



## Week 2 Habit 2

### **Eat Protein with Every Meal**

Congratulations on making it through the first week. Our second habit seems simple enough but outside of eating too much sugar it is the number one problem we see with most of our clients. Not eating enough protein!!! Surely they eat enough protein to survive but not enough to thrive and optimize healthy metabolic function.

### **Why is it important to get enough protein?**

“During digestion, the body breaks down the protein we eat into individual amino acids, which contribute to the *plasma pool of amino acids*. This pool is a storage reserve of amino acids that circulate in the blood.

The amino acid pool in the bloodstream readily trades with the amino acids and proteins in our cells, provides a supply of amino acids as needed, and is continuously replenished. (Think of it like a Vegas buffet of protein for the cells.)

Since our bodies need proteins and amino acids to produce important molecules in our body – like enzymes, hormones, neurotransmitters, and antibodies – without an adequate protein intake, our bodies can’t function well at all.

Protein helps replace worn out cells, transports various substances throughout the body, and aids in growth and repair.

Consuming protein can also increase levels of the hormone glucagon, and glucagon can help to control body fat.<sup>1</sup> Glucagon is

released when blood sugar levels go down. This causes the liver to break down stored glycogen into glucose for the body.

It can also help to liberate free fatty acids from adipose tissue – another way to get fuel for cells and make that bodyfat do something useful with itself instead of hanging lazily around your midsection!”<sup>i</sup>

So now that we can agree about the importance of eating some protein every time we eat. We will have to put it into practice this week.

Typically we recommend 20-30 grams of protein per meal for women and 40-60 grams for men.

By making this change you’ll stimulate your metabolism, improve your muscle mass, and recovery, and lose unwanted body fat.

Please keep in mind to include a protein source in your snacks as well.

Here are some examples of foods to add to your meals.

1. Meats (Chicken, Beef, Turkey etc.)
2. Fish (Salmon, Tuna, Cod, Sole)
3. Eggs (Even the yolks)
4. Dairy (Plain Greek Yogurt, Cottage Cheese, Regular Cheese)
5. Whey Protein Supplements

Any questions?

Email us [info@crossfitlasalle.com](mailto:info@crossfitlasalle.com) or stop by and see us 8112 Jean Brillon, LaSalle, Quebec, Canada even if you are not a member.

i <http://www.precisionnutrition.com/all-about-protein>