Seriously Simple Steps™

Weight Loss & Wellness

STEP 6

ALL ABOUT PROTEIN

Calories from protein affect your brain, your appetite control center, so you are more satiated.

-Dr. Matthew Kulka

Protein and Weight Loss

Proteins are composed of amino acids, which are the building blocks of muscles and organs, including our brains. While we produce amino acids on our own, we need to consume “essential amino acids” through food, such as animal products and vegetables, like nuts.

While many nutritionists recommend that around 11-20% of a person’s dietary intake be made up of proteins, many people far exceed this number. For example, far too many people eat too many animal-based meals and take protein supplements, which have been linked to various health effects, including heart disease.

Good Sources of Protein

You probably already consume enough protein through your normal diet without knowing it. In fact, many plant-based diets rich in beans, nuts, and vegetables are full of healthy proteins, which can help us reach our recommended intake, even if you lift weights or run. While animal and fish-based foods are a great source of protein, you can live a healthier life and feel fuller after each meal by eating a predominantly plant-based meal.

- Slowly incorporate more plant-based foods into your diet.
- Slowly limit your animal and fish intake to around 20% of your protein–you don’t need to go vegetarian.
- Consume protein when you feel hungry within 4-5 hours of a workout, before or after.

Next: Protein Sources

Plant-Based Foods Rich in Protein

- Mixed Vegetables (Broccoli, Spinach, Asparagus, Artichokes)
- Tofu, tempeh and edamame
- Fruits (Guava, Blackberries, Nectarines, Bananas)
- Lentils
- Beans
- Chickpeas
- Kale
- Nutritional yeast
- Hemp seeds
- Green peas
- Spirulina
- Quinoa
- Soy milk, nut milks
- Oats and oatmeal
- Wild rice
- Chia seeds
- Nuts and nut butters
- Ezekiel bread

Your Sixth Steps

- Don’t Over-Consume Protein.
- Limit consumption of protein supplements and products.
- Seek Protein from Plant-Based Meals.
- Incorporate more plant-based foods into meals to receive the same calories.
- Limit Protein from Animal-Based Sources.
- Decrease consumption of animal or fish-based meals to under 20% of your protein source.

Next: Review

Reviewing Your Steps

Step 5

- Choose healthy unsaturated fats - Polyunsaturated and Monounsaturated.
- Avoid unhealthy saturated and trans fats.
- Continue to read nutritional labels.

Step 4

- Eat more plant-based foods - Complex Carbs.
- Eat less processed carbs - Simple Carbs.
- Read all nutritional labels.
- Keep “added sugars” as close to zero as possible.

Step 3

- Calculate your personal Metabolic Rate.
- Consume 300 fewer calories to create a caloric deficit = Daily Caloric Goal.
- Strive to move your body for 30 minutes everyday.
- Adjust your daily caloric goal for physical activity.

Step 2

- Being prepared.
- Plan all meals and snacks at least one day ahead.
- Plan today what you will eat tomorrow.

Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

Remember

- Keep wearing your green wrist band for motivation.
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.