

High Protein Food List

Protein is a vital component to our diets and health. It not only works to build muscle and maintain muscle but helps us to strengthen bones, skin and hair, improve brain function, aid our immune system and keep hormone regulation in Check!!

Aim to consume between 1.2- 2g/per kg of your body weight. Depending on your age, weight, size and goals, your protein needs will vary person to person.





- **Benefits of Protein** - It is extremely satiating, so it can go a long way to make you feel fuller for longer.
- **When in a calorie deficit, you want to try hold onto as much muscle possible. By keeping your protein high will help to retain muscle as best as possible.**
- **It can aid in greater weight loss (as long as you are in calorie deficit). This weight loss can lead to improvement in BMI, waist circumference and in some cases improvements in fasting insulin and HbA1c levels.**
- **How much protein you say? – Well, approximately 20g protein in each meal should keep you feeling full but feel free to take more if your body and calorie requirement allow it.**
- **How much is 20g? – approximately 3 Eggs, A whey protein Shake or a chicken breast will be around or more than 20g.**

Aim to have - A protein rich breakfast
High protein snacks
Adequate protein in your lunch and dinner.

***Protein can help with your weight loss Goals!!!
Choose a healthy life style!!!**

