



Protein Savvy Guide



Of all the macronutrients (fat, carbohydrate and protein), protein will be the most satisfying. Along with modest amounts of healthy fats, clean protein sources can help to slow the delivery of carbohydrates through your system, leaving you with fewer highs and lows in your blood sugar.

Here are our top tips for using protein successfully:

If you are physically active or find yourself hungry during the program, we suggest you add one of the following to each of your meals:

- A scoop of plant-based protein powder (perfect for smoothies)
- 2-5 ounces of animal protein
- 2-4 tablespoons nuts or seeds
- ½ cup beans or lentils

Choose healthy and clean protein sources that are organic and, ideally, grass-fed for the meats. Animal protein sources include the following: beef, bison, chicken, turkey, fish and seafood.

Our favorite low-mercury fish choices are salmon and sardines. They are high in omega-3 fatty acids, which are great for fighting free radicals in the body.

Good plant-based protein sources include:

- Hemp seeds, sunflower seeds and pumpkin seeds
- Flax seeds
- Avocado
- Nutritional yeast, if tolerated by the body
- Chia pudding, with an extra scoop of plant protein
- Spirulina
- Spinach, broccoli and kale

You can also add extra protein, such as pea, pumpkin seed or hemp protein to your smoothies, soups, or even mixed into a dip.

Where's the Protein

Your goal is to eat at least 15-20 grams of protein with each meal. Snacks may or may not include some protein (depending on hunger level and need). Use the table below to help you calculate your intake.

FOOD	SERVING SIZE	GRAMS PROTEIN
Chicken or turkey	3 ounces	21
Beef, lamb	3 ounces	21
Fish (any)	3 ounces	21
Shellfish (any)	3 ounces	21
Sardines	3 ounces	21
Egg	1 egg	6
Walnuts	¼ cup	6
Cashews	¼ cup	6
Pecans	¼ cup	5
Nut or seeds butter	1 Tbs	2.5
Sunflower seeds	¼ cup	8
Pumpkin seeds	¼ cup	8
Flax seeds	2 TBS	3
Chia seeds	2 TBS	6
Hemp seeds	2 TBS	6
Protein powder	1 scoop	17-22
Pumpkin seed powder	1.5 Tbs	10
Tempeh/Tofu	4 ounces	17-19
Lentils	1/2 cup cooked	9
Beans (any)	1/2 cup cooked	6-9
Split peas	1/2 cup cooked	8
Quinoa	1/2 cup cooked	4
Vegetables	1 cup raw	2.5