

# Sources of Protein

Eating enough protein each day is essential to optimizing your health, performance, and body composition. Shoot to eat 0.9 grams of protein per pound of body weight. If this confuses you, shoot to eat at least 1 palm-sized portion of protein at each meal (3 or 4 times per day), which should get you close to this recommendation.

## Meat “A” Options

- **Any Wild Game Meat**—venison, elk, bison, sheep/lamb, etc.
- **Grass-Fed Beef (leaner is better)**
  - Roasts: anything with “round,” “chuck,” or “loin,” is considered lean
  - Steaks: sirloin, New York strip, or filet mignon
  - Ground Beef: lean or extra lean (90% or better)
- **Fresh Wild Fish**
  - Salmon and Halibut are common in our area, but just about any variety is great!
- **Organic Pastured Pork (leaner is better)**
  - Pork Tenderloin – leaner than Pork Shoulder/Butt
  - Chops: bone-in or boneless top loin
- **Organic Pastured Poultry**
  - Whole Chicken or Turkey
  - Cuts: skinless breasts, skinless thighs, or skinless legs/drumsticks
  - Eggs from organic pastured chickens

## Meat “B” Options

Any of the options listed above that are NOT organic, grass-fed, pastured, wild or fresh. The protein content will be similar, if not the same, but they don’t have the same nutrient density as the “A” options, AND contain more contaminants—**most contaminants are harbored in the fat tissue, so with “B” options it’s more important to buy lean cuts.**

## Plant Based Options

Plant based options for protein are abundant, but two important considerations:

1. Plant proteins are typically incomplete, meaning we have to eat a variety of plants to get a complete amino acid profile. **Quinoa is an exception (it is complete)!**
2. The protein in plants is not as available as meat sources of protein (i.e. the % of protein calories is not as high), so you may need MORE.
  - ➔ Most Beans/Legumes contain roughly 25%
  - ➔ Most Grains/Nuts are about 15-20%

**Examples:** (% = amount of protein calories)

- **Beans/Legumes:** Black (25%) – Pinto (26%) – Lentils (29%) – Kidney (27%) – Chickpeas (21%) – Peanuts (18%)
- **Grains:** Quinoa (15%) – Corn (10%) – Wheat (15%) – Oats (17%) – Rice (5%)
- **Nuts (Raw):** Almonds (15%) – Cashews (12%) – Pistachios (13%)

## Protein Supplements

If you struggle to EAT enough protein in your diet, then supplement with a protein powder. A great resource to find a quality supplement is [www.labdoor.com](http://www.labdoor.com). If you are a plant-based eater you will need to find a vegetable based protein powder. If not, a whey protein powder is the way to go!