



MACRONUTRIENT #1: PROTEIN

HOW TO BUILD MUSCLE + HOW MUCH TO ACTUALLY EAT

WHY IT'S IMPORTANT

Muscle can only be constructed out of the protein you ingest, so you also need to make sure that you're giving your body not just an energy surplus, but also the building materials for muscle growth in the form of protein



**Protein is a macronutrient that itself
is made up of amino acids.**

Because protein is a macronutrient, it has a calorie (kcal) value. So for every gram of protein you eat, it is equivalent to roughly 4 kcal. For example 150g of protein is roughly 600 kcal.



HOW MUCH DO I NEED TO HAVE TO

Build Muscle (Like Insane Amounts of it)?!

It's probably not as much as
you might expect 😎



EAT PROTEIN POW!

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PROTEIN FUDGE

Forget a finger of fudge; this protein-packed equivalent really is just enough to give you a treat.

By Anna Sward

TO MAKE PROTEIN FUDGE, YOU DON'T NEED TO DO ANYTHING OTHER THAN BLEND A FEW INGREDIENTS TOGETHER, press the ensuing mixture down onto a baking tray, and slice it into squares. It couldn't be any simpler! And it's a great snack to take with you to work, school or on a day trip—delicious, nutritious, and a great source of protein. [More](#)

PROTEIN FUDGE

MAKES 10 SQUARES

YOU'LL NEED

27 g vanilla whey
64 g cashew nut butter
25 g agave
4 g coconut flour

PREPARATION

1. Using a spoon or spatula, mix all ingredients together in a bowl.
2. Press the mixture down onto a non-stick baking tin/tray (ideally a silicone brownie tin).
3. Place in the fridge for eight hours or overnight.
4. Slice into squares.

THE MACROS per square (out of 10):

CALORIES	PROTEIN
60	4 G
CARBS	FAT
3 G	4 G



WELL KNOW THIS:

The consensus from all the credible research done to date is that having a protein intake of 1g per pound of body weight is beneficial for increasing the rate of muscle gains.



WELL KNOW THIS:

However, the research gets a bit skewed when looking at even higher intakes of protein, say 1.5g per pound. At least when talking about muscle growth.



Our Golden Rule For The Program

**STAY ABOVE THE 1g/
lb OF BODYWEIGHT**

SPREAD YOUR PROTEIN EVENLY BETWEEN MEALS

30g

BREAKFAST

30g

LUNCH

30g

DINNER

SPREAD YOUR PROTEIN EVENLY BETWEEN MEALS

40g

BREAKFAST

50g

LUNCH

60g

DINNER

That's a pretty normal way to take in enough protein to grow, with a variety of protein sources like meat, dairy and eggs, or what not.

**For instance: 30 grams + 30 grams
+ 30 grams + 30 grams + 30 grams.**



WHAT IF YOU HAVE *FEWER* THAN 3 MEALS?

Consider eating more meals!

Experiments with Intermittent Fasting

DR. JOHN M. BERARDI
WITH DR. KRISTA SCOTT-DIXON AND NATE GREEN

PrecisionNutrition



Intermittent fasting has been popular for a while now, but it is not appropriate for rapid muscle building.

(You'll learn more about this in the vault.)

There are lots of great protein sources:

- Chicken
- Red meat (beef, lamb, deer etc.)
- Whey
- Eggs
- Cottage cheese
- Greek yogurt
- Jerky
- Salmon
- Tuna
- Oysters



STRUGGLE W/PROTEIN

*If Your Diet Does Have Certain
Restrictions, Or Eating Enough Protein In
Whole Food Sources Is A Struggle?*





The Golden Rule For Skinny Dudes

Stay Above The 1g/lb Of Bodyweight

SKINNY TO SUPERHERO
FORMULA

A protein powder.

I love it for convenience and lifestyle.

Getting enough protein in throughout the day is easier on some days than others. Life happens.

We don't see protein powder as a supplement, instead we see it as whole food's friendly cousin.



A protein powder.

*Protein powder is cheaper than dining exclusively on lean meats and high protein dairy. **It's also fantastic for building muscle.***

Protein powders come in all sorts of types.

Whey tends to be our favourite but a hemp protein, vegan blend, or egg protein are good alternatives.



That Covers Everything You Need To Know About Protein To Build Muscle 🎉 🎉 🎉

You Now Know How Protein Works, Why You Need It
And The Plan You Need To Have In Place To Start
Building Muscle And Better Health Now.