



FAT-BURNING **PROTEIN MEAL** *guide*

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INTRODUCTION

We've all heard of protein. Some of us might even know that it is essential for us to live. It is one of the building blocks of our body, and is an important part of keeping us healthy. Many associate high-protein diets with bodybuilders seeking to grow huge, but this isn't the case. In fact, a high protein diet can have a lot of benefits for everyone, including weight loss.

This report is going to tell you all about this incredible compound, including what it is and how it aids in weight loss. We are also going to give you a list of some of the best protein-rich foods out there, as well as a high protein meal plan that will have you burning fat in no time.

In fact, an all-natural, high protein diet is one of the best ways to lose weight there is. There are so many benefits to upping your protein intake, and weight loss is just one of many. You'll be amazed by the results, even when combined with a simple exercise routine.

And all of this can be done with a few simple dietary tweaks. You won't have to go out and purchase a bunch of expensive protein supplements. You're not going to have to worry about downing a protein shake every couple of hours. This plan is designed to be easy to implement and stick to, as all the best meal plans are.

It's time to bust the myth that protein is just for bodybuilders, and show you that it can benefit everyone, whether you're a gym rat or not.

CHAPTER 1

THE IMPORTANCE OF PROTEIN

As we said earlier, protein is one of the most important macronutrients for the body. It's time to find out why. For instance, you may already know that the human body is mostly composed of water, but did you know the second in line is protein? Every cell and piece of tissue in your body has protein in it, and it plays a huge role in keeping you healthy. This means that your muscles, hair, skin, bone and almost everything else has some form of protein in it. It is also part of the enzymes that power chemical reactions within the body, and makes up hemoglobin, which carries oxygen through your blood. This all adds up to over 10,000 different protein types within your body.

Most of it is structural. Take muscle as an example. It attaches to bone and contracts to allow us to move. There are other muscles as well, such as your heart and other organs. Bones are held together with protein, while the framework of nerves is also protein. It is because of all this that we have known the importance of protein for a long time now. It is one of the basic building blocks of our bodies, and is needed for tissue repair, metabolic function and even helps fight infections by being the building blocks for antibodies. It is an essential life-sustaining macronutrient, and is thus one of the most important there is. Without adequate protein in your diet, you won't have one of the basic things needed for survival, and there is a benefit to upping your intake, as long as it is not to ridiculously high levels.





WHAT IS PROTEIN?

It is actually a large molecule made up of smaller amino acids, which is a type of chemical. These are the building blocks of protein. In total, we need 20 of these amino acids to produce the protein we need to stay alive. Here's the thing though. Your body can only make half of those, while the other half needs come from the food you eat. These are called essential amino acids, and is what makes protein a vital part of your diet. This brings us to the two categories of protein – complete and incomplete.

Complete proteins give us all the essential amino acids that we require, hence their name. These come from animal sources, such as fish, beef, duck and chicken. Incomplete proteins are lacking in one or more essential amino acids, and are found in plant sources. As such, we need more of them in different combinations to get all that our bodies need. This is what vegetarians need to keep in mind – they need to eat a variety of different plant-based proteins to get what they need for growth and development.

NOT ALL PROTEIN FOODS ARE CREATED EQUAL

The simple truth is that some high protein foods are better for you than others, since they're not just made up of protein. They're usually a combination of fat, fiber and salt, and all of this combined makes a difference to your health. Some steak, for instance, can have up to 40g of protein, but that also comes with more than half your recommended allowance of saturated fat. Ham-steak, on the other hand, might only have 2.5g of saturated fat, but this comes with a huge dose of sodium.

This is why fish is usually recommended as a protein source. Salmon can have over 30g of protein, with only 1.7g of saturated fat, plus a healthy dose of omega-3 fatty acids.

Lentils are a good choice for vegetarians and meat eaters alike too. One cup of them gives you 18g of protein and 15g of fiber, with almost none of the fat or sodium that some meats contain.

Of course, we're not advising that you only eat fish and lentils every day. A healthy, balanced diet consisting of a wide variety of high-protein foods is key, as it will keep you from getting bored with your day-to-day meals.

