

## ***PROTEIN is the building blocks for your muscles!***

After a workout, your muscles need to rebuild themselves so they can ready for the next workout. It's great for snacks, too! Have **1-2 servings** with every meal.

<b>Body weight /lbs</b>	<b>Serving / day</b>
160-170	<b>4-6 (154g)</b>
170-180	<b>5-6 (163g)</b>
180-190	<b>5-7 (173g)</b>
190-200	<b>6-8 (182g)</b>

### **Examples:**

- Steak, Roast beef, chicken breast, fish, pork chops=1 serving (size of your palm)
- 1 bowl of beans= 1 serving
- 1 handful of peanuts= 1 serving
- 1 handful of trail mix= 1/2 serving
- 1 handful of pumpkin seeds= 2 SERVINGS!!!
- 1/2 salmon fillet= 2 servings
- 1 can of tuna= 2 servings
- 1 large glass of milk= 1 serving
- 2 slice of cheese= 1/2 serving
- 1 protein bar= 1 servings
- 1 scoop of protein powder= 1 serving

\*\*\*Protein shakes are a great afternoon snack. Mix 1-2 scoops of protein powder, 1 cup of milk, 1 banana or strawberries(or the fruit of your choice), 1 spoon of honey, and 1 package of Nestle's Instant Breakfast in a blender. Add your own ingredients to be creative!

## ***And last (but not least!): WATER***

This is just as important as Carbs, Pro, and Fat. Water is in every cell of your body. You can only live 3-4 days without water! When exercising, we lose lots of water by sweating. To keep our body functioning properly, you need to keep refilling your tank before you get dehydrated. If you feel thirsty, that's usually a sign that you're already dehydrated!

- Try for 2 liters each day. \*\*\*This is NOT including the amount you drink while exercising!\*\*\*
- You can easily get into the habit of drinking this much by trying to carrying a water bottle with you everywhere you go. You can