

3 Ways to Get in all your Protein for the Day

Quick Guide

By Clare Morrow IFBB Bikini Pro

1

TRY TO EAT 4-5 MEALS/SNACKS THROUGHOUT THE DAY SPACED 3 HOURS APART. GO WITH NATURAL FOOD AS MUCH AS POSSIBLE.



3

FOOD SWAP: REPLACE OVERPROCESSED 'JUNK' WITH PROTEIN FILLED SNACKS. ie. I MAKE DEVOTION CINNABON CAKE WITH THEIR POWDER. OR TRY QUEST PROTEIN CHIPS INSTEAD OF REGULAR CHIPS.

2

PUT PROTEIN IN UNEXPECTED PLACES. FOR EXAMPLE, I USE DEVOTION POWDER TO MAKE A DELICIOUS "CREAMER" THAT ADDS PROTEIN TO MY COFFEE.



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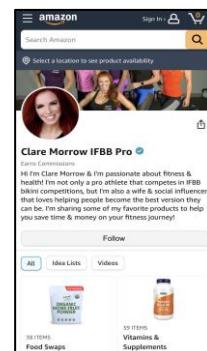
You'll need 1 gram of protein per pound of body weight per day. ie. If you weigh 145 lbs. that equals to 145 g a day. Split that between 4-5 meals/snacks a day. *If you are extra "fluffy" go for your goal weight in grams.



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