PROTEIN AND YOUR HEALTH

Researchers are starting to find quite a bit of evidence to suggest that a high protein diet could lower the risk of a few different diseases. For instance, a diet consisting of fewer processed meat and more healthy protein, such as poultry and fish, can reduce the risk of cardiovascular disease.

Other diseases that a high protein diet can help prevent are diabetes, and cancer. It is important to remember that protein quality plays a big part here. While red meat is okay once in a while, a diet consisting of too much of it can increase the risk of these diseases. This is why it is advisable to incorporate as much poultry, fish, beans and nuts as possible when it comes to choosing your protein sources.

Protein also plays a big part in weight loss, but we shall save that for the next chapter.





Now we get to the heart and soul of the matter – a high protein diet and its effect on weight loss. We’ve already told you how it is one of the most important nutrients for our body, but it can also boost metabolism, reduce appetite, and change your weight regulating hormones. Impressive huh? Let’s find out how it does all of this.

PROTEIN AND ITS EFFECT ON WEIGHT-REGULATING HORMONES

An interesting fact to note is that how hungry you are, how much you eat, and your weight is all controlled by an area of your brain called the hypothalamus. It controls all of this by processing signals sent to it by various hormones that tell the brain how full you are.

If you eat more protein, you’re increasing your levels of appetite reducing hormones, while reducing your levels of ghrelin, which is otherwise known as your hunger hormone. You also need to drop your levels of carbs though. In doing so you reduce the amount of the hunger hormone. Thus, you’re less hungry and eat fewer calories without even realizing it.

EATING PROTEIN BURNS CALORIES

Every time you eat something, your body has to use up calories to break down the food you have just ingested. So, you’re burning off a bit of what you’ve already eaten. This is what is known as the thermic effect of food, or TEF. The thing about protein is that the TEF is a lot higher than the other two macronutrients, namely carbs and fat. Although researchers can’t seem to agree on the exact numbers, it seems that protein has a 20-30% thermic effect, as compared to the 5-10% for carbs and 0-3% for fat.

Using these percentages, we can do a simple bit of math to show you how great protein is. If you were to ingest 100 calories worth of protein, only 70 of those end up going into your system. The other 30 are used to digest the nutrient. It is due to this thermic effect, as well as a couple of other more technical factors, that protein helps boost your metabolism. This means that it helps you burn more calories 24/7, even when you're asleep.

Studies have shown that a high protein diet can boost your metabolism by a great deal, leading to you burning about 80 to 100 more calories a day. This gets higher if you're overeating, as people in one study who were overfed with protein burned an extra 260 calories a day.

This just goes to show that high protein diets give you a metabolic advantage.

PROTEIN REDUCES APPETITE AND CRAVINGS

As we mentioned earlier, protein can have an effect on the hormones related to appetite and satiety, leading to a reduction in your appetite. This automatically means that you consume less calories, a key point when it comes to weight loss. This is great news, because it means that you can eat less without having to go through the tedious process of calories counting. It makes it a lot easier to feel full, and so you don't feel the need to eat as much as usual.

Not only does this work from meal to meal, but also in your day to day. Keeping your protein intake relatively high means that you can keep being full and unconsciously eating less over the period that the diet is sustained. One study showed that people who upped their protein intake to about 30% of their daily calories reduced their caloric intake by a whopping 441 calories a day. This puts most people in the optimal fat-burning range, and the best part is that they didn't even realize they were doing it.

Not only does it help reduce your appetite, but it also helps cut cravings as well. As we all know, cravings are the bane of anyone who wants to lose fat, and one of the biggest reasons that most diets fail. Not only does it cut cravings, it also helps cut the desire for late-night snacking as well. This is another huge cause of weight gain, as most late snacks tend to be unhealthy and calorie-dense. Dieters end up piling a bunch of calories on top of what they've already eaten all day, unwittingly putting themselves into a caloric surplus.



One study compared people on a high protein diet to those on a normal protein one and found a significant difference. Those on the normal protein diet were more likely to snack and crave food, thus making them more likely to give in to temptation. Conversely, the other group reduced cravings by a whopping 60%, and cut late-night snacking in half.

It was also found that breakfast is the most important meal to load up with protein if you want to achieve these incredible results. Those who skip breakfast, or do not include a decent amount of protein, are more likely to succumb to the temptation to snack. All of this means that protein helps you lose weight without conscious calorie restriction, which is by far one of the most tedious parts of diets.

