



ULTIMATE GUIDE TO PROTEIN



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WELCOME!

Welcome to the guide! This comprehensive eBook is your go-to resource for everything you need to know about these fundamental components of life. Proteins are the workhorses of our bodies, playing vital roles in virtually every biological process. From maintaining the structure of our cells to facilitating chemical reactions and powering our muscles, proteins are truly the building blocks of life.

Whether you're an athlete seeking to maximize performance, a health enthusiast aiming for a balanced diet, or simply curious about the science behind our bodies, this guide has got you covered. Together, we'll unravel the mysteries of protein synthesis, the importance of digestion and absorption, and how protein interacts with other nutrients to optimise your overall well-being.

Let's dive in and discover the wonders of protein together!

Tim Johnston
Bodychange Coach

UNDERSTANDING PROTEIN AND IT'S IMPORTANCE

Proteins are the fundamental building blocks of life. They play an essential role in the structure, function, and regulation of our bodies. From the strength of our muscles to the intricate processes happening within our cells, proteins are involved in almost every aspect of our existence. In this chapter, we will delve into the fascinating world of proteins, exploring their composition, functions, and significance in our daily lives.

Proteins are large, complex molecules composed of smaller units called amino acids. These amino acids are joined together in a specific sequence, forming a long chain known as a polypeptide.

The sequence of amino acids determines the unique structure and function of each protein.

Proteins are the workhorses of life, carrying out countless vital functions in our bodies. From providing structure and support to enabling chemical reactions and facilitating communication between cells, proteins are indispensable.

Understanding the importance and role of proteins sets the foundation for exploring their impact on human health, nutrition, and fitness, which we will delve into in the next few chapters.



WHAT DOES PROTEIN DO INSIDE THE BODY?

Proteins are not merely passive components of our bodies; they are dynamic and highly versatile molecules that perform a wide range of essential functions. Here are just some of the ways protein affects our bodies on a deeper level:

Enzymes: Proteins function as enzymes, catalyzing chemical reactions necessary for metabolism, digestion, and other vital processes. They facilitate the breakdown of complex molecules into simpler ones, aid in the synthesis of new substances, and regulate metabolic pathways.

Transport and Signaling: Proteins are involved in cellular transport, allowing molecules to move in and out of cells. Channels and transporters, specialized proteins embedded in cell membranes, regulate the passage of ions and nutrients. Signaling proteins, such as receptors, receive chemical signals and initiate specific cellular responses.

Structural Support: Proteins provide structure and support to cells, tissues, and organs. Actin and myosin, for example, are contractile proteins responsible for muscle movement. Keratin is a protein that strengthens hair and nails. Structural proteins contribute to the integrity and stability of various biological structures.

Hormones and Cell Regulation: Some proteins serve as hormones, acting as chemical messengers to regulate bodily functions. Insulin, for instance, helps regulate blood sugar levels. Additionally, proteins are involved in cell cycle regulation, DNA replication, and gene expression, ensuring proper growth, development, and maintenance of the body.

PROTEIN HEALTH BENEFITS

As we explained on the previous page, there are quite a few ways protein affects the body on a cellular level. It's good to know how something that seems so insignificant to most, can affect so much of our bodies which can generally be seen on a more physical level in the following ways:

MUSCLE DEVELOPMENT

Protein is essential for muscle development, repair, and maintenance. It supplies amino acids for muscle synthesis, aiding growth after exercise-induced tears. A protein-rich diet preserves muscle mass during weight loss and aging, preventing muscle wasting. Combined with resistance exercise, it enhances strength and functionality.

WEIGHT MANAGEMENT

Protein has a satiating effect, meaning it helps us feel full and satisfied after a meal. This can be particularly beneficial for weight management and preventing overeating. Furthermore, a higher protein intake has been associated with increased thermogenesis (calorie burning) and improved metabolic rate, further supporting weight loss efforts.

