

MAYBE I WILL

POSITIVE / FIT / HEALTHY

PROTEIN POWER

FOR **OPTIMAL WEIGHT LOSS**



SUPER SIMPLE FORMULA TO CALCULATE HOW MUCH PROTEIN YOUR BODY NEEDS



25 AMAZING SOURCES OF PROTEIN

In the world of diet and fitness, the idea of eating protein seems to be crammed down our throats... **EAT YOUR PROTEIN** they say...

But why? I have no desire to look like a beefed-up she-man. It turns out to get the sleek trimmed down nicely toned bod I'm going for, Protein is a BIG part of that!

Here are the top 3 things you need to understand about protein....

Protein is the building block of muscle construction... More muscle tone = better metabolism... If you don't get enough protein you're in for trouble! It will cause muscle depletion and all sorts of other nasty problems you don't want or need.

The base amount of protein you need is more than what the RDA requires! Basically, if you sit on your bum all day and have no desire to lose weight or tone anything you are perfectly ok with the recommended 50g of protein...

Otherwise, a good rule of thumb is 1.2-2 grams of protein for every 2.2 lbs of body weight for an active individual looking to lean up. (Example let's take my body weight of 131 lbs divide that by 2.2 you get 59.5 then you multiply that by 1.5 to get the grand total of 89 grams of protein I should be consuming to get the hot bod I'm going for.) Just some simple math :wink:

Your body needs different kinds of protein... Just eating rice with protein won't cut it just like eating only chicken won't cut it either you need to mix it up! —
This is where I come in!!

HOW TO CALCULATE HOW PROTEIN YOU SHOULD BE EATING!

$$\{ \text{Your Current Weight} \div 2.2 = Y \}$$
$$\{ Y \times 1.5 = \text{your target protein consumption!} \}$$

Example: Let's take my body weight of 131 lbs, divide that by 2.2 you get 59.5. Then you multiply that by 1.5 to get the grand total of 89 grams of protein as your target amount of protein to consume.

25 AMAZING SOURCES OF PROTEIN

Here you are, 25 AMAZING sources of protein to help you pound the protein...
Cuz let's face it, 89 grams is A LOT!
FYI all of these clock in under 250 calories per serving!

- 1. Cottage cheese**
12 grams in 1/2 cup serving
- 2. Hard boiled egg**
1 egg = 6 grams
- 3. Protein shakes**
1 scoop of protein = 27 grams
- 4. Hummus**
2 tbs = 2 grams - pretty high for a DIP
- 5. Lunch meat & Cheese stick roll up**
2 tbs = 2 grams
- 6. Reduced sodium beef jerky**
1 oz serving = 14 grams
- 7. Edamame**
1 cup = 17 grams
- 8. Protein bar (snack size variety)**
around 200 calories = 10-14 grams of protein
- 9. Celery + natural peanut butter**
2 TBS = 7 grams
- 10. Greek yogurt**
1 cup = 27 grams
- 11. Almonds**
21 - (count 'em out) = 5 grams
- 12. Egg whites**
6 = 21 grams
- 13. Pumpkin seeds**
1/4 cup = 10 grams
- 14. Black Beans**
1/2 cup = 8 grams
- 15. Oatmeal**
1/2 dry = 6 grams
- 16. Peanut butter protein bites**
Recipe found [HERE](#)
2 grams per bite
- 17. Protein pancakes**
Recipe found [HERE](#)
10.8 grams
- 18. Cinnamon crunch chickpeas**
Recipe found [HERE](#)
14 grams - these look AMAZING!
- 19. Protein popcorn**
Combine 3 cups air popped popcorn with 1/2 scoop protein to coat = 16.5 grams.
- 20. Wheat berries**
1/2 cup serving = 6 grams (instructions on how to cook up these yummys can be found [HERE](#))
- 21. Western bagel alternative bagel & 2 TBS greek yogurt cream cheese**
11 grams
- 22. 8 oz glass of 1% Milk**
8 grams
- 23. Quinoa**
1 cup cooked = 8.14 grams
- 24. Tuna**
6 oz can = 22 grams
mix with 1 wedge laughing cow cheese (2 g) & mustard!
- 25. Broccoli & Spinach**
each have 6 grams per 1 cup serving not too shabby!

Well there you have it folks! My list of some new and not so new ways to eat your protein!
To help you out, I made a list of my favorite pantry protein staples I order from Amazon!
Yuminess ar your door in two days?! Does it get any better?

Links to purchase for yo' self

Whole almonds	Protein pancake mix	Irish Oatmeal
The best tasting protein Powders	Beef Jerky	Edamame
The best tasting protein bars	Wheat Berries	Protein Water
Quinoa	Pumpkin Seeds	

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