



LET'S TALK

*Women &
Protein*

**AUGUST 16TH
7PM CT/8PM ET**



**What exactly is
PROTEIN?**

Health Benefits of Protein

Muscle development

Help maintain an ideal weight

Help with bone metabolism

Prevent heart related diseases

Control sugar levels

Improved immune system

Slow down ageing process

Help in hormone balance

Prevent hair damage

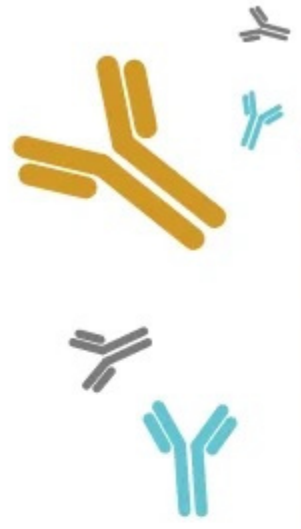
Makes skin healthy



Proteins in the Human Body

Proteins in the Immune System

- Antibodies - fight invaders
- Complement System - system of 20 protein molecules that are activated during infections



Signaling Proteins

- Cytokines - communicate with other cells



Proteins in the Muscle

- Actin and Myosin - interactions with each other for muscle movement
- Myoglobin - release oxygen to muscles
- Ferritin - stores and release oxygen



Proteins in the Blood

- Hemoglobin - transports oxygen
- Fibrinogen - clots blood
- Albumin - maintain proper amount of liquid in blood

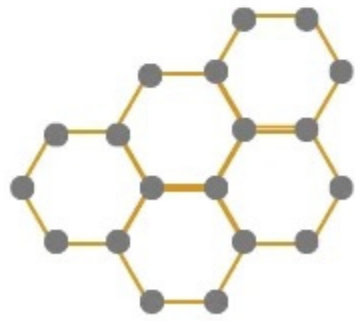
Enzymes

- Digestive Enzymes - helps break down food



Structural Proteins

- Cytoskeleton - network of protein filaments and tubules that maintain cell shape
- Keratin - found in skin, hair, and nails
- Collagen - provides strength
- Elastin - provides flexibility



Cell Membrane

- Form channels for substances to move through membrane
- Act as enzymes
- Act as receptors
- Three types of proteins: peripheral protein, integral protein, and lipid-bound protein



Signs of Protein Deficiency...

- Poor concentration
- Difficulty In Losing Weight
- Problems with Hair, Skin, Nails
- Weaker Immune System
- Swollen Feet
- Loss of Muscle Mass
- Slower Metabolism
- Fluid Retention
- Anxiety & depression
- Fatty Liver
- Increased risk of bone fractures
- Sugar Cravings
- Weakness & fatigue
- Hungry all the time
- Irritability
- Low sex drive
- Poor recovery
- Digestive Issues



Average Woman .5 x BW lbs

Active Woman .7 x BW lbs

Over 40 Woman .7 x BW lbs

**Active Over 40
Woman .8 x BW lbs**

How much protein?

PURE PROTEIN

macros per 4oz

@trifecta



VENISON (CALs: 178)
p: 35g f: 3g c: 0g



HALIBUT (CALs: 158)
p: 30g f: 3g c: 0g



CHICKEN (CALs: 136)
p: 25g f: 4g c: 0g



TILAPIA (CALs: 145)
p: 29g f: 3g c: 0g



HADDOCK (CALs: 127)
p: 27g f: 1g c: 0g



CRAB (CALs: 125)
p: 24g f: 1g c: 1g



SNAPPER (CALs: 136)
p: 28g f: 2g c: 0g



SHRIMP (CALs: 112)
p: 23g f: 1g c: 0g



COD (CALs: 119)
p: 25g f: 1g c: 0g



TUNA (CALs: 140)
p: 32g f: 1.5g c: 0g



EGG WHITES (CALs: 60)
p: 12g f: 1g c: 1g



BASA (CALs: 90)
p: 16g f: 2g c: 0g

These foods are so rich in protein content, that they come pretty close to being considered pure protein in our diet - because they have so little fat or carbs