BLOOD SUGAR LEVELS

Protein can help regulate blood sugar levels, particularly when consumed in conjunction with carbohydrates. When carbohydrates are paired with protein in a meal, they are digested more slowly, leading to a more gradual and controlled release of glucose into the bloodstream. This can help prevent sharp spikes in blood sugar levels and promote better glycemic control.

BONE HEALTH

Protein is a vital component of bone structure and can contribute to maintaining bone health. Collagen, a protein abundant in our bones, provides the framework for bone strength and integrity. Additionally, research suggests that a higher protein intake is associated with increased bone mineral density and reduced risk of fractures, particularly in older adults.

IMMUNE FUNCTION

Proteins are integral to a robust immune system. Antibodies, a type of protein, help identify and neutralise foreign invaders such as bacteria and viruses, protecting us from infections. Protein also contributes to the production of immune cells and signalling molecules involved in immune responses.

SKIN, HAIR & NAIL HEALTH

Protein plays a vital role in supporting skin, hair, and nail health by providing the building blocks for collagen and keratin, which contribute to their strength and structure. Additionally, protein aids in wound healing, acts as an antioxidant defense for the skin, and ensures the growth and repair of these tissues.



MUSCLE BUILDING WITH PROTEIN

Whether you're a man or a woman looking to improve your physique or overall well-being, understanding the relationship between protein and muscle growth is essential.

When we engage in physical activity, our muscles experience microscopic damage. This damage is normal and necessary for muscle growth. However, for our muscles to repair and grow stronger, they require an adequate supply of amino acids from protein sources. This is where the importance of consuming enough protein comes into play.

To optimise protein intake for muscle building and recovery, consider the following suggestions:

Timing of Protein Intake

Distribute protein intake evenly throughout the day, including high-quality protein sources in each meal and snack. Consuming protein before and after exercise can be particularly beneficial for stimulating muscle protein synthesis and promoting recovery.

Protein Quality

Focus on consuming high-quality protein sources that provide all essential amino acids. Animal-based proteins, such as lean meats, poultry, fish, eggs, and dairy products, are excellent sources. Plant-based sources like legumes, soy products, quinoa, and hemp seeds can also contribute to meeting protein needs.

Leucine-Rich Foods

Leucine, an essential amino acid, plays a crucial role in stimulating muscle protein synthesis. Include leucine-rich foods such as Greek yogurt, cottage cheese, chicken, fish, and soy products in your diet.

Protein Supplementation

Consider protein supplements, such as whey, casein, or plant-based protein powders, to enhance protein intake and convenience. These can be particularly useful when it's challenging to meet protein needs through whole foods alone.

PROTEIN MYTHS AND MISCONCEPTIONS

Protein is a widely discussed macronutrient, yet it is also surrounded by numerous misconceptions and myths. In this chapter, we will debunk common protein myths and clarify misunderstandings related to protein intake and its impact on health. By addressing these myths, we can foster a better understanding of protein's role in the body and make informed choices about our diets.

MYTH 01

High Protein Diets Damage Kidneys

One prevalent myth suggests that high protein diets can cause kidney damage. However, this claim is not supported by scientific evidence. Healthy individuals with normal kidney function can safely consume high protein diets without adverse effects on their kidneys. It is important to note that individuals with pre-existing kidney disease should consult their healthcare provider for personalised dietary recommendations.

Excessive Protein Leads to Muscle Gain

While protein is crucial for muscle growth, the notion that consuming excessive amounts of protein leads to more muscle gain is not accurate. The body has a limit to how much protein it can effectively utilise for muscle synthesis. Consuming protein beyond what the body needs does not result in additional muscle growth.

MYTH 02

MYTH 03

Plant-Based Proteins Are Inferior

Contrary to the belief that plant-based proteins are incomplete and inferior to animal-based proteins, many plant-based sources provide all essential amino acids necessary for proper protein synthesis. By consuming a varied and balanced plant-based diet that includes legumes, grains, nuts, and seeds, individuals can obtain an ample supply of high-quality protein. Combining different plant-based protein sources can ensure a complete amino acid profile and support overall health and well-being.

