



Ultimate Guide to Protein

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How much Protein?

- Per Day
 - **1.2-2g per Kg** of Body weight per day
- Per Meal
 - **25-40g**
 - Must have a source of **Leucine** to stimulate muscle synthesis

Timing

- **One to two hours** after a hard exercise you should have high quality (complete) protein source
- **First meal of the day** should always have high quality and quantity of protein with good amount of Leucine to cease the catabolic effects of muscle over night and prevents muscle wasting.

Type (Plant vs Animal)

- Animal protein is a higher quality protein because it is more protein dense per calorie and contains all essential amino acids. In addition, it is high in leucine and creatine which are essential for protein synthesis and muscle development
- If you are using plant protein source you should be **supplementing with BCAA high in Leucine** as well as creatine

How much Creatine?

- 3g for female
- 5g for males

Where to Get?

- Food (Animal Protein is highest quality and most complete)
 - Red Meat (4oz = 30g)
 - Chicken (4oz = 30g)
 - Fish (6oz = 30g)
- Supplements
 - Naked Goat Whey Protein (Animal)
 - Garden of Life (Plant based)
 - MRM Nutrition "Reload BCAA+G" (BCAA with high leucine)
 - Creatine Monohydrate (Thorne)