

WEEK 4

PROTEIN: ANIMAL & PLANT-BASED



Protein is arguably the easiest part of eating a clean diet. Highly processed, prepackaged food is easily identifiable. We all know dinosaur chicken nuggets and bright pink hotdogs are not in their “natural” state compared to bone-in pork chops or jumbo shrimp with the tails on, but oftentimes, convenience trumps health. This week, choose 2-3 slower nights to cook meals at home, and then enjoy leftovers as quick dinner options on the busy nights.

Don't forget about plant proteins! Legumes (beans) are a great option because they pack more nutrients with fewer calories than animal protein. Pair beans with a whole grain for a budget-friendly complete protein. Different beans provide different nutritional benefits. For example, dark red kidney beans are rich in potassium, while chickpeas are a good source of magnesium. Likewise, some varieties of beans contain more fiber and protein than others.

In a global study, eating one serving (1/2 cup) of beans per day was associated with a 38% lower risk of heart attack. Additionally, 1 oz of legumes per day contributed to an increased lifespan of approximately eight years.¹

FOR IMPROVED WEIGHT MANAGEMENT

- ❖ Choose lean proteins such as egg whites, fish, chicken breast, pork tenderloin, ground turkey, or round cut beef.
- ❖ Limit portions to 5-7 oz of protein per day.
- ❖ 2-3 oz is about the size of a deck of playing cards, or a quarter of your plate.



YOUR DIET IS A BANK ACCOUNT. GOOD FOOD CHOICES ARE GOOD INVESTMENTS.

-BETHENNY FRANKEL -

1. <https://pubmed.ncbi.nlm.nih.gov/15228991/>