**MYTH
04**

Protein Supplements Are Essential

While protein supplements can be convenient for meeting protein needs, they are not essential for athletes or individuals engaged in regular exercise. A well-balanced diet that includes protein-rich whole foods can provide sufficient protein for most individuals. Supplements should be considered as a supplement to a healthy diet rather than a replacement for whole foods.

Protein Causes Weight Gain

Protein alone does not inherently cause weight gain. Like any macronutrient, protein contributes calories to the diet. However, protein has a higher thermic effect of food (TEF) compared to carbohydrates and fats. This means that the body expends more energy to digest and process protein. Additionally, protein's satiating effect can help reduce overall calorie intake, making it a beneficial component of a weight management plan.

**MYTH
05**

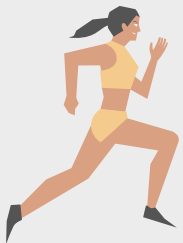


HOW MUCH PROTEIN DO YOU NEED?

Understanding protein requirements is essential for maintaining optimal health and supporting specific goals, such as muscle building or weight management. Protein needs vary depending on factors like age, sex, activity level, and goals. When it comes to calculating your protein needs, it involves considering your unique circumstances. While individual variations exist, a general guideline for estimating protein requirements is as follows:



Sedentary Individuals: For those with minimal physical activity, a daily protein intake of around 0.8 grams per kilogram of body weight is often sufficient to meet basic needs.



Active Individuals: For moderately active individuals, aiming for a protein intake of 1.2 to 1.6 grams per kilogram of body weight is typically recommended.



Athletes and Strength Trainers: Individuals engaging in intense physical activity or strength training may benefit from a protein intake of 1.6 to 2.2 grams per kilogram of body weight to support muscle repair and growth.

For Example:

If you are someone who does strength training and weighs 70 kilograms, a protein intake of 112 to 154 grams per day would fall within the recommended range. It's also important to distribute protein intake evenly throughout the day, rather than consuming it all in one meal, to optimise muscle protein synthesis.

THE BEST PROTEIN SOURCES

ANIMAL-BASED

EGGS



13g

TURKEY



29g

CHICKEN



31g

PRAWNS



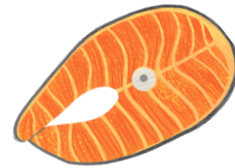
20g

TUNA



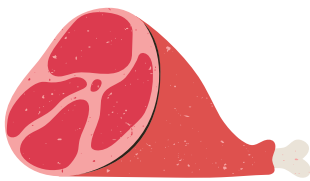
26g

SALMON



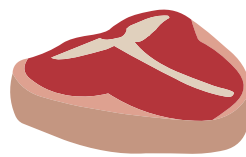
22g

PORK



19g

BEEF



26g

WHEY PROTEIN



76g

COWS MILK



3g

GREEK YOGHURT



10g

CHEESE



20g

*All amounts displayed are amount of protein per 100g of the food item weight

THE BEST PROTEIN SOURCES

PLANT-BASED

CHICKPEAS



19g

OATS



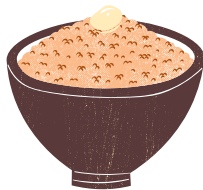
17g

TOFU



8g

BROWN RICE



3g

QUINOA



14g

LENTILS



9g

CASHEWS



18g

PEANUT BUTTER



25g

ALMONDS



21g

AVOCADO



2g

BROCCOLI



3g

EDAMAME



11g

*All amounts displayed are amount of protein per 100g of the food item weight

PROTEIN SUPPLEMENTS 101

Protein powders can be beneficial for several reasons as they can offer a convenient and efficient way to increase protein intake, especially for individuals with busy lifestyles or limited access to whole food protein sources. Protein powders provide a concentrated and easily digestible form of protein, making them ideal for post-workout recovery and muscle building. Here are some alternatives to different types of protein powder on the market:

Whey Protein

Whey protein is a protein powder derived from milk during the cheese-making process. It is available in various forms, such as whey protein concentrate and whey protein isolate, with different protein concentrations. Whey protein is popular among athletes, fitness enthusiasts, and individuals looking to support muscle growth, recovery, and overall protein intake. It is suitable for those without dairy allergies or sensitivities.

