

Food-First Protein Swap Card

Compare the scoop against a simpler control meal.

Usual powder use	Food-first comparison
Breakfast smoothie	Eggs and toast, yogurt and oats, or tofu with rice
Quick snack	Lactose-free yogurt, hard cheese and crackers, eggs, or leftover tofu
Post-workout drink	A plain meal with tolerated protein plus rice or potatoes
Plant-based backup	Firm tofu, tempeh, soy-protein milk, or a smaller app-checked legume add-on

The clearer meal is not always the forever choice, but it is often the better test.