



# ULTIMATE PROTEIN GUIDE

WHAT YOU SHOULD KNOW



## INTRODUCTION

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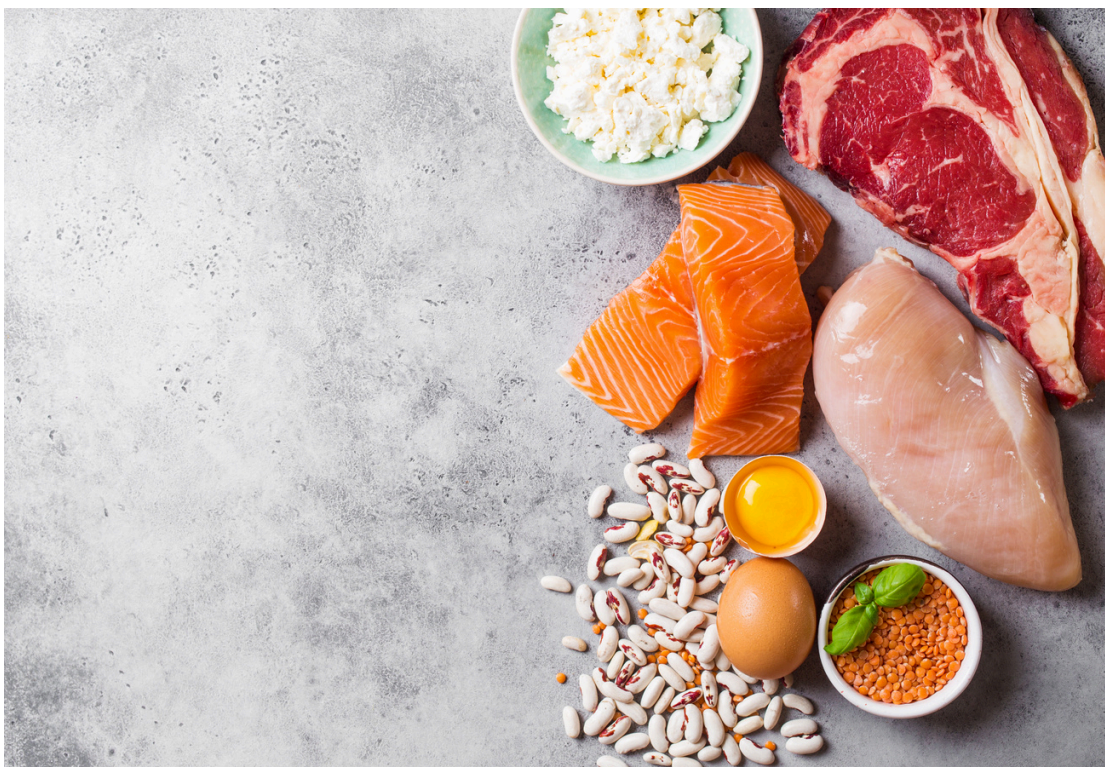
Welcome to the ultimate guide on how to get more protein into your diet!

Whether you're looking to lose weight, have more energy, are an athlete looking to build muscle, or someone simply aiming for a healthier lifestyle, protein is your secret weapon.

In this guide, we will explore various strategies and tips to power up your diet with protein.

Get ready to embark on a protein-packed adventure that will transform your health and fitness journey!

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## WHY PROTEIN MATTERS

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**Protein is the superhero of the macronutrients.**

It plays a crucial role in building and repairing tissues, supports immune function, and is essential for the production of enzymes and hormones. But its powers go beyond that! Protein is a metabolic powerhouse, igniting your body's calorie-burning engine. It revs up your metabolism, helping you torch those extra pounds and maintain a healthy weight.

**Scientific Support:** A study published in the American Journal of Clinical Nutrition found that a high-protein diet increases energy expenditure and enhances fat oxidation, leading to improved weight management. The study observed that participants who consumed a higher protein diet experienced greater satiety and thermogenic response, resulting in increased calorie burning and fat loss.

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## PROTEIN CALCULATIONS

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To truly harness the power of protein, it's important to determine your individual protein requirements.