■ Benefits

Whey protein is a protein powder derived from milk during the cheese-making process. It is available in various forms, such as whey protein concentrate and whey protein isolate, with different protein concentrations. Whey protein is popular among athletes, fitness enthusiasts, and individuals looking to support muscle growth, recovery, and overall protein intake. It is suitable for those without dairy allergies or sensitivities.

Casein Protein

Casein protein is another protein powder derived from milk. It differs from whey protein in terms of digestion and absorption rates. Casein forms a gel-like substance in the stomach, resulting in slower digestion and a sustained release of amino acids. Casein protein is commonly used by individuals who want a prolonged-release protein source, such as those looking to support muscle recovery during sleep or extended periods without food. It is suitable for individuals without dairy allergies or sensitivities.

■ Benefits

Casein protein provides a slow and steady supply of amino acids, promoting muscle protein synthesis over an extended period. It supports muscle recovery, reduces muscle breakdown, and helps maintain a positive protein balance during periods of fasting or when a steady protein supply is needed.

Soy Protein

Soy protein is a protein powder derived from soybeans. It is a plant-based protein source that is considered a complete protein, containing all essential amino acids. Soy protein is suitable for vegetarians, vegans, and individuals with lactose intolerance or dairy allergies. It can be used by anyone looking to increase their protein intake with a plant-based option.

■ Benefits

Soy protein offers a complete amino acid profile, supporting muscle growth and repair. It contains beneficial compounds like phytoestrogens and antioxidants, and research suggests it may have additional health benefits, such as supporting heart health and hormonal balance.

Pea Protein

Pea protein is a protein powder derived from yellow split peas. It is a plant-based protein source. Pea protein is an excellent choice for vegetarians, vegans, individuals with lactose intolerance, or those with allergies or sensitivities to dairy, soy, or gluten.

■ Benefits

Pea protein is easily digestible and provides a good balance of amino acids, although it is relatively low in the essential amino acid methionine. It supports muscle growth and recovery, is low in allergens, and can be combined with other plant-based protein sources to enhance its amino acid profile.

Rice Protein

Rice protein is a protein powder derived from brown rice. Rice protein is suitable for individuals with allergies or sensitivities to dairy, soy, or gluten, or those following a vegan or vegetarian diet.

■ Benefits

While rice protein is not considered a complete protein on its own, it can be combined with other plant-based protein sources to create a more balanced amino acid profile. It supports muscle growth and provides a hypoallergenic alternative for individuals with dietary restrictions.

Hemp Protein

Hemp protein is a protein powder derived from hemp seeds.

Who it's for: Hemp protein is suitable for vegetarians, vegans, and individuals looking for a plant-based protein source.

