

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 (kcals) value. So for every gram of protein you eat, it is equivalent to roughly 4 kcals. For example 150g of protein is roughly 600 kcals.



HOW MUCH DO NEED TO HAVE TO Build Muscle (Like Insane Amounts of it)?!

It's probably not as much as you might expect





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.



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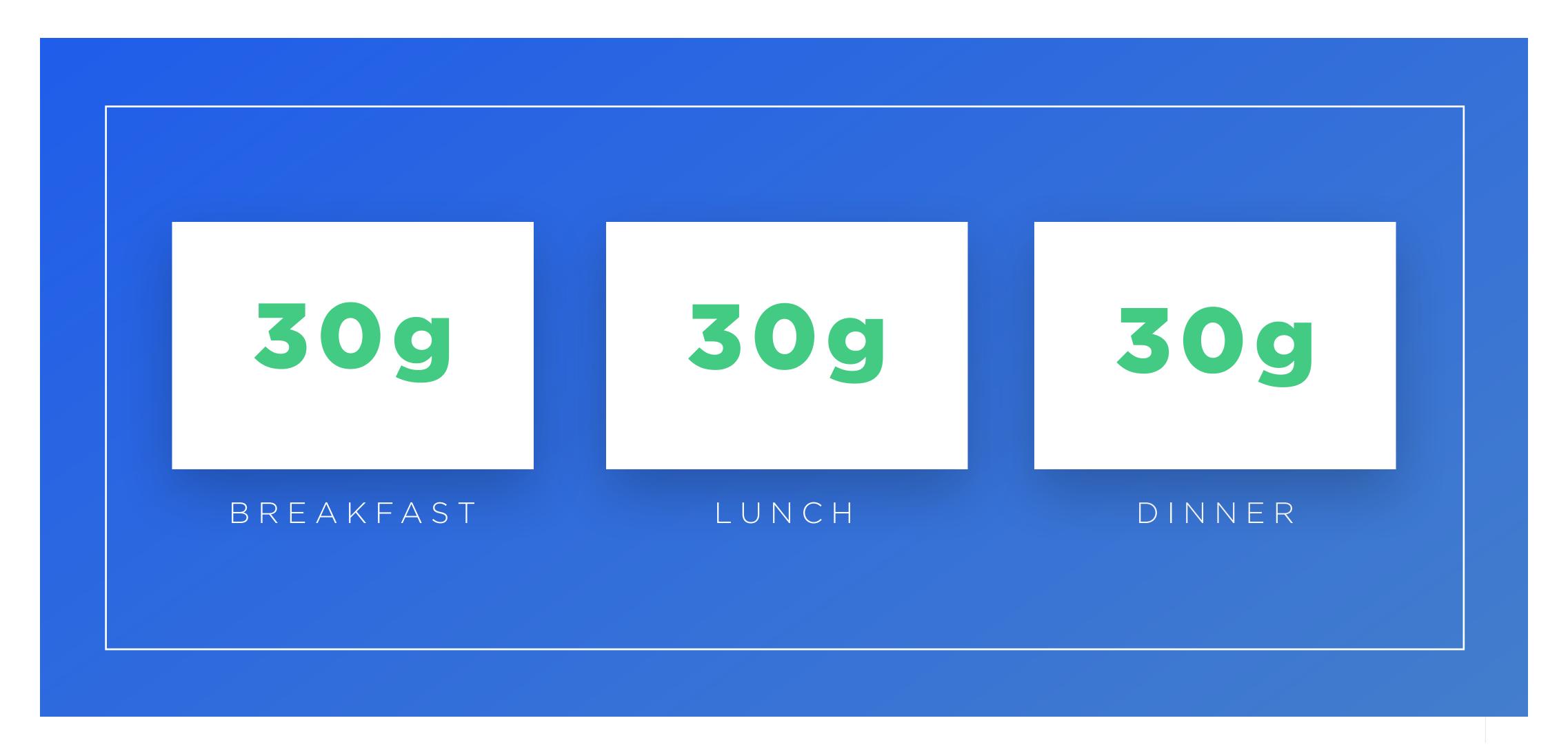
However, the research gets a bit skewed when looking at even higher intakes of protein, say 1.5g per pound. At least when talking about muscle growth.



