

3 RULES TO IMPROVE PROTEIN INTAKE IN SPORTS

★ 1 TOTAL

AIM TO INCLUDE PROTEIN IN EACH MEAL OR SNACK



BODY WEIGHT	50 KG	70 KG	90 KG
TOTAL PROTEIN PER DAY (GRAMS)	75	105	135
TOTAL PROTEIN PER MEAL OR SNACK (ASSUMING TOTAL OF 5 PER DAY)	15	21	27

WHAT DOES ~30 GRAMS OF PROTEIN LOOK LIKE?



1 medium fillet (150g raw) **STEAK**



1 small fillet (100g) **CHICKEN BREAST**



2 thin slices (150g) **PORK TENDERLOIN**



1 can (130g) **TUNA**



1 cup (250g) **HIGH PROTEIN YOGHURT**



3 large **EGGS**



2 cups (360g) **LENTILS**



7 tsp **PEANUT BUTTER**

★ 2 TYPE

PROTEIN FROM **ANIMAL** AND **PLANT** SOURCES ARE EFFECTIVE IN PROMOTING MUSCLE RECONDITIONING FOLLOWING EXERCISE

MEAT	PULSES
FISH	NUTS AND SEEDS
SHELLFISH	BEANS
EGGS	GRAINS
DAIRY	QUORN



IF YOU HAVE A PLANT BASED DIET, BE SURE TO INCLUDE A VARIETY OF PLANT PROTEIN SOURCES

★ 3 TIMING

EVENLY SPREAD YOUR PROTEIN INTAKE THROUGHOUT THE DAY AND WITHIN **3 HOURS** AFTER EXERCISE



1 hour 2 hours 3 hours 4 hours