Factors such as age, weight, activity level, and goals come into play. Fear not! Calculating your protein needs is easier than you think.

**Scientific Support:** A comprehensive review published in the Journal of the International Society of Sports Nutrition suggests that individuals engaged in regular exercise or physical activity may require higher protein intake to support muscle repair and growth. The review emphasizes the importance of individualized protein recommendations based on factors such as body composition and exercise type.

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## HOW MUCH PROTEIN DO YOU NEED

Protein requirements can vary depending on factors such as age, sex, weight, activity level, and overall health. The Recommended Daily Allowance (RDA) is **0.8 grams / kg of body weight**. The RDA represents your *basic* nutritional requirement (for survival). But this number is too low for *optimal* health, weight loss, and longevity. The *real number* should be between **1.0g/kg and 2.2g/kg**, (with 1.5g/kg being your starting point), depending on individual circumstances and goals.

Let's explore how to calculate your protein needs and discover some popular online protein calculators to assist you.

--> *Not into math? No problem. Skip the equation and simply aim for **100 grams** of protein per day.* <--

### **To determine your protein requirements, follow these steps:**

Identify your weight in kilograms: Use a scale to measure your weight in pounds. Then divide by 2.2. For example...

$$150\text{lbs} / 2.2 = 68\text{kg}$$

Next, multiply by 1.5g of Protein (average of 0.8-2.2)

$$68\text{kg} \times 1.5\text{g} = 102\text{grams}$$

**Daily Protein Intake = 102grams**

\*This value may vary depending on individual circumstances. Active individuals, athletes, and those engaged in intense physical activity may require higher protein intake.. Consult with a healthcare professional or registered dietitian for personalized guidance.





## HOW MUCH PROTEIN DO YOU NEED

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Now that you have an idea of your protein needs, you can explore popular online protein calculators that can provide additional guidance and personalized recommendations. Here are three reputable protein calculators:

1. **MyFitnessPal:** MyFitnessPal is a widely used fitness app that includes a nutrition tracker. It allows you to set your goals and provides personalized recommendations, including protein intake.
2. **Bodybuilding.com:** Bodybuilding.com offers a variety of fitness resources, including a protein calculator. It helps you determine your protein requirements based on your goals and activity level.
3. **Google Search:** Type “Macro Calculator” into your search bar. Click on a link on the first results page. Try different search results to see how the numbers align between the various calculators.  
Use this as your starting point.

Remember, these calculators provide estimates and general guidelines. For precise recommendations tailored to your specific needs, consulting with a healthcare professional or registered dietitian is always best.

By understanding your protein requirements and utilizing online protein calculators, you can ensure that you're meeting your individual protein needs to support your health, fitness, and overall well-being.





## CONVENIENCE AND TIME-SAVING PROTEIN SOURCES

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In our fast-paced world, time is often a precious commodity. Incorporating protein into your meals doesn't have to be time-consuming. We've got you covered with convenient protein sources that will save you precious minutes without sacrificing nutrition.

Scientific Support: A study published in the Journal of Food Science examined the nutritional profile of various convenience protein sources. The study found that options such as canned tuna, Greek yogurt, and rotisserie chicken provide a significant amount of protein while being convenient and easily incorporated into meals. These options offer time-saving benefits without compromising nutritional value.

**Here are ten protein-packed options that will fuel your body without sacrificing precious time:**

**Greek Yogurt:** With an impressive 16 grams of protein per 3/4 cup serving, Greek yogurt provides a substantial protein boost. It's an excellent choice for a busy morning, on-the-go lunch, or a quick snack to optimize your protein intake. *Choose non-fat, plain options and brands that do not contain artificial flavors/sweeteners/ingredients.*

**Canned Tuna:** Canned tuna is a convenient and affordable source of protein, containing 20–24 grams of protein per 5oz can. It can be used in salads, sandwiches, or mixed with pasta.



## CONVENIENCE AND TIME-SAVING PROTEIN SOURCES

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**Eggs:** Eggs are a nutrient-dense and protein-rich option, providing around 6 grams of protein per large egg. They can be prepared in various ways, from boiled to scrambled, or incorporated into omelets and frittatas.

