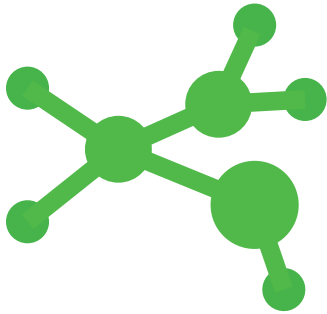


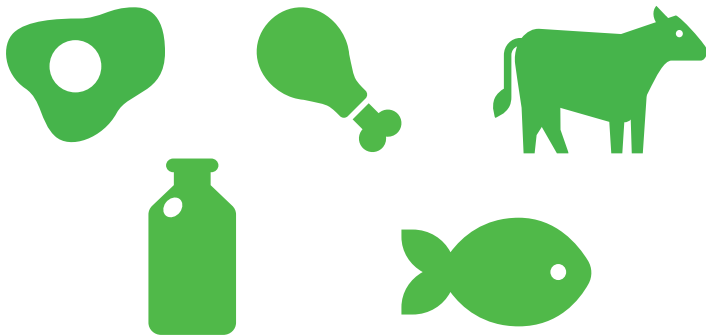
Protein



- Protein is a key nutrient for muscle recovery and muscle building
- Protein also plays an important role in enzymes, hormones, and antibodies
- Protein increases satiety, making you feel full longer

BEST PROTEIN SOURCES

- Eggs
- Low-Fat Dairy
- Chicken
- Fish
- Turkey
- Pork Loin
- Lean Ground Beef
- Tofu



PROTEIN CHECKLIST:

- Include a protein source at every meal
- Consume protein quickly after (30-60 minutes) exercise to help maximize muscle recovery
- Choose grilled, baked, roasted, or broiled meats
- Choose low-fat dairy products
- Choose whey protein powder if utilizing a protein powder post-exercise

