

DINNER OPTION #1

4 ounces top sirloin steak, 1 baked sweet potato, 2 cups steamed broccoli with 1 tablespoon extra-virgin

NUTRITION DATA: 494 calories, 41 grams protein, 36 grams carbs,

BONUS POINTS: The orange tinge of sweet potatoes is a tip-off that these spuds are loaded with beta-carotene, an antioxidant that can be converted to vitamin A in the body to bolster immune, eye and bone health

DINNER OPTION #2

4 ounces tilapia, 1 cup cooked brown rice, 3 cups steamed Swiss chard topped with 2 tablespoons hemp

NUTRITION DATA: 521 calories, 39 grams protein, 67 grams carbs, 12 grams fat

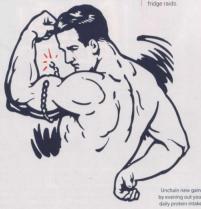
BONUS POINTS:
Groovy hemp seeds
provide a dynamic duo
of protein and omega
fatty acids. Very few
foods available at the
supermarket provide the
nutrient bounty found in
Swiss chard.

DINNER OPTION #3

Stir-fry 1/2 block extra-firm tofu with 1 sliced carrot, 1 cup halved snow peas, 1 sliced red bell pepper and seasonings of choice; serve over 1/2 cup cooked quinoa and top with 1 tablespoon

NUTRITION DATA: 482 calories, 35 grams protein, 40 grams carbs, 21 grams fat

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BONUS POINTS: Soy
protein, which has been
shown to elevate levels
of growth hormone and
nitric oxide, is a potent
muscle builder. It will
not interfere with T
levels, so don't fear the
tasty tofu. Veggies and
quinoa deliver fiber to
help prevent late-night
fridge raids.



THE NUMBERS GAME

While spreading out your daily protein consumption, it's important to ensure that you take in a total amount that supports your physique goals. If your workouts are focused on strength and muscle building, you should aim for about 1 gram of protein per pound of bodyweight per day. Ergo, a 175-pound individual would benefit from consuming roughly 175 grams of protein in a day, with those grams portioned out as evenly as possible across multiple meals and snacks.

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PROTEIN POWERS 3



(arcticzero.com)

Who says indulging in ice cream has to be a diet disaster? This forward-thinking subzero treat boasts tempting flavors (ranging from coffee to vanilla maple) infused with 12 grams of whey protein per pint. At only 150 calories per serving, a few extra spoonfuls won't blow up your physique.



SUPERSEEDZ

These nutrient-dense, dry-roasted, gournet pumpkin seeds are gussied up with everything from curry and basil to paprika. You'll benefit from up to 9 grams of protein in each delicious serving, plus a host of other vital nutrients.



EPIC BEEF BARS

There's a significant shot of grass-fed protein in each of these beef/jerky bars. Even club-wielding cavemen of yesteryear would approve the addition of walnuts, dried cherries and fiery habanero pepper.

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