



THE COMPLETE GUIDE TO GETTING ENOUGH PROTEIN IN A DAY

Getting enough protein in your daily diet is essential for maintaining good health and achieving your fitness goals.

Whether you're a vegetarian, vegan, or simply looking to incorporate more protein into your diet, there are an amazing range of benefits that come with consuming a healthy amount of protein.

BENEFITS OF INCREASING YOUR PROTEIN INTAKE

Weight Management

Protein can increase feelings of fullness and reduce cravings, potentially aiding weight loss or weight maintenance efforts.

Increase in Energy

Protein is good for energy levels because it can help stabilize blood sugar and provide a steady source of fuel for the body.

Enhanced Muscle Building

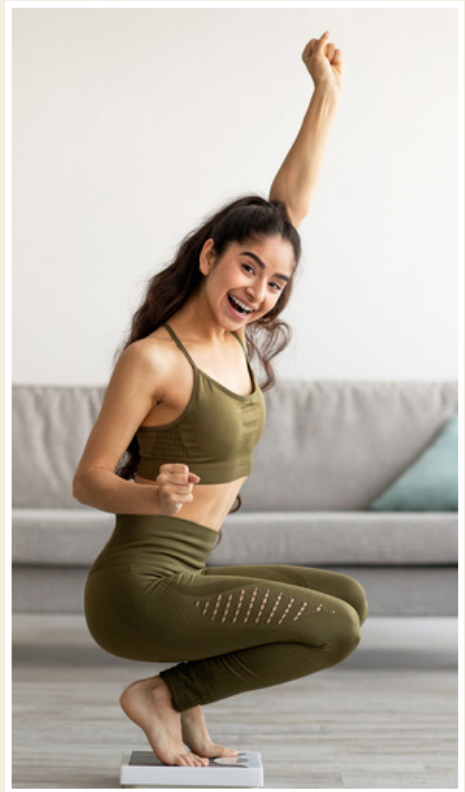
Protein plays a crucial role in muscle building due to its provision of essential amino acids that are indispensable for the repair, growth, and maintenance of muscle tissue.

Balanced Diet

Being aware of your protein intake can help you maintain a balanced diet by ensuring you get enough essential nutrients, including amino acids and vitamins.

Nutrient Awareness

By gaining a greater understanding of your overall dietary choices, helping you make healthier food decisions.



TIP: SHAKES CAN BE AN SIMPLE WAY TO BOOST YOUR PROTEIN



INCORPORATE HIGH-PROTEIN FOOD SOURCES



To ensure a well-rounded and protein-rich diet, it's crucial to be familiar with the many options of protein sources available.

Eating a variety of protein sources allows flexibility for individuals with dietary preferences or restrictions, such as vegetarians or vegans, to meet their protein needs while adhering to their chosen diet.

DIFFERENT PROTEIN SOURCES PROVIDE AN ARRAY OF ESSENTIAL NUTRIENTS, INCLUDING VITAMINS, MINERALS, AND AMINO ACIDS.

Legumes: Beans, lentils, and chickpeas are plant-based sources of protein, high in fiber and various vitamins and minerals.

Tofu and Tempeh: These soy-based products are staples in vegetarian and vegan diets, offering a substantial protein content.

Nuts and Seeds: Almonds, peanuts, chia seeds, and hemp seeds are examples of protein-rich options among nuts and seeds.

Lean Meats: Lean cuts of poultry (such as chicken and turkey) and lean cuts of beef or pork are excellent sources of protein while being relatively low in fat.

Fish and Seafood: Fish like salmon, tuna, and cod are rich in protein and often contain heart-healthy omega-3 fatty acids.

Eggs: Eggs are a versatile and protein-rich food, with the egg white containing the majority of the protein.

HIGH-PROTEIN FOODS CHART

		PROTEIN	SERVING	CALORIES
NUTS & SEEDS	Cashews	5g	60 mL	199
	Almonds	8g	60 mL	208
	Pine nuts	5g	60 mL	230
	Peanuts	9g	60 mL	217
	Chia seeds	4g	30 mL	106
	Hemp hearts	7g	30 mL	118
	Pumpkin seeds	9g	60 mL	189
LEGUMES	Lentils	13g	175 mL	170
	Black beans	11g	175 mL	162
	Pinto beans	9g	175 mL	153
	Yellow peas	16g	125 mL	66
	Soy beans	21g	175 mL	220
	Chickpeas	9g	175 mL	211
TOFU & TEMPEH	Tofu, firm	21g	150 g	189
	Tempeh	27g	150 g	296
VEGETABLES	Asparagus	2g	6 spears	18
	Avocado	2g	½ avocado	161
	Beets	2g	125 mL	40
	Broccoli	3g	125 mL	27
	Brussel sprouts	3g	4 sprouts	33
	Spinach	3g	125 mL	22
MEATS, POULTRY, FISH, & EGGS	Egg	6g	1 egg	78
	Egg whites	3g	1 egg	16
	Chicken breast	25g	75 g	119
	Turkey, roasted	21g	75 g	116
	Beef, steak	20g	75 g	230
	Tuna, light canned	19g	75 g	87
	Salmon, baked	17g	75 g	155
PROTEIN POWDER	<u>PlantFusion Complete Protein</u>	21g	1 scoop	120

USE A PROTEIN POWDER DAILY

Protein powder offers convenience by providing a quick and portable source of high-quality protein, making it easy to meet daily protein needs, especially for those with busy schedules or active lifestyles.