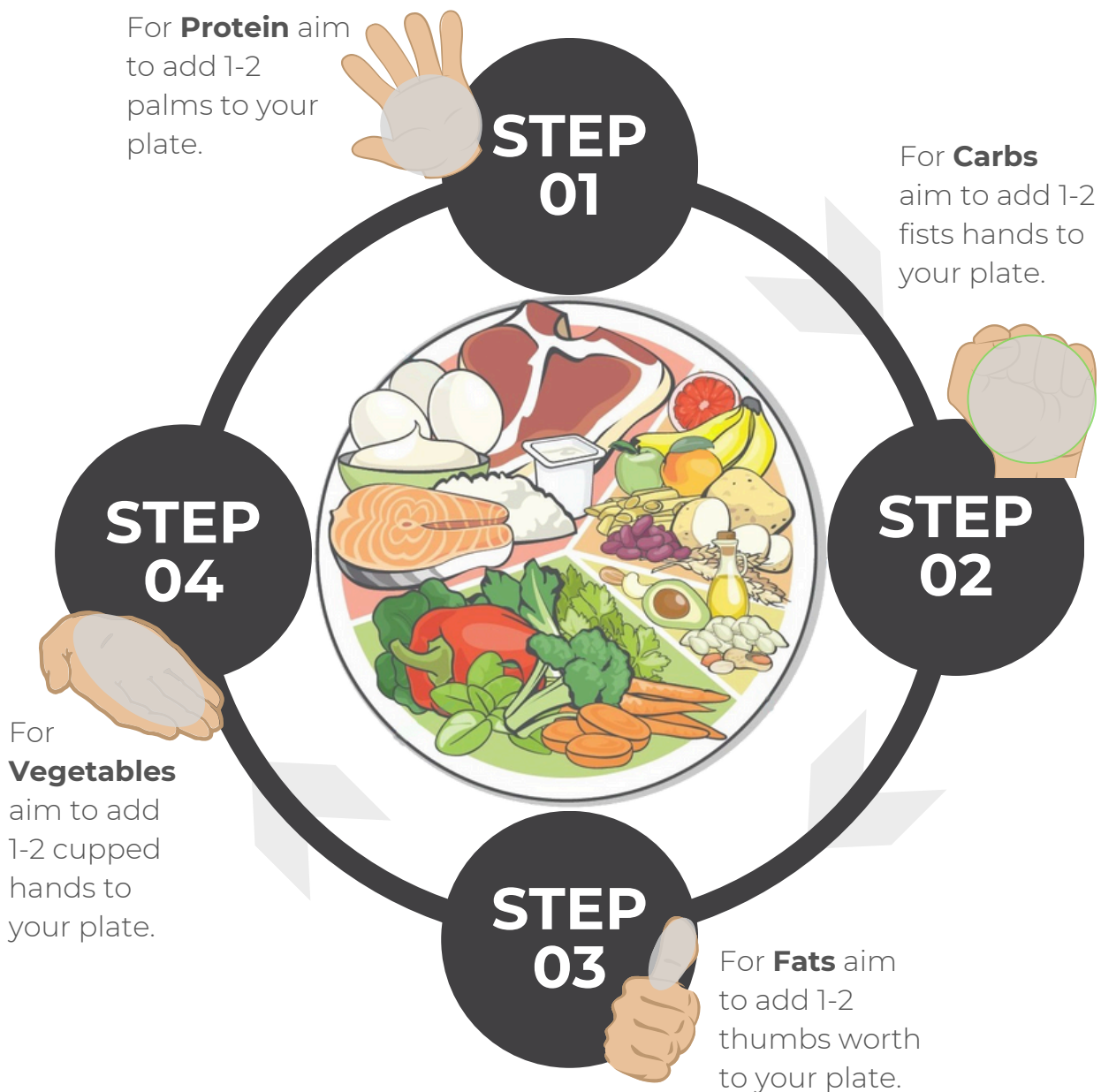
■ Benefits

Hemp protein is a complete plant-based protein, containing all essential amino acids. It also provides additional nutrients like omega-3 fatty acids and fiber. Hemp protein supports muscle growth and recovery while offering the potential benefits of omega-3 fatty acids and other nutrients found in hemp seeds.



PROTEIN AND MEAL PLANNING

Incorporating protein into meals and snacks is essential for maintaining a well-rounded and nutritious diet. Protein supports various bodily functions, including muscle growth, repair, and overall health. In this chapter, we will explore practical tips for meal planning to ensure adequate protein intake throughout the day.





BREAKFAST
Recipes

OVERNIGHT STRAWBERRY CHEESCAKE

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 5 MINS

Ingredients

- 2 tbsp Chia seeds
- 1 3/4 cup Greek yogurt plain nonfat
- 2 1/2 tbsp Cream cheese low fat
- 3/4 cup Vanilla almond milk
- 3/4 cup, unthawed Strawberries frozen unsweetened



Instruction

1. In a mixing bowl, whisk all ingredients until well combined, except for strawberries.
2. Mix half of the chopped strawberries (save the other half for the morning).
3. Cover the mixture or transfer it to a container with a lid and place it in the fridge overnight.
4. Top with the remaining strawberries in the morning.

