

BECOME A PRO AT PROTEIN



Protein plays an essential role in repairing and rebuilding the muscles. Often times protein is misunderstood in regards to gaining or maintaining lean lean muscle mass. Protein is most effectively used when spread out throughout the day, rather than in 1 or 2 large meals, for it's important to give your body 4-6 separate dosages of protein throughout the day. Every meal and snack should have a good source of protein (chicken, fish, tofu, milk, beans, nuts, cheese, eggs, etc. If you are trying to lose weight making sure you have protein consistently at meals and snacks is important, for protein takes longer to digest compared to carbohydrates making you feel satisfied for a longer time, which may assist in weight loss.

Did you know carbohydrates offer protein?

Complex carbs such as oatmeal, whole grain bread, brown rice and quinoa also offer protein, as well as fiber. While these should not be your primary sources of protein, complex carbohydrates can help you meet your recommended protein intake. They can also keep you satisfied for a longer time than simple carbohydrates, which can help assist with weight loss.

How much protein should you aim for at meals?

Try to aim for 0.25-0.3g/kg protein at every meal. If you take your weight, divide it by 2.2 and then multiply it by 0.3 then you will get the amount of protein you should aim for at meals. (Example) $160 / 2.2 \times 0.3 = 21.8$ (22g) For example, 1 egg has 6 grams of protein, therefore if you have a 3 egg omelet = 18g of protein. Then add 1-2 slices of whole grain toast and that should be an additional 3-6g of protein ~ 21-24g protein at breakfast! Want to know how much protein you should have in a day? Find out at strength.com/protein-calculator

Quick Stats

It's important to give your body

4-6

separate servings of protein throughout the day

Aim for:

0.25-0.3G/KG
protein at every meal








Calculate your protein:

BODY WEIGHT
divided by
2.2
multiply by
0.3







HIGH PROTEIN SOURCES

A guide to high protein foods

Protein Source	Serving Size/Protein (g)	Protein Source	Serving Size/Protein (g)
 GREEK YOGURT	1 cup 15-18G	 BEEF JERKY	0.75 oz 10G
 GREEK YOGURT	5.3 oz 12-15G	 EGGS	1 egg 6G
 COW'S MILK (skim, 1%, 2%, whole)	1 cup 8-9G	 CHICKEN	3 oz 21G
 COTTAGE CHEESE	1/4 cup 7G	 SALMON	3 oz 21G
 NUT BUTTER OR SUN BUTTER	2 Tbsp. 7G	 TOFU	3 oz 21G
 SOY MILK	1 cup 5-6G	 CHICKPEAS	1/2 cup 8G
 STRING CHEESE	1 stick 7G	 BLACK BEANS	1/2 cup 8G