PROTEIN HELPS MAINTAIN MUSCLE

One of the most important things to note when going on a diet is this – weight loss isn't what you're looking for, fat loss is. It is possible to lose weight and not that much fat, as when you starting trying to cut fat, you also lose some muscle. The thing you want to lose on a diet is the body fat under the skin and around your organs, not muscle. And while any diet is going to result in some muscle loss, a high protein diet will keep the loss to a minimum.

This is a good thing, because the more muscle you have, the more calories you burn, and vice versa. So, what happens to people on low protein diets is that they lose muscle, and start burning fewer calories as a result. High protein diets, on the other hand, reduce the amount of muscle loss and keep metabolism high. Another factor that can help boost fat loss and reduce muscle loss is strength training. Lifting weights has been shown to help you burn more calories both in and out of the gym, as it boosts your metabolism as well. This is why it is advised to have a good strength training regime coupled with a high protein diet.

This helps ensure that you have muscle underneath your fat, and helps you avoid the dreaded skinny-fat look. Higher protein diets also seem to result in less belly fat, which is the most harmful fat there is, and is commonly associated with things like heart disease.

Not only that, but protein can help prevent the rebound weight gain that many dieters experience. Higher protein diets have been shown to reduce the rebound by as much as 50%. It's all these factors combined that make protein an excellent nutrient for weight loss, and one that should be included in all your meals. In our next chapter, we're going to share a few protein packed foods with you, so you know what to look for the next time you're in the supermarket.

CHAPTER 3

PROTEIN PACKED FOODS

So now we know why protein is so good for weight loss, it's time to give you a list of some of the best protein sources that you'll need to put in your shopping basket.

GREEK YOGURT

At 23g of protein in an 8oz. serving, this lovely thick, creamy yogurt contains twice as much protein as other varieties, while also giving you a good hit of gut-friendly probiotics. As an added bonus, you'll also get some calcium in there. Go for the plain ones, as they have a lot less sugar.



COTTAGE CHEESE

Protein: 14g per ½ cup

This curdy, lumpy cheese has a ton of casein protein in it, which is slow digesting and helps provide the muscles with a steady supply of amino acids. It's great to eat before bed, as it will ensure that your muscles have aminos to use during the night.



EGGS

Protein: 6g per 1 large egg

Often touted as an almost perfect muscle food, it's easy to see why. The amount of protein present in an egg that can be used by the body is higher than a lot of other food items. This means that it is packed to the brim with the essential amino acids you need for your high protein diet.



WHEY PROTEIN

Protein: 20-25g per scoop

This is one of purest, fastest digesting proteins out there, and is a great addition to any diet, whether you're trying to lose weight or put on muscle. It has very few calories (usually about 120 per serving), and is digested by the body quickly, making it a great snack or after workout drink.



STEAK

Protein: 23g per 3oz. serving

Now, red meat not be the healthiest of protein sources, but having it in moderation won't hurt you. Especially if you go for the leaner cuts, which give you 1g of protein for every 7 calories. Besides, we're sure most of us love ourselves a good steak.



CHICKEN BREAST

Protein: 24g per 3oz. serving

This (along with broccoli and brown rice) has been part of the cliché bodybuilding diet for ages now, and there's good reason for that. Chicken delivers more quality protein than other poultry, and has much lower calories compared to meat such as steak. It is also relatively affordable to boot.



TURKEY BREAST

Protein: 24g per 3oz. serving

This is another great source of lean protein, but can be a lot drier than chicken.



WILD SALMON

Protein: 23g per 3oz. serving

Wild salmon is not only a terrific source of protein, but it also full of fat-fighting omega-3 fatty acids. Make sure you're going for wild salmon though, as it has over 25% more protein than farmed salmon.



QUINOA

Protein: 8g per 1 cup serving

Hailing from South America, this is one of the few grains that has several essential amino acids, making it one of those complete proteins we mentioned earlier. It's a great replacement for rice as well, and adds an extra hit of protein to any meal.



