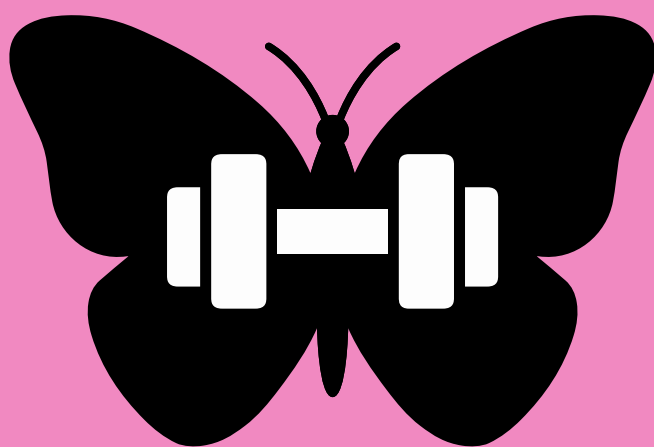




# Protein!

Why does it Matter?

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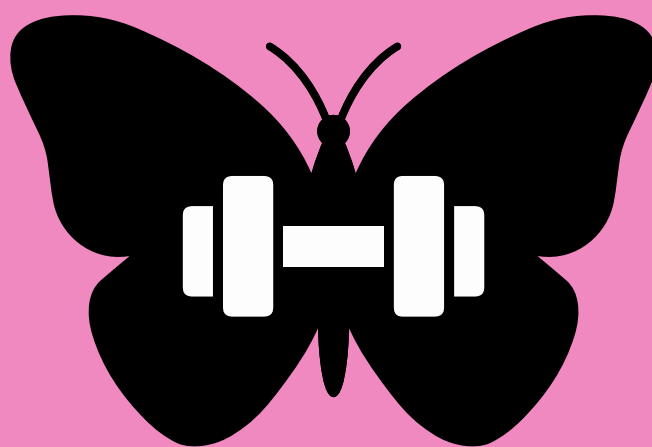


# Protein is Your Weight Loss Bestie!

You've probably heard a lot about protein on your weight loss journey, but what is it, and why should it matter to you? Let's break it down! Protein is one of the three essential macronutrients your body needs to function at its best. When you consume protein, your body digests it and transforms it into amino acids. These amino acids are like the ultimate repair kit for your body, helping to rebuild both smooth and skeletal muscles.

Now, let's dive into four compelling reasons why you should prioritize protein in your diet:

1. **\*\*Stay Full, Stay Focused\*\***: Protein is your secret weapon for feeling satisfied. It's more filling than carbs or fats, which means you'll be less likely to reach for those snacks between meals. This can help you manage your calorie intake and stay on track with your weight loss goals.
2. **\*\*Keep Your Muscles Intact\*\***: Losing weight can sometimes lead to muscle loss, especially if you're cutting calories. But don't worry! Adequate protein intake helps preserve your muscle tissue, which is vital for a healthy metabolism. The more muscle you have, the more calories you burn, even when you're resting!
3. **\*\*Boost Your Calorie Burn\*\***: Did you know that protein has a higher thermic effect than fats and carbs? This means your body actually burns more calories just digesting and metabolizing protein! It's a small but effective way to enhance your overall calorie expenditure and support your weight loss efforts.
4. **\*\*Bonus Benefits\*\***: Consuming enough protein not only helps with weight loss but also plays a key role in maintaining healthy hair and overall well-being!



So, how much protein do you need? According to reputable sources like the Mayo Clinic, the World Health Organization, and Harvard Health, you should aim for 1.2-2 grams of protein per kilogram of body weight (about 0.8-1 grams per pound). For a 150-pound person, that translates to about 80 to 136 grams of protein each day. Keeping a food log or using a tracker like MyFitnessPal can help you stay on top of your protein intake!

And if you're feeling a bit lost, don't hesitate to reach out for help! Hiring a nutrition coach (**like Coach Alicia from Butterflies and Dumbbells LLC**) or consulting with a registered dietitian can provide you with personalized guidance tailored to your health and wellness goals.

Let's make protein a priority on your journey to a healthier you!

[Click here to start your journey with coach alicia today.](#)

