

**NOURISH
THRIVE
GLOW**

PROTEIN GUIDE

TOOLS, NOT RULES

where little habits create lasting results

**REALISTIC
NUTRITION**



THE GUIDE

- Why Protein Matters
- How Much Protein Do You Need?
- How to Calculate Protein Needs
- Protein Sources
- Tools



This program is for educational and informational purposes only. This program is not intended to treat, cure, or prevent diseases and does not replace your physician. Please consult your doctor before beginning a new program.

WHY PROTEIN MATTERS

- Builds & protects lean mass → keeps metabolism humming
- Supports hormone production → amino acids are building blocks
- Stabilizes blood sugar → prevents crashes, cravings, cortisol spikes
- Supports detox & gut health → liver + gut lining protection
- Most satiating macro → keeps you fuller, longer

Protein doesn't bulk you — it balances hormones, builds lean tissue, and stabilizes your cycle.

HOW MUCH PROTEIN DO YOU NEED & HOW TO CALCULATE

- General: 80–120 g/day
- Aim for 30+ gram per meal (start with breakfast).
- Research shows breakfast is the most important for protein
- Rule of thumb: 0.8–1 g per pound of body weight (or ideal body weight).
- Glow Tip: Protein needs rise during luteal phase, stress, pregnancy, postpartum, and aging.

Step 1:

Identify your current weight and your goal (maintenance, fat loss, or muscle gain).

Step 2: Use this range:

Fat Loss → 0.8–1 g per pound of goal body weight

-Maintenance → 1 g per pound of current body weight

Muscle Gain → 1–1.2 g per pound of current body weight

Step 3:

Distribute evenly across meals (30–50 g each).

Feeling overwhelmed? Start with breakfast—it's the most critical meal for protein because it:

- Kickstarts metabolism (higher diet-induced thermogenesis in the morning)
- Improves satiety and blood sugar balance
- Protects lean muscle throughout the day

PROTEIN SOURCES

Animal proteins give you all the essential amino acids with ~95% digestibility, making them the most efficient option. Plant proteins digest at ~60–80%, but powders can reach 90–95%, which is why I often suggest a high-quality vegan protein powder if you're plant-based. You can hit your protein goals with plants—it just takes a little more planning.

Seeds and nuts are wonderful nutrient-dense add-ons, but they're naturally higher in fat than protein. Similarly, beans and lentils bring fiber and minerals to the table, but they are higher in carbs than protein.

ANIMAL-BASED COMPLETE PROTEINS

- Meat: Beef, pork, lamb, venison, bison
- Poultry: Chicken, turkey, duck
- Seafood: Fish (salmon, tuna, cod, sardines, etc.), shellfish (shrimp, crab, lobster, clams, oysters, mussels)
- Eggs
- Dairy: Milk, yogurt, cheese, cottage cheese, kefir
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PLANT-BASED COMPLETE PROTEINS

- Soy products: Tofu, tempeh, edamame, soy milk, soy protein powders
- Quinoa
- Buckwheat
- Amaranth
- Chia seeds
- Hemp seeds
- Spirulina (blue-green algae, often in powder form)

PROTEIN TOOLS

- Anchor protein at each meal (20–30g minimum per meal).
- Front-load at breakfast for metabolism and blood sugar balance.
- Even distribution across 3–4 meals
- Protein + fiber pairing for satiety, blood sugar, and hormone balance.
- Upgrade snacks → Greek yogurt, cottage cheese, edamame, jerky instead of carb-only.
- Protein powders (whey or high-quality vegan) for 90–95% digestibility and convenience.
- Digestive support if protein causes issues such as bitters or apple cider vinegar
- Organic & quality sourcing: grass-fed beef/yogurt, pasture-raised eggs/poultry, wild-caught fish.
- In moderation (organic turkey bacon/chicken sausage ok occasionally, paired with fiber).
- Track short-term if helpful to raise awareness, then use it as a tool—not a rule.

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