



PROTEIN SOURCES FOR ATHLETES AND FITNESS ENTHUSIASTS

Lean Meats

- Chicken



- Turkey



- Beef



- Pork



- Lamb



Nuts and Beans

Peanut/almond
butter

Black, kidney,
white, and
pinto beans

Raw nuts:
almonds,
cashews,
walnuts, and
pistachios

Chick peas and
hummus



Seafood

- Fish: salmon, trout, haddock and tilapia
- Shrimp
- Scallops



Dairy

Skim or low fat
milk

Almond or
coconut milk

Eggs

Cheese

Organic Greek
yogurt

TruMoo
chocolate milk
is a great post-
workout drink
and chocolaty
treat!



Why Protein Shakes?

- It is important to replace proteins damaged in muscles during workouts and most effective within 60 minutes post-workout.
- Mix shakes with water, skim or chocolate milk.
- Protein in liquid form is digested more efficiently by the body making shakes a quick fix



Protein Powders

What types of protein powders are there?

- **Whey Protein Concentrate (WPC):**
Produced using ultrafiltration of whey that ranges in protein concentrations from 20-90%. The specific concentration will be labelled as WPC (e.g. WPC 85). The rest of the powder is made up of lactose, minerals, and fats.
- **Whey Protein Isolate (WPI):**
May be produced by a variety of membrane filtration techniques, with the goal of reaching >90% protein concentration and removes most lactose. Manufacturers will also combine ion-exchange techniques to filter out particles by ionic charge rather than molecular size.
- **Whey Protein Hydrolysates (WPH):**
A relatively new technique in protein production, WPH's are produced by enzymatic hydrolysis of either WPC's or WPI's. Essentially, this acts as a method of "pre-digesting" the protein by separating the peptide bonds, making the digestion and absorption of amino acids will be reduced

Protein Shakes

Josh Recommended Brands

- Prograde pre/post workout shake
- Isagenix
- Shakeology
- Muscle Milk
- Biotrust
- Precision Nutrition
- Optimum Nutrition
- Pure Protein
- Lean shake 25
- Amplified
- Nitro Tech

- Helps re-build after workouts



- Most companies also sell nutrition shakes and programs for weight loss.

Protein Bars

Popular Brands:

- Cliff Builders Bars
- Promax bars
- Supreme Protein
- Pure Fit
- Pure Protein
- Muscle Milk
- Hammer Nutrition

Organic Brands:

- Vegasport
- Rise Bars
- Good On Ya Bar
- Core
- Squarebar

