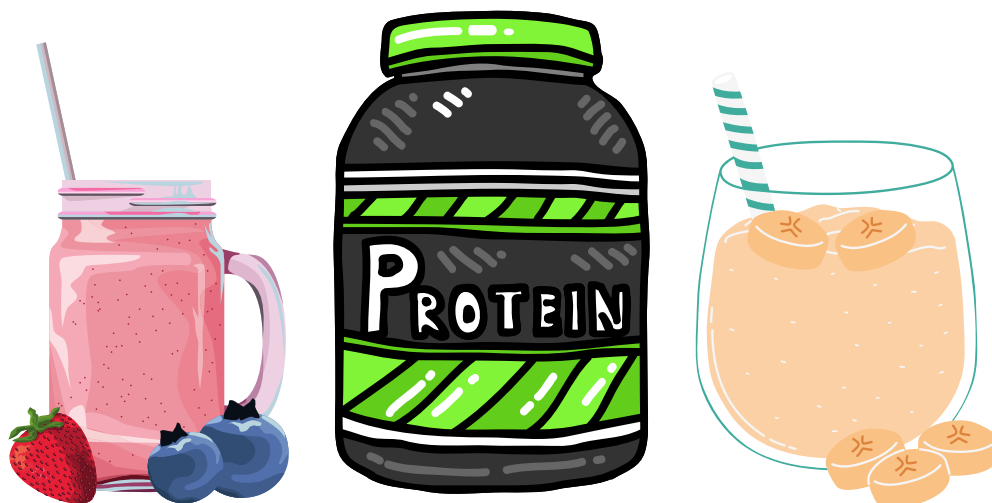
Dairy & alternatives	Serving Size	Protein (grams)	Calcium (mg)	Calories
Silk Soy Milk, unsweetened original	1 cup	8	300	90
Silk Soy Milk, unsweetened	1 cup	7	300	100
Silk Soy Milk, vanilla	1 cup	7	300	110
2% Cow's Milk, any brand	1 cup	8	300	160
Fairlife 2% lactose free cow's milk	1 cup	14	400	130
Liberté Greek yogurt 8%	3/4 cup	10	300	190
Cottage cheese 2%	1/2 cup	13	175	100
Cheddar cheese	1 slice, 1 oz or 28g	7	240	113
Mozzarella cheese	1 slice, 1 oz or 28g	8	240	78
Provolone cheese	1 slice, 1 oz or 28g	7	252	98
Chèvre/Goat cheese	1 oz or 28g	6	96	103
Blue cheese	1 slice, 1 oz or 28g	6	168	100
Brie cheese	1 slice, 1 oz or 28g	6	60	95

Fish	Serving Size	Protein (grams)	Calcium (mg)	Calories
RainCoast Trading Wild Sockeye Salmon with skin and bones	the entire 160g can	39	375	300
RainCoast Trading Wild Sockeye Salmon with skin and bones	half can	19.5	187.5	150
Rio Mare Salmon Fillet in Extra Virgin Olive Oil skinless boneless	125g can	25	10	220
salmon, grilled/poached/en papillote	100g/3.5 oz	20	0	208
Rio Mare Insalatissime light tuna "Lentils"	1 can	18	30	340
Rio Mare Insalatissime light tuna "Beans"	1 can	11.5	30	250
Rio Mare Insalatissime light tuna "Mexican"	1 can	10	30	200
Rio Mare Insalatissime light tuna "Chickpeas"	1 can	18	30	306
Rio Mare Tuna in Olive Oil, NOT drained, eat the oil	1 can	17.5	0	403
Smoked Trout	100g/3.5 oz	20	24	141

Poultry	Serving	Protein (grams)	Calcium (mg)	Calories
eggs	1 egg	6	24	78
chicken breast	100g/3.5 oz	31	12	165
ground chicken	100g/3.5 oz	27	12	239
ground turkey	100g/3.5 oz	29	12	189

Other staples	Serving	Protein (grams)	Calcium (mg)	Calories
Chickapea Pasta, all varieties	85g or 1/3 package	20	40	290
Bioltalia Durum Wheat Semolina Pasta	85g	9	24	300
Dimpflmeier Organic 100% Rye Bread	2 slices	6	30	240
Fontaine Santé Hummus	2 Tbsp	2	10	70

Shakes	Serving	Protein (grams)	Calcium (mg)	Calories
Fairlife Nutrition Plan Protein Drink 30g, Vanilla or Chocolate	340mL bottle	30	750	150
Fairlife Nutrition Plan Protein Drink 42g	340mL bottle	42	1080	240
Good Protein All-in-one Superfood Shake, any flavour, I like Orange Cream Pop	1 scoop	21	160	160
Whey Protein Isolate (typical brands)	1 scoop	25g	90	110
Ensure Protein Max	330mL bottle	30	600	150



Grocery LIST

DATE

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GRAINS

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Hey there!

If we haven't met, I'm here to help you navigate what feels like a massive ocean of health information – and steer you away from misinformation – on your quest for feeling better and living your best life. No woo, no wacky diets, and definitely no detoxes!

My approach is informed by evidence-based medicine and over 15 years of experience as a naturopathic doctor. Having witnessed the benefits and backfiring of alternative medicine as both a practitioner and a patient, I bring integrity, insight and intelligence to integrative care.

I have the luxury of time for educational conversations that empower individuals to take meaningful action and change the trajectory of their health. I am both an advocate for my patients and an ally to their health team, regularly collaborating with family doctors and specialists to provide the best possible care.

I am based in beautiful Collingwood and my virtual practice serves people across Ontario.



Clinical focus:

- perimenopause
- mental health
- adult ADHD
- digestive health
- prevention and healthy aging

 **Aranka Jones**
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