PER SERVE: 509 CALORIES | 52 PROTEIN | 39 CARB | 17 FAT

MEXICAN OMELETTE WITH BLACK BEANS

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS

Ingredients

- 2 tbsp Nutritional yeast cheesy savory seasoning
- 1 cup Avocado, cubed
- 1 cup Egg whites
- 28 g Red onion
- 1 spray (about 1/3 second each spray) Vegetable cooking spray oil
- 1/4 medium Capsicum
- 1/4 medium Capsicum
- 1/4 cup Black beans
- 2 medium Eggs



Instruction

1. Mix the egg whites with the whole egg, nutritional yeast, salt, and pepper to taste.
 2. Heat a nonstick pan over medium heat, then spray it with vegetable oil. Pour the egg mixture into the pan and cook over low heat.
 3. Once the omelette is cooked, transfer it to a serving plate.
 4. Next, add the capsicum, onion, and black beans to the same pan. Cook until the capsicum is soft.
 5. Serve the cooked bell peppers and beans on one side of the omelette and carefully fold it in half, creating a half-moon shape.
 6. Enjoy your delicious omelette filled with capsicum and beans!
-

PER SERVE: 543 CALORIES | 54 PROTEIN | 44 CARB | 16 FAT

VEGAN TOFU GOLDEN MILK BOWL

1 SERVING | PREP TIME: 5 MINS | COOK TIME: NONE

Ingredients

- 1 scoop My kind organics golden milk
- 1/2 medium Banana
- 1 packet Noncaloric Sweetener (Eg Splenda)
- 1/2 cup Raw Raspberries
- 2/3 cup Firm Tofu (made with nigari)
- 1 cup Almond milk
- 1 tbsp Hemp seeds
- 2/3 cup Oatmeal or rolled oats (regular or quick dry, uncooked)



Instruction

1. Place all the ingredients, except for the raspberries and hemp seeds, into a blender. Blend the mixture until it becomes smooth and well combined.
2. Transfer the blended mixture into a bowl. Then, top it with the raspberries and sprinkle the hemp seeds on top.
3. *Optional: If you prefer, you can use your favourite brand of sugar-free plant-based milk for this recipe.
4. *For Golden Mix variation: To add a twist to the recipe, you can also include a pinch of ginger, turmeric, cinnamon, and a little black pepper while blending the ingredients in step 1. This will give it a delightful golden milk flavour.
5. Enjoy your delicious and nutritious smoothie bowl with a burst of flavours!

PER SERVE: 517 CALORIES | 28 PROTEIN | 68 CARB | 19 FAT



LUNCH
Recipes

VEGAN MUSHROOM AND ZUCCHINI STEW

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 15 MINS

Ingredients

- Salt and Pepper, to taste
- 3 tbsp Vegan mozzarella cheese, shredded
- 1 cup Onions, chopped
- 2 tsp Olive oil
- 2 medium Zucchini, raw
- 1 tsp ground Basil, dried
- 1 tsp ground Oregano, dried
- 1 cup Spinach
- 1 cup Mushrooms, pieces or slices
- 1 cup canned diced Tomatoes
- 1 cup Beef-free crumble
- 3 cloves Garlic



Instruction

1. Preheat the oven to 365°F (185°C). Sauté onions and garlic in a pan until soft.
2. Add crumbled Beyond Meat, tomatoes, mushrooms, spinach, and Italian seasoning. Cook until veggies are tender.
3. Layer half of the Beyond Meat mixture in a baking dish. Top with zucchini ribbons, then the rest of the mixture. Sprinkle with vegan mozzarella.
4. Cover with foil and bake for 20 minutes.
5. Uncover and bake for 10 minutes until the cheese melts and zucchini is tender. Serve and enjoy!

