

**GROWTH BY SOPH**

# **PROTEIN GUIDE**



## What is Protein?

Protein is one of the three primary macronutrients (along with carbohydrates and fats) that our bodies need to function properly. It is made up of amino acids, which are often referred to as the building blocks of life. Protein plays a crucial role in building and repairing tissues, including muscles, skin, and organs.

### **Why is Protein Important?**

**Muscle Growth:** After exercise, especially strength training, your muscles undergo stress and small tears. Protein helps repair and rebuild muscle tissue, leading to increased strength and size.

**Fitness and Recovery:** Consuming enough protein speeds up recovery by repairing muscle fibers and reducing soreness after workouts. It supports endurance and stamina for more effective training sessions.

**Weight Loss:** Protein can aid in weight loss by increasing satiety, helping you feel full longer. It also promotes fat loss while preserving lean muscle mass. A higher protein intake can boost metabolism, making your body burn more calories.

**Overall Health:** Protein is essential for maintaining the immune system, producing enzymes and hormones, and supporting healthy skin, hair, and nails.

## Healthy Protein Sources

Here is a list of healthy protein options, divided into animal-based and plant-based categories:

Animal-Based Protein Sources	Plant-Based Protein Sources
Chicken Breast	Lentils
Turkey	Chickpeas
Salmon	Black Beans
Tuna	Tofu
Eggs	Tempeh
Greek Yogurt	Quinoa
Cottage Cheese	Edamame
Lean Beef	Peas
Pork Loin	Chia Seeds
Milk	Hemp Seeds