LEAN PROTEIN

macros per 4oz



BEEF (CALs: 200)
p: 30g f: 8g c: 0g



BISON (CALs: 170)
p: 23g f: 8g c: 0g



SEITAN (CALs: 120)
p: 24g f: 1g c: 4g



PORK (CALs: 126)
p: 23g f: 4g c: 0g



LAMB (CALs: 170)
p: 23g f: 7g c: 0g



EDAMAME (CALs: 160)
p: 14g f: 7g c: 12g



GREEK
YOGURT (CALs: 70)
p: 11g f: 0g c: 5g



CHICKEN
THIGH (CALs: 150)
p: 20g f: 8g c: 0g



COTTAGE
CHEESE (CALs: 90)
p: 14g f: 2g c: 5g



TOFU (CALs: 86)
p: 9g f: 5g c: 2g



TURKEY (CALs: 190)
p: 33g f: 7g c: 0g



LOW FAT
CHEESE (CALs: 200)
p: 28g f: 8g c: 4g

HIGH FAT PROTEIN

macros per 4oz



SARDINES (CALS: 172)

p: 28g f: 13g c: 0g



HERRING (CALS: 253)

p: 14g f: 20g c: 6g



SALMON (CALS: 235)

p: 23g f: 15g c: 0g



MACKEREL (CALS: 261)

p: 27g f: 20g c: 0g



CHIA SEEDS

(CALS: 565)

p: 26g f: 31g c: 43g



WHOLE EGGS (CALS: 160)

p: 16g f: 12g c: 2g



BEYOND MEAT

(CALS: 270)

p: 20g f: 20g c: 5g



PEANUTS (CALS: 645)

p: 28g f: 56g c: 20g

HIGH CARB PROTEIN

macros per 4oz



BEANS (CALs: 150)

p: 10g f: 1g c: 26g



LENTILS (CALs: 130)

p: 10g f: 0.5g c: 22g



PEAS (CALs: 134)

p: 210g f: 0.5g c: 23g



CHICKPEAS (CALs: 120)

p: 8g f: 2g c: 20g



SOY MILK (CALs: 65)

p: 4g f: 2g c: 8g



PASTA (CALs: 190)

p: 14g f: 3g c: 32g



QUINOA (CALs: 140)

p: 5g f: 2g c: 24g



MILK (CALs: 50)

p: 4g f: 1g c: 6g



CEREAL (CALs: 210)

p: 10g f: 6g c: 31g



BUCKWHEAT (CALs: 104)

p: 4g f: 1g c: 21g



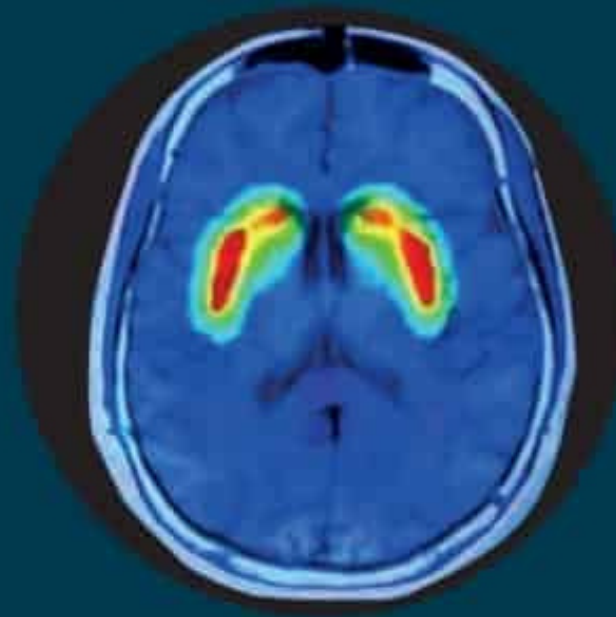
The Brain on Sugar



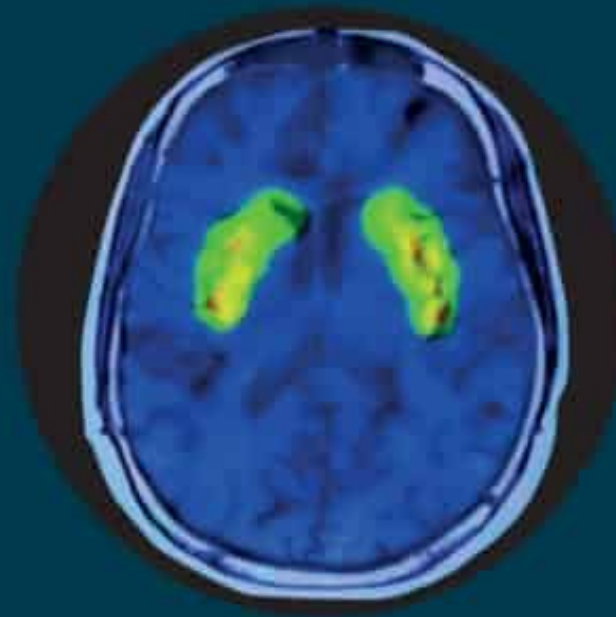
Regular consumption of sugar will reduce
your natural ability to experience pleasure.

