

# Protein & Macros

When it comes to the three macronutrients – Protein, Fats and Carbohydrates - each macronutrient plays a vital role in our bodies and one isn't necessarily more important than the other.

However, we put a big focus on protein levels for many reasons – the main one being that every structure in our body is made up of proteins, so in order to live a healthy lifestyle, we need to ensure we are consuming enough protein daily. Besides that, there are an array of benefits that come from a high protein diet.

## **Week one of reaching your protein:**

One of the biggest struggles we see on the challenge is ladies struggling to reach their protein goal given to them on week one. This is completely normal, we don't expect you ladies to reach these goals straight away, especially if you are used to eating a low protein diet – which is very common.

The best way to approach this is to build up your protein levels over the next few weeks. This will also ensure you do not end up making yourself feel physically sick from the amount of protein consumed. If your body is used to eating a very low protein diet, switching to a high protein diet within the space of a few days is going to leave you feeling extremely full and possibly sick. As protein keeps you feeling satiated, you can see why this drastic change in diet can leave you feeling so full. So, don't feel disheartened if you don't reach your protein goal straight away, it's probably wise not to jump the gun if you are new to this.

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Regardless of your protein goal, it is most likely higher than what you are used to eating.

## **Here are some tips for increasing protein levels within your diet:**

- Make sure each meal has at least 25-30g of protein in it. If not, look at ways to increase the portion size of the protein – possibly having 120g of chicken instead of 100g etc. If struggling, ask the group chat!
- Pre track your meals at the start of the day, so you can plan each meal and increase protein where needed. This also ensures you hit your protein goal and don't make it to the end of the day and realise you still have 50g to hit!
- Swap regular yogurts for protein yogurts, mix whey with yogurt, add protein yogurt to oats.
- Prepackaged cooked meats such as turkey, chicken, ham etc. are a lifesaver and super handy! Once again, make sure you are eating a big enough portion!
- Eat foods that contain trace protein – pasta is an example of this, with 10g of protein per 80g of uncooked pasta. If you eat a chicken breast with this pasta, it will increase overall protein levels for that meal.

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- Supplement with protein powder – find a protein powder that suits you, if you need help with this ask us or the group chat. Protein powder is a cheap and convenient way to get a good protein source in. Protein powder is suitable for everyone; however, some people are slightly intolerant to regular whey and may need to find another type of protein powder.
- An important one - start reading food labels! You won't get very far unless you take the learning into your own hands. Reading food labels will teach you much more than you would ever think, and its crazy how much they are ignored. Start to pay attention to what you are eating!

In relation to carbohydrates and fats, both are super important for different reasons. Therefore, we never want you ladies to be consuming extremely low levels of carbs or fats. These macronutrient targets are given to you ladies as a baseline, to ensure you don't consume far too little of either macro.

However, protein levels and overall calories are our main focus. Over the weeks we want you ladies to get to a point where you are hitting your protein levels daily and consistently, however carbs and fats don't need to be hit as rigidly as protein. As long as you aren't eating too low of either, you can play around with these as you wish.

If you ladies are concerned that your protein levels are too high, a good baseline is that no lady needs to be over 150g of protein daily for the moment. If you suspect your macros are off, email your coach and we will fix them for you.