PER SERVE: 542 CALORIES | 37 PROTEIN | 56 CARB | 22 FAT

PALEO STUFFED SWEET POTATO AND TURKEY

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 15 MINS

Ingredients

- 2 tsp Coconut oil
- 2 cups Spinach
- 185 g Ground turkey, 99% lean, 1% fat, raw
- 1/4 cup Red capsicum, chopped
- 1/3 tsp Cinnamon
- 1 large Sweet potato, baked with skin, without salt
- 2 slices Cooked Bacon



Instruction

1. Dice the bacon and chop the spinach.
2. In a pan over medium heat, add the bacon and cook until it becomes crispy. Once done, remove the bacon from the pan. Use a fork to pierce the sweet potatoes, then microwave them for approximately 5 minutes until they become tender.
3. In the same pan, add the coconut oil and red capsicum. Sauté them for 5-7 minutes or until the capsicum is tender. Next, add the ground turkey and stir until it changes color and is cooked through. Add the chopped spinach to the pan and mix well.
4. Gently slice the baked sweet potato lengthwise and open it up. Sprinkle cinnamon on top of the sweet potato. Then, mash the inside of the sweet potato very well and stuff it with the cooked turkey filling.
5. Serve and enjoy your flavorful and nutritious stuffed sweet potato with turkey and vegetables!

PER SERVE: 538 CALORIES | 54 PROTEIN | 43 CARB | 18 FAT

PAN STEAK WITH BABY POTATOES

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 20 MINS

Ingredients

- 1 clove Garlic, raw
- 1/3 tsp dried Thyme leaves
- 150 g Broccoli
- 2 tablespoons Olive oil
- 190 g Baby new potatoes
- 150 g Lean Beef flank steak, fat trimmed to 0", raw



Instruction

1. Preheat the oven to broil. Lightly oil a baking sheet or coat it with nonstick spray.
2. Boil the baby new potatoes until they are half-tender, which should take about 12 minutes. Then, drain the potatoes and remove them from the heat.
3. On the prepared baking sheet, place the boiled baby new potatoes and chopped broccoli in a single layer. Add olive oil, minced garlic, and dried thyme. Season with salt and pepper to taste. Toss everything together to coat the vegetables with the oil and seasonings.
4. Season the lean beef flank steak with salt and pepper, then place it on the same baking sheet with the potatoes and broccoli.
5. Broil the entire tray in the oven for 4-5 minutes or until the steak is browned and cooked to your desired level of doneness.
6. Remove the baking sheet from the oven and serve the delicious and nutritious broiled steak with roasted potatoes and broccoli. Enjoy your flavorful meal!

PER SERVE: 538 CALORIES | 40 PROTEIN | 43 CARB | 21 FAT

A top-down view of a breakfast table. In the center, a white ceramic bowl is filled with oatmeal, topped with fresh strawberries, blueberries, blackberries, and a slice of orange. To the left, another similar bowl is topped with kiwi, strawberries, and blueberries. In the bottom left, a third bowl features a kiwi slice, strawberries, and blueberries. To the right, a large white plate holds a golden-brown waffle topped with a dollop of honey and fresh berries. A small white pitcher of syrup sits next to it. In the bottom right, a small white bowl contains a dark, textured topping. The background is a light-colored, speckled surface.

DINNER

Recipes

CAULIFLOWER RICE WITH EGG & ASPARAGUS

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS

Ingredients

- 1 cup Frozen riced Cauliflower, unprepared
- 1/2 cup Carrots, chopped
- 1/4 cup Cooked white rice
- 1 clove Garlic, raw
- 1/3 tsp Black sesame seeds
- 1/2 cup Seitan strips (wheat protein)
- 1 tsp Olive oil
- Salt and Pepper, to taste
- 1/4 tsp ground Turmeric
- 1/2 cup Asparagus
- 1/4 cup Green onion, chopped
- 1/2 cup Red Capsicum, chopped
- 2 large Eggs

Instruction

1. Begin by chopping the vegetables and seitan into very small cubes, and mince the garlic.
2. Cook the frozen cauliflower rice according to the package directions. Add ground turmeric, salt, and pepper to taste. Mix the cauliflower rice with the cooked white rice, then set it aside to let the flavors meld.



