



PROTEIN

Daily: 1 gram of protein per pound of ideal body weight
Under 100 grams of starchy carbohydrates daily.

Example: current weight = 165 lbs
 goal weight = 140 lbs
 protein = 140 grams/day (add 30 – 40
 grams if you exercise more than once a day –
 always include fresh vegetables!)

***Your daily amount of protein should be spread out over 5-6 smaller meals to enhance absorption and utilization and to keep your metabolism burning hot all day long!**

Whether your goal is to gain muscle, lose fat, or a little bit of both, protein is crucial! Your muscles need protein for maintenance, repair and rebuilding; keeping muscle synthesis maximized stimulates your metabolism to burn fat and carbohydrates for energy. Protein also provides a more stable, sustained energy than carbohydrates, while stimulating gut hormones that trigger feelings of satiety.

INDEX of common protein sources

	Protein (g)	Carbs (g)	Fat (g)
Egg, large, whole	6	0	4
Egg, large, white only	4	0	0
Chicken, breast, no skin, 4 oz	26	0	1.5
Turkey, breast, deli slices, 2 oz	10	1	0.5
Turkey, ground, 85% lean, 4 oz	20	0	9
Beef, ground, 85% lean, 4 oz	21	0	17
Tilapia, wild, no skin, 4 oz	23	0	2
Salmon, wild, no skin, 4 oz	24	0	10
Tuna, light, in water, 4 oz	29	0	1

Adventure Boot Camp Nutrition Guide

D Keegan



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