



# PROTEIN

## WHAT YOU NEED TO KNOW

VOLITION FITNESS

# WHAT IS PROTEIN ?

Protein comes from the foods we eat like:

Meats

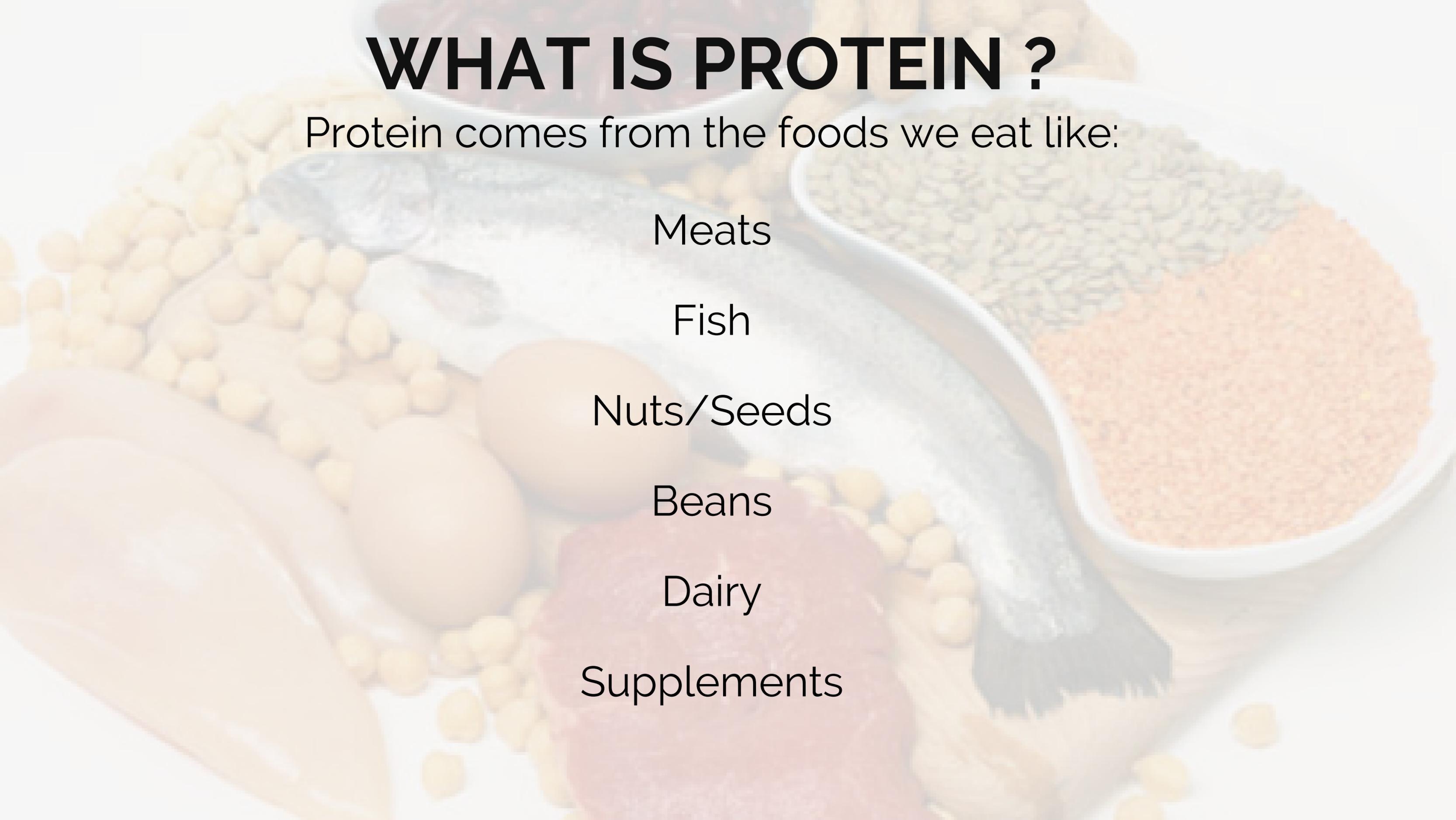
Fish

Nuts/Seeds

Beans

Dairy

Supplements



# PROTEIN & FATLOSS

Protein allows us to lose fat faster by:

-  Increasing our metabolism and helping us burn an extra 200-300 calories a day
-  Building muscle which = more calories burned throughout the day
-  Keeping our sugar cravings down so we don't binge on junk
-  Keeping us full longer

# WHAT KIND OF PROTEIN ARE THERE ?

There are many foods that contain protein like :

## MEAT/FISH

Chicken Breast

Salmon

Lean Ground Beef

Steak

Tuna

Protein Shake

Turkey Breast

Lamb

Shrimp

Eggs

Pork chop

Veal

## VEGETARIAN

Beans

Chick Peas

Edamame

Peas

Protein Powder

Quinoa

Soy Products

Lentil

Seitan

Hemp Seed

Spirulina

Chia Seeds

Nuts

# PROTEIN TO EAT LESS OR NONE OF

Some protein while tasty are too fatty and don't give us enough protein



**FATTY/LOW PROTEIN MEANS**

**Chicken Legs**

**Chicken Thighs**

**Regular Ground Beef**

**Ribs**

**Lunch Meats**

**Any Processed Meats**



# HOW MUCH PROTEIN DO I EAT A DAY ?

*Everyone is different but you start by calculating like this :*

**If you weigh under 200 lbs you want to have 1g of protein per pound of body weight.**

**EXAMPLE** If Suzy weighs 100lbs then she does :  $100 \times 1 = 100\text{g}$  of protein  
Suzy needs 100g of protein every day

