



GETTING TO KNOW...

Protein

PROTEIN IS...

... the main way we repair our muscles after doing physical activity, and control how full we feel!

Your diet as an athlete and active person should be anywhere from 25-35% of protein, or about 1/4 of your plate at every meal. Protein doesn't get stored in the body, so we need to have protein frequently throughout the day. The goal is approximately every 4 hours for optimal muscle buildup and strength gain.

We should eat **MORE** of these types of protein:

Skinless, boneless chicken breast

Skinless, boneless turkey

Lean beef (93% lean)

Steak (tenderloin)

Lean Pork Tenderloin

Fish (all types)

Shellfish

Tofu

Edamame

Beans

Dairy (milk, yogurt, cottage cheese)

Hemp Seed

Cheese

Protein Powders

We should try to eat **LESS** of these types of protein:

Chicken with skin on

Turkey with skin on

Fried chicken

Fried fish

Fried pork

Sausage

Bacon

Pork belly

If you have any questions,
please contact me at:

Coach Sam Wicks
akcoachsam@gmail.com