



INCREASE YOUR PROTEIN

Habit Cheat Sheet

@healthbyscience



What is Protein?

Protein is a macronutrient that is essential for building and repairing tissues in the human body. It is made up of long chains of amino acids that are important for the structure and function of cells, enzymes, hormones, and other molecules.

Protein can be found in a variety of foods such as meat, fish, eggs, dairy products, legumes, and nuts.



Why is Protein Important?

Protein plays a crucial role in weight management and fitness as it helps build and maintain lean muscle mass, which enables the body to burn more calories from fat than from muscle tissue.

Adequate protein intake can also promote feelings of fullness, reduce cravings, and prevent overeating.

Furthermore, protein is essential for healthy ageing and performance as it helps maintain muscle and bone mass, supports immune function and wound healing, and provides antioxidant protection against cellular damage.

INCREASE YOUR PROTEIN HABIT IDEAS

TRACK YOUR PROTEIN

START YOUR DAY WITH A PROTEIN-
RICH BREAKFAST

CHOOSE HIGH PROTEIN MEALS
FROM GOUSTO OR HELLO FRESH

EAT HIGH-PROTEIN SNACKS

CHOOSE HIGH PROTEIN PREPPED
MEALS

USE PROTEIN SUPPLEMENTS

INCLUDE A HIGH-PROTEIN FOOD
WITH EVERY MEAL

CHOOSE LEANER, SLIGHTLY LARGER
CUTS OF MEAT

ADD NUT BUTTER TO YOUR DIET

ENJOY MORE BEANS



Track Your Protein

Tracking protein intake can help you increase your protein intake and improve your overall dietary habits in the following ways:

1. Identifying protein-rich foods: By tracking your protein intake, you can identify which foods are protein-rich and make it easier to incorporate them into your diet. You can use a food diary or a nutrition app to help you track your protein intake.
2. Meeting nutrient requirements: By tracking your protein intake, you can ensure you are meeting your daily nutrient requirements, especially if you are an athlete, older adult, or pregnant.

To track your protein you can use our food diary [here](#) to track your protein or use [Macrofactor](#) app [here](#).

[To calculate your protein needs use our free calculator here.](#)



Start your day with a protein-rich breakfast

Starting your day with a protein-rich breakfast can be an excellent way to ensure that you consume enough protein throughout the day.

Consuming a protein-rich breakfast can help to kick start metabolisms, reduce hunger pangs and cravings, and prevent overeating later in the day.

[Click here for 31 protein-rich breakfast ideas.](#)

Choose High Protein Meals from Gousto or Hello Fresh

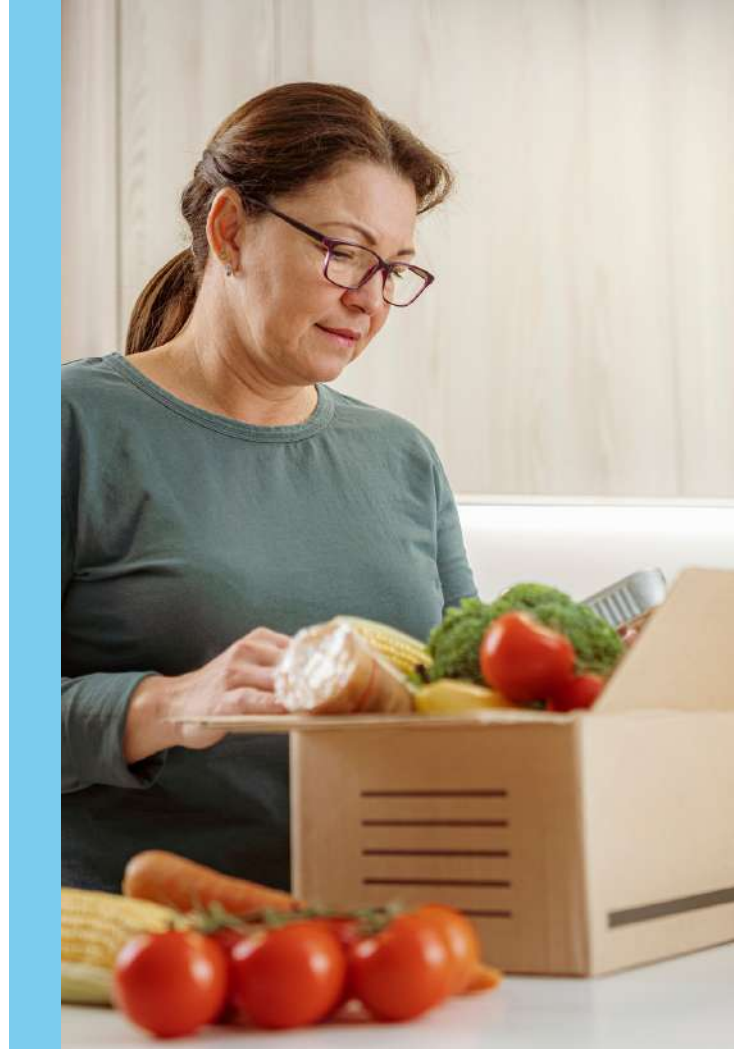
Choosing high-protein meals from meal kit delivery services such as Gousto or Hello Fresh can help you eat more protein by providing pre-measured ingredients, easy-to-follow recipes, and a variety of protein options to choose from.