Protein powder can support muscle recovery, weight management, and overall health goals when used as part of a balanced diet and exercise regimen, making it a valuable dietary supplement



Plant-based protein can be considered better for some individuals due to its lower saturated fat content and reduced environmental impact compared to certain animal proteins, aligning with health and sustainability goals.

Pea protein is an excellent choice for those with dietary restrictions or sensitivities as it is naturally free from common allergens like dairy and gluten. It is also easily digestible and less likely to cause digestive discomfort, making it suitable for a wider range of individuals.

Plant protein can be extracted from multiple sources, often combining different grains, legumes, nuts, and seeds, and the plant-based protein powders on the market today (like PlantFusion!) also tend to include additional ingredients to provide even more health benefits.

TIP: MIX PLANT-BASED PROTEIN POWDER INTO SMOOTHIES, OATMEAL, OR BAKED GOODS FOR A QUICK AND EASY PROTEIN FIX. ONE SCOOP OF PLANTFUSION COMPLETE PROTEIN PROVIDES 21 GRAMS PER SCOOP.

SNACK SMARTLY

Opt for protein-rich snacks when you need a quick energy boost. Eating high-protein snacks throughout the day can offer several benefits for your health and well-being.

Choose nutrient-dense options like fruits, vegetables, or nuts to maintain energy levels and support overall health.



**TIP: PRE-PORTION SNACKS
TO AVOID OVEREATING.**

BENEFITS:

Sustained Energy Levels: Protein takes longer to digest than carbohydrates, helping to provide a steady release of energy. High-protein snacks can help prevent energy crashes between meals and keep you feeling alert and focused.

Increased Fullness: Protein is highly satiating, which means it helps you feel full and satisfied. Consuming high-protein snacks can reduce your overall calorie intake by curbing excessive hunger and preventing overeating during main meals.

Muscle Maintenance and Growth: Protein is essential for muscle repair, maintenance, and growth. Regularly consuming high-protein snacks can support muscle health, making it especially beneficial for individuals engaged in physical activity or strength training.

Blood Sugar Regulation: Pairing protein with carbohydrates can slow down the absorption of sugars into the bloodstream, helping to stabilize blood sugar levels. This can be particularly advantageous for individuals with diabetes or those looking to prevent blood sugar spikes and crashes.

PLAN BALANCED MEALS

Create well-rounded meals by combining various protein sources. For example, a quinoa salad with black beans, veggies, and a tofu-based dressing can be a protein powerhouse.

Planning allows for a personalized approach to nutrition, tailoring your protein intake to your specific needs, whether you're an athlete or have dietary restrictions.

BENEFITS

APPETITE CONTROL

PROPERLY PLANNED MEALS CAN CURB OVEREATING BY PROMOTING FEELINGS OF FULLNESS AND SATIETY.

STABLE MOOD

BALANCED MEALS CAN HELP STABILIZE MOOD SWINGS BY PROVIDING CONSISTENT NUTRIENT INTAKE.

NUTRIENT ADEQUACY

PLANNING ENSURES YOU GET A VARIETY OF NUTRIENTS YOUR BODY NEEDS FOR OPTIMAL HEALTH.

HEALTHIER FOOD CHOICES

PLANNING ENCOURAGES HEALTHIER FOOD CHOICES AND REDUCES THE LIKELIHOOD OF IMPULSE EATING.

EFFICIENT GROCERY SHOPPING

MEAL PLANNING CAN SAVE TIME AND MONEY BY STREAMLINING GROCERY SHOPPING.

REDUCED FOOD WASTE

CAREFUL PLANNING CAN MINIMIZE FOOD WASTE BY USING INGREDIENTS EFFICIENTLY.



TIP: USE A FOOD DIARY OR A NUTRITION TRACKING APP TO MONITOR YOUR DAILY PROTEIN INTAKE. THIS CAN HELP YOU STAY ON TARGET AND ADJUST YOUR DIET AS NEEDED.



TIMING MATTERS

Distribute your protein intake evenly throughout the day to support muscle recovery and satiety.

Tailoring your protein intake timing to align with specific fitness and health goals can significantly impact your journey towards a stronger, healthier you.



TIP: A HIGH-PROTEIN BREAKFAST CAN HELP CURB MID-MORNING CRAVINGS AND KEEP YOU ENERGIZED.

WHEN TO TAKE YOUR PROTEIN:

Morning Fuel: Metabolism Boost

By starting your day with a protein-rich meal, you kickstart your metabolism and provide your body with the essential amino acids necessary for muscle repair and growth.

Pre and Post-Workout Advantage: Performance and Recovery

Consuming a serving of plant-based protein before exercising supplies your muscles with a readily available source of amino acids, ensuring optimal performance and reducing muscle breakdown. Following your workout, consuming protein-rich foods or supplements minimizes muscle soreness, and promoting muscle recovery.

Midday Energy Lift: Sustain Stamina and Mental Focus

To combat midday fatigue, sustain energy levels, and maintain mental focus, this midday protein boost will keep you alert, productive, and help curb unhealthy snacking habits.

Evening Recovery: Support Muscle Repair and Overnight Regeneration

Consuming protein-rich foods before bed can improve sleep quality, supporting overnight rejuvenation and promoting optimal recovery.

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