

# Protein Guide

Are you tired of consuming protein-rich foods without seeing the results you want? It's time to stop falling for the myth that all proteins are the same. The truth is, to see real results, you need to consume the right balance of all eight essential amino acids. Don't waste your time and money on low-quality proteins. Instead, aim for a 1:1 ratio (your weight in pounds to protein in grams) and consume 40g of protein per serving.

## The Myth: All proteins are the same.

In order for a food's protein to be used properly, it must contain the right balance of all eight essential amino acids. So the next time you see that yogurt has 14g of protein, be aware that only 16% is usable! A can of tuna fish has 16g of protein, of which 34% is usable. We call this the Amino Acid Utilization (AAU).

## Your 3 Goals Are:

Eat the foods with the highest AAU possible.

Use a 1:1 ratio. (ie 145lbs = 145g)

Take 40g of protein per serving minimum.

## Printable Cheat Sheet:

Print this page and cut out the cheat sheet. Put it in your purse or wallet for the next time you question your protein goals.

### Chris' Protein Cheat Sheet

*High AAU / 1:1 / 40g*

#### 99.8% AAU

Essential Aminos .....10g per 3 pills (0 cal)

#### 34% AAU

Beef Filet .....7.3g per oz (43 cal)

Chicken Breast .....9g per oz (31 cal)

Pork Tenderloin.....7.3g per oz (46 cal)

Salmon .....5.5g per oz (52 cal)

White Fish .....8g per oz (31 cal)

Shrimp .....7g per oz (40 cal)

Eggs .....6g per egg (74 cal)

Whole Milk .....1g per oz (18 cal)

Cottage Cheese (full fat).....3g per oz (29 cal)

#### 12% AAU

Legumes - don't count these towards goals

Vegetables - don't count these towards goalst

*Note: Ground and fatty meats will have a lower protein content per ounce, google them!*



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