



PROTEIN

NEVER STRUGGLE TO EAT ENOUGH
PROTEIN AGAIN



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INTRODUCTION

If you've spent any time around the fitness world or had a coach, then you'll have realised that protein is held in very high esteem. That's probably an understatement, in fact, and there's good reason for it.

Protein is a vital cog in the machine, us being the machine. It's used for everything from muscle building to hormone production.

But many of us don't eat even close to enough protein, with reports showing that as much as 50% of adults don't reach the daily recommended amount.

This guide will teach what protein is, why it's so important, and how you can ensure you never undereat it again.

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WHAT IS PROTEIN, AND WHY IS IT SO IMPORTANT?

The word protein originates from the Greek word proteos, meaning "primary or "first". Which shows its level of importance.

Proteins are comprised of 20 amino acids (AA's), some of which the body produces itself, these are referred to as "non-essential" and some we have to obtain via our diet. These we refer to as "essential" as the body cannot synthesise them on its own.

There are 9 essential and 11 non-essential amino acids. The 9 essential AA's are;

- Valine
- Phenylalanine
- Tryptophan
- Threonine
- Isoleucine
- Methionine
- Histidine
- Leucine
- Lysine



The reason AA's are so important is they are the building blocks of Proteins. They're what you and I are made of. They also serve as neurotransmitters and play a role in hormone production.

PROTEIN IS VITAL FOR HEALTH AND MANY BODILY FUNCTIONS

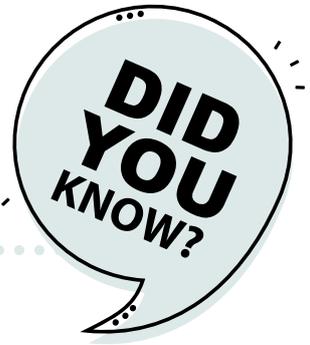
Many view protein as something only bodybuilders need in order to build muscle. That's simply not the case. Everybody should be consuming enough protein as it provides the body with a wealth of benefits.

Functions in the body

- Repairing damaged tissue
- Provides tissue with structure and rigidity
- New tissue growth
- Aids digestion
- Aids in blood clotting
- Used in muscle contraction
- Responsible for hormone synthesis
- Helps maintain the correct PH
- Boosts immune system health

In fact, it gets more important as we age. Sarcopenia is age-related muscle wastage it happens to us all, You can't stop it. But, you can slow it down greatly by increasing protein intake and regularly taking part in resistance training.

FUN PROTEIN FACTS



41G PER 100G

LOW SODIUM PARMESAN HAS THE HIGHEST PROTEIN OF ALL CHEESESES

APPROXIMATELY
80%
OF OUR MUSCLES ARE PROTEIN



THERE IS A STRAND OF PROTEIN NAMED "PICKACHURIN" NAMED AFTER THE LOVEABLE POKEMON CHARACTER

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PROTEIN CONTAINS 4 CALORIES PER GRAM

THE BODY CAN'T STORE PROTEIN LIKE IT CAN CARBS & FATS

IT LASTS ABOUT 2 DAYS



WHAT DOES 25G OF PROTEIN LOOK LIKE?



80g Chicken breast
88kcal



125g Beef steak
88kcal



4 Large Eggs
286kcal



7 Egg whites
120kcal



175g Quorn
184kcal



110g Turkey breast
150kcal



130g Salmon
fillet
260kcal



280g 0% Greek
yoghurt
269kcal



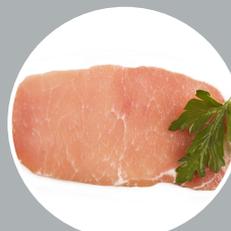
1 Tin of Tuna
120kcal



120g 5% Mince
155kcal



220g Tofu
288kcal



80g Bacon
medallions
155kcal

PLANT/VEGAN PROTEIN SOURCES

It's more than possible to get enough protein via a plant-based diet, you just need to be a little more creative and aware. Here are some good sources if you're eating a plant-based diet.



SEITAN



EDAMAME



BLACK BEANS



SPIRULINA



KIDNEY BEANS



QUORN



SUNFLOWER SEEDS



ALMONDS



CHICK PEAS



TEMPEH



LENTILS



QUINOA



MEAT & FISH PROTEIN SOURCES

Meat and fish generally pack the biggest punch when it comes to protein per serving, especially in terms of protein to calories ratio.

CHICKEN BREAST



BEEF STEAK



BEEF MINCE



TURKEY STEAK



COD



TUNA STEAK



TUNA TINNED



SALMON



BACON MEDALLIONS



LEAN PORK CHOP



TURKEY MINCE



TALAPIA





PROTEIN POWDERS AND BARS

DO YOU NEED THEM?

The short answer is no, you "need" them. That doesn't mean that they can't be useful in certain circumstances.

Some people swear by them, some can't stand that taste. Here are some Pros & Cons.