Sugar and the Brain

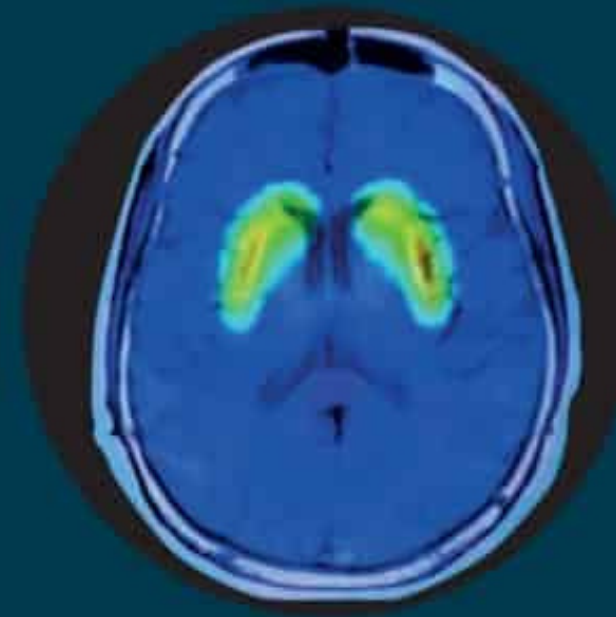
Normal Brain



Cocaine User



Sugar User



Key



High dopamine:
normal pleasure and interest



Low dopamine:
lack of pleasure



Medium dopamine:
difficulty feeling joy or pleasure

High Protein Breakfast

- Protein Waffles
- Protein Pancakes
- Smoothie Bowls
- Omelet
- Egg Cups w/veggies
- Egg & Sausage Bowl
- Greek Yogurt w/fruit
- GF PB Toast w/Bananas
- Overnight Protein Oats
- PB & Banana Oatmeal
- Egg & Turkey Bacon Sandwich
- Overnight Chia Pudding
- Turkey-Sweet Pot Hash
- Protein Smoothie
- Breakfast Pizza on GF English Muffin
- Eggs & Turkey Sausage/Bacon
- Protein Muffins or Bread





High Protein Lunches

Hummus
veggies
fruit
chicken
GF crackers
yogurt
nuts
nut butters
edamame
chicken salad
GF wrap
GF sandwich

Hard Boiled Eggs
Homemade Protein Balls
Protein Banana Bread
Banana Oatmeal Cups
GF Pretzels
Chicken Salad Spinach Cups
Cucumber Sandwich
Cold Quinoa Salad
Salads - variety
Turkey Roll-Ups
Protein Waffles/Pancakes
Trail mix

High Protein Dinners

Chipotle Bowls
GF Meat Spaghetti
Chicken Tacos
Chili
GF Meat Pizza
Hibachi Night
GF Crockpot Lasagna
Burritos
Sloppy Joes
BBQ Chicken
GF Fish Sticks
GF Chicken Strips
Big Mac Casserole
Skillet Night
Hamburger Sliders





High Protein Snacks

- Nut Butter & Apples
- Greek Yogurt w/fruit
- GF PB Toast w/Bananas
 - Protein Smoothie
- Protein Muffins or Bread
 - Protein Balls
- Veggies & Hummus
 - Hard Boiled Eggs
- Brown Rice Cakes with AB & Strawberries
 - Trailmix
- Homemade Beef/Turkey Jerkey
- GF Tortilla with PB & Bananas
- Chicken Salad w/GF Crackers

what does

100+ g of protein

look like?



Plant based
protein shake:
30 g

Carrots &
Hummus:
8 g



Spinach Salad
w/tuna:
22 g

2 protein
balls:
14 g



1 c quinoa
4 oz chicken:
38 g

what does

100+ g of protein

look like?



Protein Waffle:
34 g

Hard Boiled
Eggs:
12 g



Chicken salad:
22 g

Plant based
protein shake:
20 g



Steak Fajitas
4 oz steak:
38 g

what does

100+ g of protein

look like?



Egg White
Omelet w/
Spinach:
25 g

Protein
Muffin:
8 g



Plant based
protein shake:
30 g



Apples w/
Almond Butter:
12 g



Broccoli &
Salmon:
40 g

what does

(Vegan)

100+ g of protein

look like?



Chia/Hemp
w/Nut butter
Pudding:
25 g

Protein
Muffin:
8 g



Plant based
protein shake:
30 g



Apples w/
Almond Butter:
12 g



Buddha
Bowl:
26 g

