

PROTEIN

FOR

BEGINNERS

Understand
what is really
important
about
protein!

Why do I need Protein?

Fact #1

Protein helps build and maintain muscle.

Fact #2

Protein helps you stay full throughout the day.

Fact #3

Eating enough helps control body fat.

How much Protein do I need?

Fact #1

It's recommended to eat around 1g-2g per pound of goal bodyweight.

Fact #2

Consuming protein every 3-4 hours may help you hit your goal and keep you feeling fuller throughout the day.

Fact #3

The RDA amount is just to prevent protein deficiency, not what is ideal.

Protein Powder

Fact #1

Whey protein isolate digests fast - keep it more for pre/post-workout.

Fact #2

Protein concentrates digest slower, better for throughout the day use or a quick snack.

Fact #3

They don't trump real food, but high-quality ones are a great substitute when needed!

3 Common Myths

"Too much protein will damage my kidneys"

There is no upper limit for protein. Unless you have a current kidney issue diagnosed by a medical professional, all healthy individuals can safely consume protein.

"You can't absorb more than 20-30g of protein in a single meal."

This is false. You need at least 20-30g of protein to maximize **muscle protein synthesis** (the body using amino acids to build muscle). The body will use all the amino acids for other mechanisms!

"Too much protein can make me bulky and I don't want to be bulky."

Unless you're a Greek god, this is virtually impossible without many, many years of training paired with precise nutrition and consistency.