MIXED NUTS

Another excellent source of protein, and one that makes a darn fine snack, peanuts, cashews, almonds, cashews and pistachios are a lovely addition to anyone's diet. They are also packed with healthy fat as well, and make a nice, crunchy replacement for fatty potato chips.





CHAPTER 4

THE HIGH PROTEIN MEAL PLAN

Now you know why protein is so good at helping you lose weight, and a few of the best protein-loaded foods, now it's time to assemble a meal plan for you.

We're going to provide you with the framework required to eat your way to a leaner, healthier you, as well as recipes for breakfast, lunch and dinner. So, let's get started.

STOCK UP

It all starts with stocking up your fridge with some great food. We mentioned a few of the foods you'll want in your basket, but here is where we're going to give you a full grocery list – including healthy fat, veg and oils.

You can follow the list however you like, leaving out whatever you'd prefer not to eat, or ignore it entirely, but the key thing to take away is to have a list every time you step into the supermarket. And make sure the list is full of healthy, whole foods, so as to reduce the chance of impulse buys.

Carbs: Brown rice, quinoa, yams, sweet potatoes, oats, whole-wheat pastas, brown bread

Protein: Protein powders, eggs, white meat, red meat, oily fish or white fish, Greek yogurt, chia seeds

Fruits/Vegetables/Legumes: Berries, green/fibrous vegetables, beans

Oils/Fats: Avocados, mixed nuts, coconut oil, full-fat cheese

Any of those foods listed above are great additions to your diet, as they are whole, unprocessed and packed with nutrients.

MEAL PLAN RULES

We have here a set of rules that you're going to need to follow if you want to stick to this diet and get lean.

Rule 1 – Prioritize Protein: The name of this diet plans make the first rule an obvious one. Include a protein source with every single meal you have, and try and make sure you snack on protein-rich foods as well, such as nuts. Maybe add a whey protein shake if you're hungry between meals.

Rule 2 - Limit processed foods: These include most things that come in boxes, cartons or bags that have big brand names on them. They're usually heavily processed and filled with a ton of bad stuff.

Rule 3 – Stay Hydrated: Drinking water will help stave off hunger, and keep you performing at optimum levels.

Rule 4 – Limit Simple Carbs: There are two forms of carbs – fast acting, simple carbs (white bread, rice and pasta) and slower digesting, non-starchy carbs. The latter is what you should be going for, and includes vegetables, whole grains and sweet potatoes. They are high in fiber and raise your blood sugar gradually, providing you with energy over a period of time.

THE PLAN

Basically, you're going to have three solid meals a day, and each one will include a protein source of some kind. You'll snack on high-protein, nutritional snacks, and avoid processed foods. This isn't about counting calories – this is about making sure you up your protein intake.

You'll need to limit your intake of sugar, trans fats, highly processed foods, as well "diet" and "low-fat" products. Focus on a diet rich in whole, natural foods, and stay away from the junk as much as you can. It might be hard at first, but it will soon become easier for you.

To use this plan is simple, all you need to do is mix and match the following breakfast, lunch and dinner recipes for your meals throughout the week.

BREAKFAST RECIPES

CHEESY SCRAMBLED EGGS

INGREDIENTS

2 tablespoons unsalted butter
1 small red onion, finely diced
1 jalapeño, cut into thin rounds, seeds included
12 large eggs, lightly beaten
1/4 teaspoon salt
1/2 teaspoon freshly ground pepper
4oz goat cheese, crumbled
2 tablespoons finely chopped chives



METHOD

1. In a large frying pan, melt butter over medium heat
2. Add onion and jalapeño and cook until soft
3. Stir in the eggs, salt, and pepper, and cook while stirring until soft curds form
4. Remove pan from heat and mix in the goat cheese and chives
5. Serve immediately

CHOCOLATE BANANA OVERNIGHT OATS

INGREDIENTS

3/4 cups "quick cooking" steel cut oats
1 ripe banana, smashed
3/4 cup 2% cottage cheese
1 cup 2% milk
1 tablespoon chia seeds
2 tablespoons unsweetened cocoa powder
1/4 teaspoon unsweetened vanilla extract
pinch of sea salt



METHOD

1. Place all the ingredients in any container that you can seal. Mason jars are perfect for this
2. Shake everything together and place in the fridge
3. Leave it overnight and consume the next morning

