

Protein Guide



A step-by-step guide
to start your weightloss journey

By :Suz Sheik



why do we need to eat Protein

1. Supports Muscle Growth and Repair:

Protein is crucial for building and repairing muscle tissue. After exercise, especially strength training, protein helps repair muscle fibers, promoting muscle growth and recovery.

2. Boosts Metabolism:

Protein has a high thermic effect, meaning your body uses more energy (calories) to digest and process it compared to fats or carbohydrates. This can help boost metabolism and promote fat loss.

3. Aids in Weight Loss:

Protein increases feelings of fullness and reduces hunger, which can help with weight management. Consuming protein-rich meals can prevent overeating by keeping you satisfied longer.

4. Supports Immune Function:

Proteins are the building blocks of antibodies and immune cells, which help your body fight off infections and diseases, keeping your immune system functioning properly.

5. Maintains Healthy Skin, Hair, and Nails:

Protein provides the foundation for tissues that make up your skin, hair, and nails. Sufficient protein intake promotes stronger, healthier skin and prevents hair loss or brittle nails. These points highlight why protein is a key macronutrient for overall health, fitness, and well-being.

To calculate how much protein you

need for weight loss, follow this simple formula:

To calculate how much protein you need for weight loss, follow this simple formula:

- 1. Determine Your Weight in Kilograms:**
- 2. First, know your weight in kilograms (kg). If your weight is in pounds, divide it by 2.205 to convert it to kg.**
- 3. Choose a Protein Intake Range:**
- 4. Research suggests aiming for 0.8 to 2.2 grams of protein per kilogram of body weight per day, depending on your activity level, goals, and current lean body mass. For weight loss, a common recommendation is around 1.2 to 1.6 grams per kilogram.**
- 5. Multiply Your Weight by Your Protein Goal:**
- 6. Multiply your weight in kg by your chosen protein intake (e.g., 1.5 grams per kilogram is a common starting point).**

Example:

If you weigh 70 kilograms and aim for 1.5 grams of protein per kilogram:

$70 \text{ kg} \times 1.5 \text{ g/kg} = 105 \text{ grams of protein per day}$

This means you would need to consume approximately 105 grams of protein daily to support weight loss.

Adjust for Activity Levels:

- Sedentary: Aim for the lower end, around 0.8-1.2 grams per kilogram.**
- Moderate Activity: 1.2-1.5 grams per kilogram.**
- Highly Active: 1.6-2.2 grams per kilogram to support muscle recovery and fat loss.**

**The key to getting the
right amount of protein
is consistency—eating it
every day and spreading
it out throughout your
meals. This steady intake
is where you'll see the
best results!**



**Let me show you how to
make that happen!**