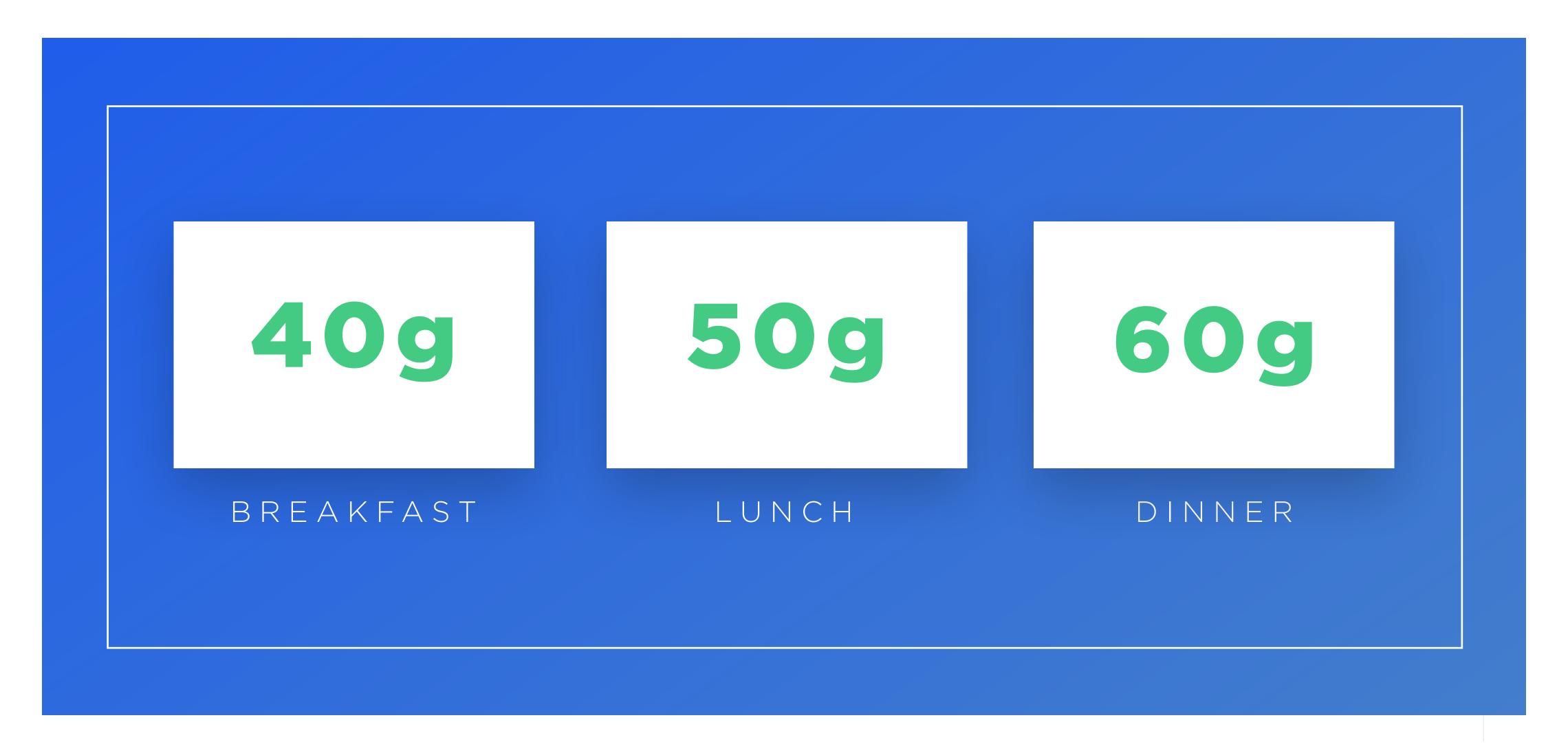
Our Golden Rule For The Program

STAY ABOVE THE 1g/ lb Of BODYWEIGHT

SPREAD YOUR PROTEIN EVENLY BETWEEN MEALS



SPREAD YOUR PROTEIN EVENLY BETWEEN MEALS



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 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.)

Precision Nutrition

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



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.