BREAKFAST BURRITOS

INGREDIENTS

6 low carb whole wheat tortillas
3 medium sweet potatoes
1- 15oz can black beans, rinsed and drained
1/4 teaspoon cumin
1/4 teaspoon chili powder
few dashes of red pepper flakes, if desired
8 large egg whites
1 avocado, diced
1/2 cup reduced fat shredded Mexican or Colby jack cheese
1/3 cup red enchilada sauce

METHOD

1. Peel and cut the sweet potatoes
2. Cook the sweet potatoes by placing them in the microwave for about 6 minutes.
3. Once the potatoes are cooked, mash and set them aside
4. In a separate bowl, combine black beans, cumin, chili powder and red pepper flakes
5. In a separate medium bowl, beat the egg whites, then add them to a lightly oiled pan over medium-high heat
6. Warm your tortillas in the microwave (10 to 20 seconds), then distribute all the ingredients evenly across them before rolling up
7. Serve





CHIA YOGURT BOWL

INGREDIENTS

2 cups Greek yogurt
1 tablespoon of honey
¼ cup of Chia seeds
Bananas

METHOD

1. Combine the yogurt, honey and chia in a bowl
2. Top with sliced banana
3. Serve

LUNCH RECIPES

TUNA SPINACH SALAD

INGREDIENTS

1½ tablespoons tahini
1½ tablespoons lemon juice
1½ tablespoons water
1 5-ounce can chunk light tuna in water, drained
4 Kalamata olives, pitted and chopped
2 tablespoons feta cheese
2 tablespoons parsley
2 cups baby spinach



METHOD

1. Whisk the tahini, lemon juice and water together in a bowl.
2. Add the tuna, olives, feta and parsley and stir together
3. Serve over the spinach



BEEF SALAD

INGREDIENTS

3 ounces cooked lean beef, cut into slices
3 cups mixed salad greens or chopped romaine lettuce
1/2 cup assorted vegetables (such as shredded carrots, sliced cucumber, tomatoes, sliced radish, sugar snap peas)
1/4 cup cooked quinoa

FOR THE DRESSING

1/4 cup Greek or plain nonfat yogurt
1 teaspoon honey
1/8 to 1/4 teaspoon chipotle pepper sauce
1/8 teaspoon ground cumin
2 teaspoons orange juice
1/8 teaspoon salt

METHOD

1. Combine the dressing ingredients together in the bottom of a bowl
2. Combine the salad ingredients together on top of the dressing
3. Toss and serve

SPANISH OMELET

INGREDIENTS

3 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
2oz Spanish chorizo, sliced
kosher salt and pepper
3/4 cup flat-leaf parsley, roughly chopped
10 large eggs, beaten
1 cup shredded sharp Cheddar



METHOD

1. Preheat your oven to 400 degrees F
2. Cook onions in a lightly oiled, ovenproof pan for five minutes
3. Add the chorizo, salt and pepper and cook for another 10 minutes
4. Add parsley, eggs and mix before sprinkling with cheese
5. Bake the omelet until a knife comes out clean
6. Cut into wedges and serve

RED LENTIL SOUP

INGREDIENTS

- 1 tablespoon canola oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- 1 jalapeño pepper, seeded and minced
- 1½ tablespoons curry powder
- 1 teaspoons cinnamon
- 1 teaspoon ground cumin
- 2 bay leaves
- 1½ cups red lentils, rinsed and picked over (see Note)
- 8 cups reduced-sodium chicken broth
- 3 tablespoons chopped fresh cilantro, or parsley
- 2 tablespoons lemon juice
- 2 tablespoons mango chutney
- Salt & freshly ground pepper, to taste
- ⅓ cup plain nonfat yogurt



METHOD

1. Heat oil in a Dutch oven before adding onion and cooking until soft
2. Add the garlic, ginger jalapeno, curry powder, cinnamon, cumin and bay leaves and cook for another five minutes
3. Stir in lentils and broth before bringing to the boil
4. Reduce heat to low and simmer until the lentils are tender. This should take about 45 minutes
5. Remove the bay leaves and stir in cilantro and lemon juice before serving