PROTIEN POWDER

-  Can be very cost effective
-  Super convenient
-  Often low calorie/protein ratio
-  Very versatile
-  Some have digestive issues
-  Not as filling as whole food protein

PROTEIN BARS

-  Convenient on the go
-  Long storage life
-  Can be used to satisfy sweet cravings
-  Can often be expensive
-  Usually high calorie/food volume ratio
-  Can cause digestive issues for some

DAIRY PROTEIN SOURCES

I recommend using dairy as a secondary protein source. Whilst they are perfectly fine and full of other nutrients, they do come at a much higher calorie cost than meat, fish or plants because they tend to have higher fat content. You can of course use low/0 fat products.

WHEY PROTEIN



GREEK YOGHURT



COTTAGE CHEESE



QUARK



CHEESES



MILK



EGGS



PROTEIN ICECREAM



PROTEIN SNACK IDEAS

Snacks between main meals can be a great opportunity to bump up your protein intake. Here are some ideas that I've used myself and with clients.

SNACKS ON THE GO



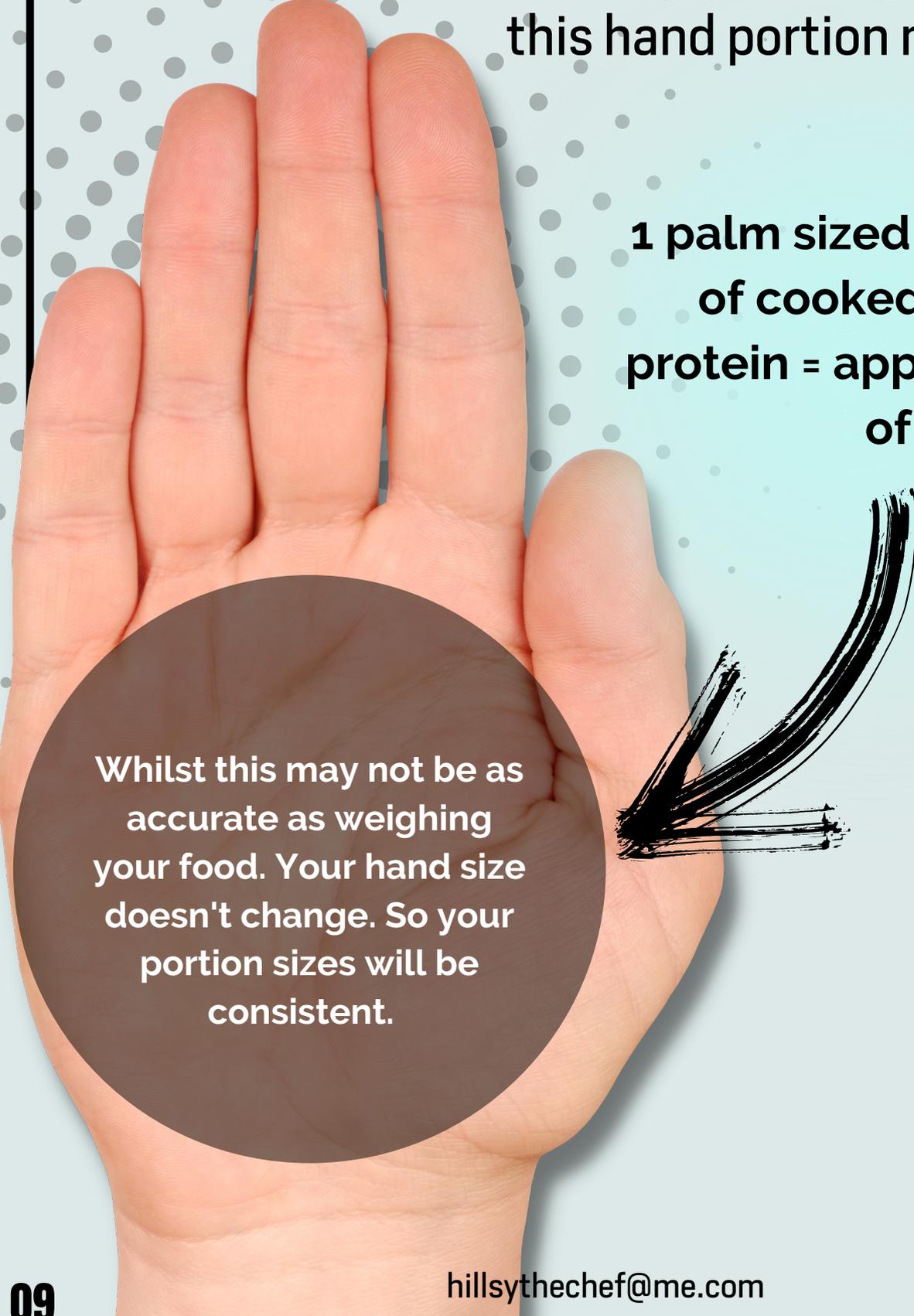
SNACKS AT HOME



NOT TRACKING MACROS?

If you're not tracking your macros strictly, but still want a rough idea, you can use this hand portion method.

**1 palm sized portion
of cooked, dense
protein = approx 25g
of protein**



Whilst this may not be as accurate as weighing your food. Your hand size doesn't change. So your portion sizes will be consistent.



“

IF YOU DON'T MAKE TIME
FOR YOUR HEALTH NOW,
YOU'LL BE FORCED TO
MAKE TIME FOR ILLNESS
LATER

”