3. Heat a large pan over medium heat and add the olive oil and minced garlic.
4. Add all the chopped vegetables and seitan cubes to the pan. Cook for a few minutes until the vegetables become tender.
5. Create a space in the middle of the mixture to expose the bottom of the pan. Crack the eggs into this space and stir them until they become scrambled and cooked.
6. Transfer the fried rice mixture to a serving plate and garnish it with black sesame seeds.
7. Serve this delicious and wholesome vegetable and seitan fried rice, and enjoy your flavorful and nutritious meal!

PER SERVE: 528 CALORIES | 51 PROTEIN | 40 CARB | 19 FAT

TUNA PASTA SALAD WITH CHERRY TOMATOES

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS

Ingredients

- 2 tbsp Lemon juice
- 60 g Dry white pasta, uncooked
- 2 tbsp Fresh parsley, raw, chopped
- 1 large Carrot, raw, thinly sliced
- 1/2 cup Cherry tomatoes, raw, halved
- 1 tbsp Olive oil
- 1 can Tuna, light, canned in water



Instruction

1. Cook the pasta according to the package directions. Once cooked, cool the pasta under cold water and drain it.
 2. In a large mixing bowl, combine the cooked pasta with the canned tuna, chopped cherry tomatoes, shredded carrot, and chopped parsley.
 3. Add the olive oil, lemon juice, salt, and pepper to taste. Mix all the ingredients together until well combined, ensuring the flavours are evenly distributed.
 4. Your delicious tuna pasta salad is now ready to be served! Enjoy it as a refreshing and satisfying meal.
-

PER SERVE: 525 CALORIES | 41 PROTEIN | 55 CARB | 16 FAT

CHICKEN FAJITA WRAP WITH PEPPERS

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS

Ingredients

- 120 g Chicken breast
- Salt and Pepper, to taste
- 2 tsp Fajita seasoning mix
- 1/4 cup Avocado, cubed
- 1/2 cup Onions, chopped
- 1 medium Red Capsicum, raw
- 1 sprig coriander leaves, fresh
- 1 tortilla of your choice
- 1 small Yellow Capsicum
- 1 medium Green Capsicum, raw
- 1 clove Garlic
- 1/2 tsp Oil (for cooking)



Instruction

1. Start by chopping the vegetables, onion, and chicken breast into strips.
2. In your Instant Pot, add the oil, minced garlic, onion, and capsicum. Also, add the chopped chicken breast, fajita seasoning, salt, and pepper. Toss all the ingredients together to combine them well. cook on high pressure for 6 minutes.

3. Once the cooking is complete, carefully release the pressure before opening the Instant Pot lid. Add some chopped coriander leaves to the mixture and give it a gentle stir.
4. Take the tortilla, and spread the cubed avocado on it using a fork. Add some additional salt and pepper to taste.
5. Finally, serve the delicious fajitas by placing the chicken and vegetable mixture on top of the avocado-spread tortilla. Roll up the tortilla and enjoy your flavorful and healthy chicken fajitas!

PER SERVE: 533 CALORIES | 46 PROTEIN | 58 CARB | 15 FAT

THANK YOU



We are grateful for the opportunity to be your guide on this journey. Your curiosity and willingness to learn have inspired us to create a comprehensive resource that aims to empower you in your pursuit of better health.

Remember, knowledge is the key to transformation. By arming yourself with the understanding of proteins and their significance, you have taken a significant step towards achieving your health and wellness goals.

As you continue on your wellness journey, remember that small changes can lead to significant results. Embrace the power of protein and apply the knowledge you've gained to make positive choices for yourself and those around you.

We wish you all the best on your path to a healthier and happier life.

Jason Forth
Head Trainer