DINNER RECIPES

SLOW COOKED BEEF

INGREDIENTS

4 fresh thyme sprigs, plus leaves for serving
1 teaspoon caraway seeds
1 3-pound piece corned beef brisket
1 pound carrots, cut in half crosswise
½ small green cabbage, cut into thin wedges
1 pound cubed sweet potatoes
Dijon mustard, for serving

METHOD

1. Combine all the ingredients – except the mustard – along with ½ cup of water in a slow cooker
2. Cook, covered, on low for 7 to 8 hours, until the beef is tender
3. Slice the beef into thin slices and serve with the mustard

STUFFED CHICKEN BREAST WITH BROWN RICE

INGREDIENTS

6oz chicken breast
1/2 cup raw spinach
1 Roma tomato, sliced
2 tablespoons feta cheese
1/2 cup brown rice



METHOD

1. Preheat oven to 375 degrees F
2. Slice the chicken breast down the middle, being careful not to slice all the way through, and season
3. Open the chicken breast and layer the spinach, tomato, and feta cheese
4. Fold the chicken closed and use toothpicks to hold it together
5. Bake for about 20 minutes, or until the chicken is cooked through
6. Cook the rice while the chicken bakes, adding garlic and diced onion for flavor
7. Serve the chicken and rice together

BAKED SALMON WITH GRILLED ASPARAGUS

INGREDIENTS

5oz wild salmon

FOR THE MARINADE

- 1 tablespoon Dijon mustard
- 1/2 tablespoon olive oil
- 1 tsp minced garlic
- Juice from half of a lemon
- 1 1/2 cup grilled asparagus
- 1/2 tablespoon minced garlic

METHOD

1. Preheat your oven to 400 degrees F
2. Mix the mustard, olive oil, garlic and lemon juice in a bowl
3. Pour the mix over the salmon until it is completely covered
4. Place the salmon in the fridge for an hour to marinate
5. Take the salmon out the fridge and place on a baking sheet
6. Bake for 10 to 12 minutes, or until cooked through
7. For the asparagus, cut the bottom stems off, then sear with garlic in a pan for about five minutes
8. Plate with the salmon and serve



PESTO CHICKEN SALAD WITH GREENS

INGREDIENTS

- 1 pound boneless, skinless chicken breast, trimmed
- ¼ cup pesto
- ¼ cup mayonnaise
- 3 tablespoons finely chopped red onion
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 5oz. package mixed salad greens (about 8 cups)
- 1 pint cherry tomatoes, halved

METHOD

1. Submerge chicken in a saucepan of water and simmer until cooked through
2. Remove from the pan and cut into bite-sized pieces
3. Mix the pesto, mayo and onion together in a bowl, then add the chicken and mix until coated
4. Whisk the oil, vinegar, salt and pepper together in a separate bowl, before adding the greens and tossing together
5. Top the greens with the chicken and serve





CONCLUSION

There you have it, how and why protein is essential to a good weight loss plan. Upping your protein intake is one of the best ways to aid your weight loss efforts, and when combined with a well-structured strength training program, can work wonders for muscle building as well.

It helps you burn calories, reduce your appetite, maintain muscle and also makes it easier to build muscle. There's a reason bodybuilders and athletes eat such ridiculous amounts of the stuff.

Now, just because protein does all of this doesn't mean you have to go overboard. The ideal amount of protein you want to consume is 0.8 to 1.5 grams of protein per pound of body weight a day. Whether you consume more or less depends on your level of activity.

Another good rule of thumb is to have about 25 to 35 grams of protein with every meal. This will help you reach your daily target easily. Just remember to include a good, healthy protein source with every meal and you'll be on the right track.

The protein diet is fairly easy to stick to, just remember to follow our four rules:

1. Prioritize Protein
2. Limit Processed Foods
3. Stay Hydrated
4. Limit Simple Carbs

These four rules will aid you a great deal on your weight loss journey. And always remember to be consistent – that is key with any weight loss journey.

Last of all, remember that this is not a diet, this is a lifestyle. You're changing your habits for the better, in order to change your life around. Thinking of this as a diet, or something that is temporary and a challenge, will make you less likely to stick to it.

So, what are you waiting for? It's time to start leading a healthier lifestyle.

Derek Evans