COMPLEX CARBS

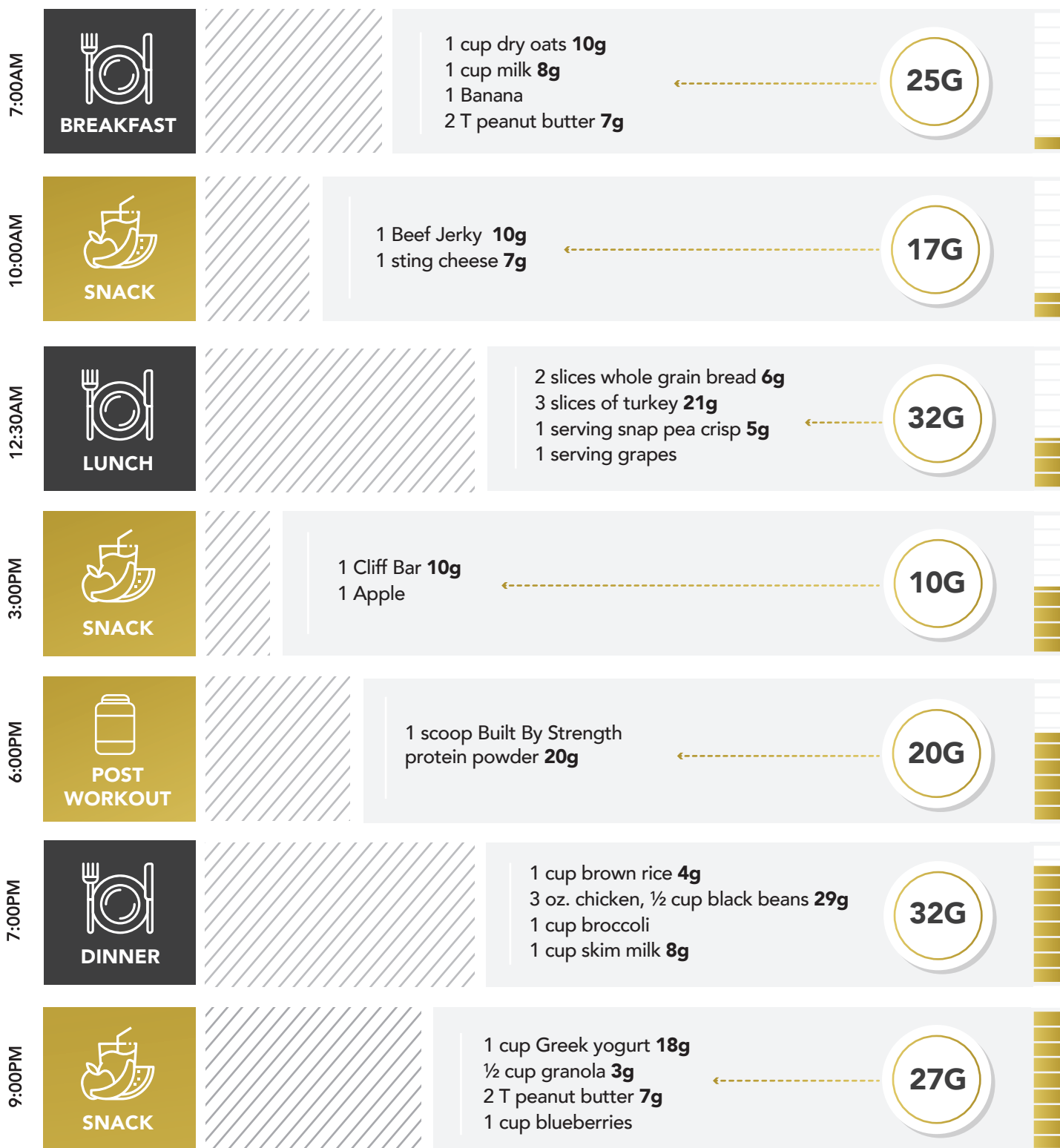
Ideal secondary protein sources

 OATMEAL 1/2 cup dry 5G	 WHOLE GRAIN BREAD 1 slice 3-4G
 BROWN RICE 1 cup cooked 4G	 QUINOA 1 cup cooked 8G



160G PROTEIN DAILY

What does that look like?



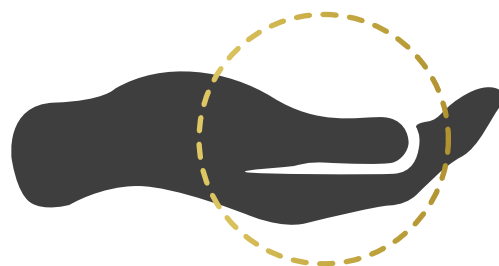
How to estimate the right

PORTION SIZE



FIST | 1 cup

One serving of most raw fruits and vegetables.



CUPPED HAND | 1/2 cup

One serving (dry) of oats, rice, quinoa. One serving of beans.



THUMB | 1 Tablespoon

One serving of nut butters, oil, spreads or butter.



PALM | 3 ounces

One serving of meat, poultry, fish or tofu.

