

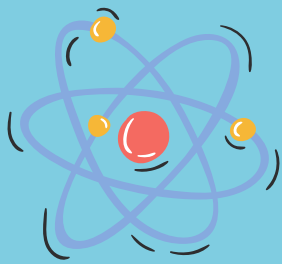


**EPIC FITNESS**  
UPGRADE YOUR LIFE

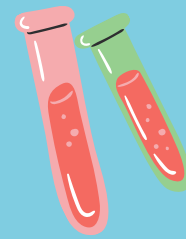
# PROTEIN

## GUIDE





## **The Sciency Stuff:**



**Protein is a macronutrient that is essential for many biological processes in the body such as muscle growth/maintenance/repair, immune system function and the production of enzymes and hormones. It's also great for satiety. In other words, eat your protein!**

**If you want to dig a bit more into the science, check out this article [CLICK HERE](#)**

### **How much protein should we consume:**

**The typical rule of the thumb is to consume around .7-1 grams per lb of bodyweight. If you're curious about how much think you should be consuming, use this trusted [macro calculator](#).**

**BUT we like to keep it simple and sustainable around here. There is a place for tracking your food but for most, it won't be a long term solution. That's why we attack this from a habit based standpoint, that requires less nuance and easier consistency.**

## Here is how we attack protein intake:

- **Aim for 1-2 palm sized servings of protein at each meal (assuming you're eating 3 meals a day)**
- **This should come out to about 25-50g of protein with each meal (dependent on food choice and size)**

**If this a new habit for you, start by consuming a single palm sized serving with each meal. If you're active (ideally working out a few days a week and getting your steps in 8000+ a day, you may want to up this portion to 1.5-2 palm sized servings). Here is another article to checkout if you would like more clarity on how much protein you should be consuming:**

**[CLICK HERE](#)**



**CHANGE  
YOUR  
HABITS**

**CHANGE  
YOUR  
LIFE**

### Ideas to creating a new protein habit:

- **Prioritize protein. Base your meal around your protein source.**
- **Eat your protein first.**
- **Aim to have at least a palm sized serving of protein with each meal.**
- **Breakfast seems to be the most difficult meal for people to get a serving of protein in. Have a protein rich breakfast. You'll be shocked at how satiated and content you'll feel throughout the day.**
- **Meal prep your protein ahead of time to save resistance against preparation/cooking later.**





## Animal based sources:

- **Chicken**
- **Red meat**
- **Turkey**
- **Pork**
- **Lamb**
- **Bison**
- **Shellfish**
- **Fish**
- **Eggs**
- **Cottage cheese**
- **Greek yogurt**
- **Wild game**
- **Whey protein drinks and bars**

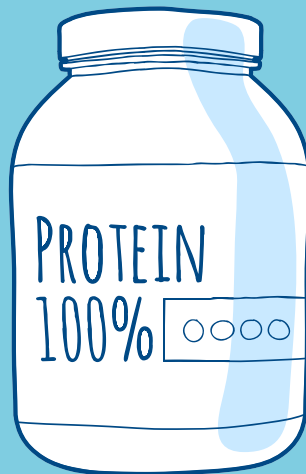
## Plant based sources:

- **Tofu**
- **Tempeh**
- **Black-eyed peas**
- **Lentils**
- **Beans**
- **Edamame**
- **Split peas**
- **Plant based protein drinks and bars**
- **Tofu**
- **Seitan**
- **Powdered peanut butter**



## Protein snack ideas:

- **Hard boiled egg(s)**
- **Greek yogurt**
- **Cottage cheese (add some fruit for flavor)**
- **Beef, turkey or chicken jerky**
- **Edamame**
- **Protein Bars (Like the OM Power Bars we offer at Epic Fitness!)**
- **Protein Drinks (Like the Clear protein drinks we offer at Epic Fitness!)**
- **Salted Chickpea snack**
- **Protein powder recipes (this is a place to creative)**



# Gas Station Cheat Sheet



**26g of protein**



**2 hard boiled eggs - 12g of protein**



**11-15g of protein**



**10-20g of protein**



**12-20g of protein**

# **Protein Guidance Cheat Sheet**

- 1. Chicken breast (3 oz): 26g**
- 2. Tuna (3 oz): 22g**
- 3. Salmon (3 oz): 22g**
- 4. Turkey breast (3oz): 25g**
- 5. Ground beef (3 oz): 22g**
- 6. Pork chop (3oz): 23g**
- 7. Shrimp (3oz): 20g**
- 8. Greek yogurt (6 oz): 17g**
- 9. Cottage cheese (1/2 cup): 14g**
- 10. Lentils (1/2 cup): 9g**
- 11. Edamame (1/2 cup): 11g**
- 12. Black beans (1/2 cup): 7g**
- 13. Chickpeas (1/2 cup): 7g**
- 14. Seitan (3oz): 18g**
- 15. Temph (3oz): 15g**
- 16. Peanut butter (2 tbsp): 8g**
- 17. Whey protein powder: 20g**
- 18. Eggs (1 large): 6g**
- 19. Milk (1 cup): 8g**
- 20. Cheese (1 oz): 7g**

\*Remember that these values may vary slightly depending on factors such as preparation method and brand.\*



# Quick Meal Cheat Sheet

- 1. Grilled chicken with roasted vegetables:** Season a chicken breast with salt and pepper and grill it until fully cooked. Serve it with a side of roasted vegetables such as broccoli, carrots, and sweet potatoes.
- 2. Tuna salad with hard-boiled eggs:** Mix a can of tuna with Greek yogurt or mayo, chopped celery, and diced onions. Serve it with two hard-boiled eggs and a side salad.
- 3. Egg scramble with spinach and feta:** Whisk two eggs with a handful of spinach and crumbled feta cheese. Cook in a non-stick pan until fully set.
- 4. Egg and veggie scramble:** Scramble some eggs with your favorite vegetables, such as spinach, mushrooms, and bell peppers. Serve with a side of fruit.
- 5. Turkey chili:** Brown lean ground turkey in a pot with diced onions, bell peppers, and garlic. Add canned tomatoes, kidney beans, chili powder, and cumin. Let it simmer until the flavors meld together.
- 6. Grilled steak salad:** Grill a steak and slice it thinly over a bed of mixed greens, cherry tomatoes, and sliced avocado. Add your favorite dressing.
- 7. Protein smoothie:** Blend together protein powder, almond milk, frozen fruit, and a handful of spinach for a quick and easy high protein meal. You can also add other ingredients like nut butter or chia seeds for added nutrients.

## Easy Meal to Make:

### Ingredients:

- Lean ground beef, turkey or chicken
- Cooked white rice
- Salt, pepper and other seasonings to taste
- Bone Broth
- Vegetables of choice

### Instructions:

1. Brown the ground beef in a large skillet over medium-high heat, breaking it up into small pieces as it cooks.
2. Cook vegetables into skillet of ground meat.
3. Once the beef is fully cooked, put it on top of a bed of white rice.
4. Heat up 1/2 cup of bone broth in the microwave
5. Pour broth over top of meal.
6. Enjoy!

**This recipe makes a high-protein, high-calorie meal that is ideal for athletes or anyone looking to add more protein to their diet.**



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