**Cottage Cheese:** Cottage cheese is a versatile dairy product that offers approximately 13 grams of protein per 1/2 cup serving. Enjoy it as a snack, add it to salads, or use it as a topping for toast or crackers. Choose a brand, such as *Daisy*, that contains only cultured skim milk, cream, and salt.

**Edamame:** Edamame, young soybeans, is a plant-based protein source that delivers around 17 grams of protein per 1 cup serving. These delicious beans can be enjoyed as a snack, steamed, or added to stir-fries and salads.

**Rotisserie Chicken:** Pre-cooked rotisserie chicken is a convenient protein option readily available at supermarkets. It provides approximately 25 grams of protein per 3oz. Enjoy it as a quick meal or use it in salads, wraps, or sandwiches.

**Protein Bars:** Protein bars are a convenient grab-and-go option for busy individuals. They typically provide around 12–20 grams of protein per bar. Look for options with minimal added sugars and natural ingredients.



## CONVENIENCE AND TIME-SAVING PROTEIN SOURCES

**Quinoa:** Although it is considered a “carbohydrate,” quinoa is a versatile grain-like seed that offers approximately 8 grams of a complete protein per 1 cup, cooked. It can be used as a base for salads, mixed with vegetables, or served as a side dish.

**Chickpeas:** Also considered a “carbohydrate,” canned chickpeas are a convenient and fiber-rich protein source, containing around 10 grams of protein per 1/4 cup serving. Use them in salads, soups, or roast them for a crispy snack.

**Protein Powder Mix:** Protein powders are a quick and easy way to boost your protein intake. They typically contain a blend of protein powder, vitamins, and minerals. Simply mix them with your choice of liquid and enjoy a delicious protein-packed shake.

We recommend **Just Ingredients** brand for quality, taste, and price.  
(Use discount code **bobfratena** for 10% off)



THE JUST INGREDIENTS DIFFERENCE	
 <b>FOUR DIFFERENT</b> <i>protein sources</i>	 <b>100% GRASS-FED</b> <b>NON-DENATURED</b> <i>New Zealand whey</i>
 <b>NO HIDDEN</b> <b>INGREDIENTS LABELED</b> <i>"natural flavors"</i>	 <b>CASEIN-FREE</b> <b>FOR EASIER</b> <i>digestion</i>





## IMPORTANCE OF LEAN MEAT

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When it comes to protein, not all sources are created equal. Lean meat is an excellent choice for obtaining high-quality protein while also providing essential nutrients. The quality of the meat you choose plays a crucial role in your overall health and well-being. Let's explore the importance of protein from lean meat sources and discover some protein-rich options that can be found at your local supermarkets.

### Why Choose Lean Meat?

Protein derived from lean meat sources offers several advantages:

- 1. High-Quality Protein:** Lean meat, such as poultry, fish, and certain cuts of red meat, provides a complete amino acid profile necessary for optimal bodily function and muscle repair. According to studies, lean meat sources are particularly effective in promoting muscle protein synthesis due to their amino acid composition and digestibility.
- 2. Essential Nutrients:** Lean meats are rich in vitamins and minerals, including iron, zinc, vitamin B12, and selenium, which are vital for various physiological processes. Lean meat consumption contributes significantly to meeting the recommended intake of essential nutrients.



## IMPORTANCE OF LEAN MEAT

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### Why Choose Lean Meat?

**3. Satiety and Weight Management:** Protein from lean meats helps promote satiety, making you feel fuller for longer. This can aid in weight management and prevent overeating. Research demonstrates that a higher protein intake from lean meat sources is associated with increased satiety and improved weight management outcomes.

**4. Muscle Development and Recovery:** The amino acids in lean meats are essential for building and repairing muscle tissue, making them particularly beneficial for athletes and individuals engaged in regular exercise. Consuming lean meat as a source of high-quality protein can enhance muscle protein synthesis and facilitate muscle recovery after exercise.