**If you weigh over 200lbs you want 0.7g of protein per pound of body weight**

**EXAMPLE** If Suzy weighs 200 lbs then she does :  $200 \times 0.7 = 140\text{g}$  of protein  
Suzy needs 140g of protein every day

# IN SHORT

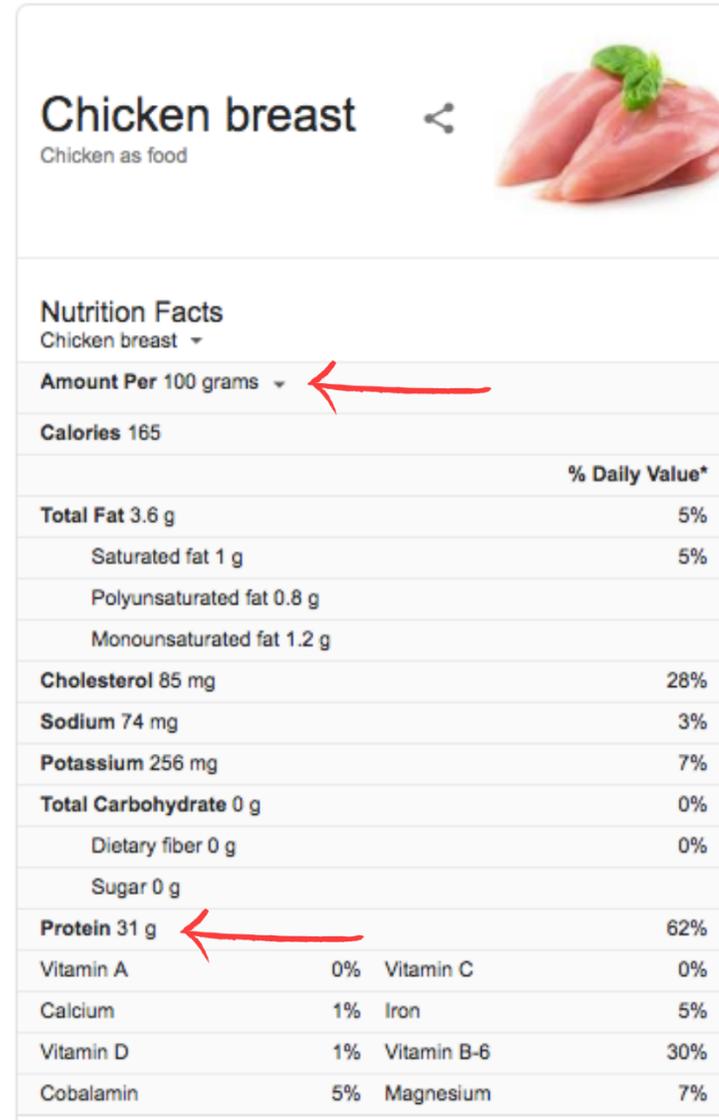
**< 150lbs and under = 1g of protein per pound of body weight**

**> 200 lbs and over = 0.7g of protein per pound of body weight**

# HOW DO I KNOW HOW MUCH PROTEIN IS IN MY FOODS ?

Let's say we know we want to have 30g of protein in all our meals. And tonight we're having chicken breast for dinner. How much chicken breast do we have ?

## 1. Google Your Protein



Chicken breast  
Chicken as food

**Nutrition Facts**  
Chicken breast

Amount Per 100 grams

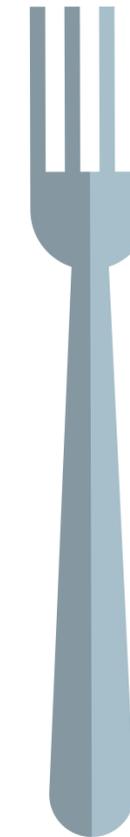
Calories 165

	% Daily Value*
<b>Total Fat</b> 3.6 g	5%
Saturated fat 1 g	5%
Polyunsaturated fat 0.8 g	
Monounsaturated fat 1.2 g	
<b>Cholesterol</b> 85 mg	28%
<b>Sodium</b> 74 mg	3%
<b>Potassium</b> 256 mg	7%
<b>Total Carbohydrate</b> 0 g	0%
Dietary fiber 0 g	0%
Sugar 0 g	
<b>Protein</b> 31 g	62%
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 5%
Vitamin D 1%	Vitamin B-6 30%
Cobalamin 5%	Magnesium 7%

2. Weigh it on a food scale so that it says 100g (if it gives you 30g of protein, all meats are different) if it doesn't equal 30g then add more



3. Eat



**REPEAT EVERY MEAL !**

# ALTERNATIVE (LESS ACCURATE) WAY TO MEASURE

A more simple way to measure your portion of protein is to use your hand. I only recommend doing this as a last resort as with protein you want to be as accurate as possible



# **TO SUMMARIZE**

**Eat protein with EVERY meal and snack**

**Have 30g-40g of protein every meal**

**Eat your body weight in protein unless you're over 200lbs**

**Keep the protein lean, no fatty proteins**

# **MAIN MESSAGE**

**If you do not have enough protein, you will not build strength and muscle. The less muscle you have in your body the harder it is to lose fat. Focus on building lean muscle**

**If you do not have enough protein you will be hungry way more often causing you to eat more than needed.**

**Pair EVERYTHING you eat with protein, all snacks need to have protein with them i.e. Pear and Protein Shake, or Almonds and a can of tuna etc**