

HABIT 2 PROTEIN



PROTEIN

Protein forms the building blocks of our bodies, so they're very important. Our body needs protein for many of vital processes that take place within our body and without it we simply wouldn't function.

Protein plays a vital role in:

- Creating important hormones
- Supporting our nervous system
- Increasing our metabolism (our ability to burn calories)
- Reduces our hunger levels
- Building muscles!

EATING MORE PROTEIN IS ONE OF THE MOST IMPORTANT HABITS THAT YOU CAN DO REGARDLESS OF YOUR GOAL

You may have heard people say that eating too much protein is bad for your health. However plenty of reliable research has shown that it is quite the opposite, and a diet rich in quality sources of protein has been shown to improve heart health through lowering blood pressure and cholesterol.

When you eat protein, your body breaks it down into amino acids. With the release of these amino acids into the blood stream, it creates an insulin response. Insulin is the hormone that can shuttle sugar out of your blood stream and into the surrounding muscle and fat tissue, therefore lowering your blood sugar levels. If your blood sugar levels drop quickly, hunger cravings are never too far behind. This especially happens when you eat an untimely meal rich in carbohydrates; think of your generic breakfast cereals.

HAVING A GOOD DOSE OF PROTEIN IN THE MORNING CAN REALLY HELP CONTROL YOUR APPETITE FOR THE ENTIRE DAY.

The insulin response from eating protein is far less and therefore it helps keep the hunger cravings at bay. Eating protein releases a hormone called glucagon that activates fat stores to be used for energy. Therefore, consuming protein can really help incinerate fat! **YOU CAN BURN MORE CALORIES BY EATING MORE PROTEIN.**

In order to maximise the health benefits, we must consume more than the daily requirement of protein. Recommendations on how much we should eat is only the bare minimum amount to keep us healthy. **IN ORDER TO REALLY THRIVE AND LOSE WEIGHT OR BUILD MUSCLE, THIS RECOMMENDATION HAS TO BE HIGHER.** Without an adequate supply of protein, your muscles will struggle to get bigger and stronger. Evidence has suggested that in order for this to happen your body needs at least 30g of protein per serving. Now I hear you say *"I'm not wanting to build muscle, I just want to lose weight."*

So why is building muscle so important? It's because it is so metabolically active, resulting in more calories being burned. The more calories you burn, potentially the more weight you can lose. So if you carry more muscle tissue than someone who has less than you, you will be burning far more calories while you sleep, while you're at work, while you sit on the sofa and watch TV and of course... as you exercise!

With that all being said, it is simply not good enough to have all your protein in one meal. This is what you will see many people do, which is to have very minimum amounts of protein during the day and then consume the majority of it during their evening meal. Aim to have at least 30g (palm sized portion) of quality protein with every meal, providing your body numerous times a day with fat burning, muscle building potential! **IT IS IMPORTANT THAT YOU CONSUME HIGH QUALITY PROTEIN AT EVERY MEAL.**

MORE PROTEIN MEANS BETTER RECOVERY, MORE MUSCLE, LESS FAT AND STRONGER AND HEALTHIER BODY



PROTEIN

PORTION CONTROL



Female: One palm sized portion (20-30g protein)



Male: Two palm sized portion (40-60g protein)

ACTION PLAN

I WOULD LIKE YOU TO HAVE A LEAN SOURCE OF QUALITY PROTEIN WITH EVERY MEAL.

THE PICTURES SHOW HOW YOU CAN PORTION THE AMOUNT BY USING THE PALM OF YOUR HAND (SEE PICTURES).

QUALITY SOURCES OF PROTEIN INCLUDE:

- LEAN MEATS SUCH AS BEEF, PORK OR WILD GAME
- POULTRY SUCH AS CHICKEN, TURKEY OR DUCK
- FISH AND SEAFOOD SUCH AS PRAWNS OR SCALLOPS
 - EGGS AND EGG WHITES
- COTTAGE CHEESE OR STRAINED PLAIN GREEK YOGURT
 - PROTEIN POWDER
- COOKED LENTILS OR BEANS
 - TEMPEH OR TOFU
- QUORN OR MEAT SUBSTITUTES

THIS LIST IS OBVIOUSLY NOT EXHAUSTIVE, BUT IT'S A GOOD STARTING POINT.

MENU BUILDING TIPS

EGGS ARE CONVENIENT AND GO WITH EVERYTHING – SCRAMBLED, OMELETTE & BOILED.

STIR FRYS - ALL YOU NEED IS SOME LEAN PROTEIN AND VEGGIES, YOU CAN EVEN THROW IN SOME SALSA AND SOME BLACK BEANS.

WRAPS - PROTEIN, SALAD, SAUCE LIKE HUMMOUS, GUACAMOLE. WRAP IT UP IN WHOLEMEAL OR A BEETROOT WRAP.

LOW FAT GREEK YOGHURTS ARE GREAT AS A QUICK, PORTABLE SNACK. I HAVE MINE WITH A FEW BERRIES A FEW NUTS.