## IMPORTANCE OF LEAN MEAT

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Here are 5–10 examples of different meats or cuts of meat with the highest protein content per 1 serving (3.5 oz cooked):

1. **Chicken Breast:** Chicken breast is a lean meat powerhouse, providing approximately 31 grams of protein per 3.5 oz. It's versatile and can be cooked in various ways, from grilling to baking or sautéing.
2. **Turkey Breast:** Turkey breast is another lean meat option, offering around 29 grams of protein per 3.5 oz. It can be used as a substitute for chicken in many recipes and provides a flavorful protein source.
3. **Lean Beef Steak:** Lean cuts of beef, such as sirloin or eye fillet, provide approximately 26 grams of protein per 3.5 oz. Opt for grass-fed or organic beef for higher nutritional value.
4. **Pork Tenderloin:** Pork tenderloin is a lean and tender cut, delivering around 22 grams of protein per 3.5 oz. It can be roasted, grilled, or stir-fried for a delicious and protein-packed meal.
5. **Salmon:** Salmon is a fatty fish that offers both high-quality protein and beneficial omega-3 fatty acids. It provides approximately 22 grams of protein per 3.5 oz. Choose wild-caught salmon for optimal nutritional content.
6. **Tuna:** Tuna is another fish rich in protein, with around 20–25 grams of protein per 5 oz can. It's available in various forms, including canned, packets, or fresh, making it a convenient option.
7. **Lamb Leg:** Lamb leg is a flavorful and protein-rich choice, offering approximately 20 grams of protein per 3.5 oz. It can be roasted or grilled to perfection.

## HIGH PROTEIN SNACKS

Snack time is a crucial moment in your day. It can be the make or break when it comes to your protein goals. But fear not, for we have an arsenal of protein-packed snacks that will satisfy your cravings and keep you on track.

**Scientific Support:** A study published in the Journal of Nutrition and Metabolism examined the impact of protein-rich snacks on appetite control and satiety. The study found that consuming protein-rich snacks between meals led to reduced hunger and increased feelings of fullness compared to carbohydrate-based snacks. Incorporating protein snacks into your diet can help you stay satisfied and prevent overeating.





## HIGH PROTEIN SNACKS

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If you're looking to boost your protein intake while enjoying delicious treats, Buehlers (or any grocery store) offers a variety of options. These snacks not only provide a quick energy boost but also help support your protein needs. Let's explore 5 high-protein snacks readily available, along with their protein content per serving.

### High-Protein Snack Options

- **Protein Bars:** Protein bars are a popular choice for a quick and convenient protein-rich snack. Look for brands like Rx Bar, Quest, or One Bar that offer around 20 grams of protein per bar.
- **Greek Yogurt:** Greek yogurt is not only delicious but also a great source of protein. Brands like Chobani, Stoneyfield Organic, or Siggi's have approximately 15–20 grams of protein per serving.
- **Cottage Cheese:** Cottage cheese is a versatile snack that offers a protein punch. Choose options like Smith's or Goog Culture Organic Cottage Cheese, which provide about 15 grams of protein per serving.
- **Hard-Boiled Eggs:** Hard-boiled eggs are a convenient and protein-rich snack. They offer approximately 6 grams of protein per large egg. Look for free-range, organic options and/or local options for the best quality.
- **Beef Jerky:** Beef jerky is a flavorful and portable high-protein snack. Brands like Krave or Epic offer about 10–15 grams of protein per serving.



### PROTEIN FOR LONG TERM WELLNESS

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Protein isn't just about short-term gains; it's a lifelong ally for optimal health and wellness. Beyond its muscle-building benefits, protein plays a vital role in preserving bone health, supporting cognitive function, and maintaining a healthy immune system. It's the foundation that keeps your body strong, resilient, and vibrant throughout the years. By incorporating protein into your diet consistently, you're investing in a healthier future and enjoying the countless benefits that protein provides.

**Scientific Support:** Scientific studies have demonstrated the long-term health benefits of protein. For example, studies show adequate protein intake is crucial for maintaining bone health and reducing the risk of fractures, along with preventing sarcopenia (the loss of muscle mass).

Other studies highlight the essential role of protein in cognitive function and brain health.

These studies reinforce the importance of protein for overall well-being beyond immediate fitness goals.





**RIPGEN**  
TRAINING

# ULTIMATE PROTEIN GUIDE

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