These meals are often well-balanced and provide a good source of protein, which can help you meet your daily protein needs without the hassle of meal preparation, grocery shopping, or planning.

Additionally, these meal kits offer a convenient and sustainable way to incorporate more high-protein meals into your diet without sacrificing nutrition, taste, or convenience.

[Click here for Gousto.](#)

[Click here for Hello Fresh.](#)



Eat High-Protein Snacks

Make sure to keep protein-rich snacks to help curb hunger between meals and provide a protein boost. These snacks should contain at least 15g of protein.

Snacks like high-protein yoghurt, low-fat cheeses, nuts, protein bars and bites and jerky are all high in protein and easy to snack on throughout the day.

[Click here for a high-protein yoghurt example.](#)

[Click here for high-protein snack ideas.](#)

[Click here for high-protein cheese ideas.](#)

Choose High Protein Prepped Meals

High-protein prepped meals can help you eat more protein in your diet by providing pre-portioned, pre-cooked, and ready-to-eat meals with a variety of protein options to choose from. These meals are often designed to meet specific dietary requirements, such as keto, low-carb, or paleo diets, and are ideal for busy individuals who have limited time to cook or prepare meals.

By incorporating high-protein prepped meals into your diet, you can ensure that you are consuming enough protein throughout the day, promoting satiety, supporting muscle growth and repair, and improving overall health and well-being.

[Click here for an example from a supermarket.](#)



Use Protein Supplements

Protein supplements can help you increase your protein intake by providing a quick and convenient source of protein. Whey protein is highly versatile and can be easily added to shakes, baked foods, or smoothies to boost protein content.

On the other hand, flavourless hydrolysed protein is ideal for those looking for a low-fat, low-carb option that can be added to virtually anything, from breakfast cereal to a glass of squash, to increase its protein content.

By supplementing your diet with protein supplements, you can easily and conveniently increase your protein intake to meet your daily protein requirements, supporting muscle growth and repair, improving athletic performance, fat loss and promoting overall health and well-being.

[Click here for an example of conventional whey protein.](#)

[Click here for an example of hydrolysed whey protein.](#)



Include A High Protein Food With Every Meal

You might be surprised to learn that one simple change can make a big difference: including a high-protein food at every meal. Protein helps to keep you feeling full and satisfied, so you're less likely to snack between meals or overeat at mealtimes.

What's more, protein takes more energy to digest than carbohydrates or fat, so including it in your diet can help boost your metabolism.

So if you're serious about shedding some pounds, make sure to include a high-protein food with every meal. Eggs, yogurt, lean meat, and beans are all great options.

[Click here for high-protein meal ideas.](#)

[Click here for our guide on what protein you should eat more, some and less of.](#)



Choose Leaner, Slightly Larger Cuts Of Meat

If there's a way to satisfy your cravings and still lose weight, that's where leaner, slightly larger cuts of meat come in.

By choosing cuts of meat that are lower in fat and higher in protein, you can help reduce your calorie intake without feeling like you're depriving yourself. And because protein helps to keep you feeling fuller longer, you're less likely to give in to those unhealthy cravings.

So next time you're at the grocery store, reach for the leaner, slightly larger cuts of meat. It just might be the key to finally losing those unwanted pounds.

Add Nut Butter To Your Diet

Many people think of nut butter as a high-fat food that should be avoided when trying to lose weight. However, nut butter can actually be a helpful part of a weight-loss diet.

Nut butter is a good source of protein and fibre, both of which are important for weight loss. Protein helps to build muscle, which burns more calories than fat. Fibre helps to keep you feeling full, so you're less likely to overeat.

[Click here for a homemade peanut butter recipe.](#)

[Click here for a homemade almond nut butter recipe.](#)



Enjoy More Beans

When it comes to protein, most of us get plenty from meat and other animal products. While this is certainly important for building muscle and fueling our bodies, some people are concerned about getting too much protein from animal sources.

Luckily, there are plenty of plant-based options that can help us meet our nutritional needs, including beans. Beans are packed with protein, as well as a number of other essential nutrients. In fact, 2 cupped hands of cooked beans contain around 15 grams of protein, along with a range of micronutrients like folate and potassium.

So if you're looking to eat more of the good stuff while limiting your intake of animal products, be sure to add more beans to your diet. You'll be doing your body - and the planet - a favour!

[Click here for a list of high-protein bean recipe ideas.](#)

HOW MUCH PROTEIN SHOULD I INCORPORATE INTO MY DIET?

The recommended daily intake of protein can vary depending on factors such as age, sex, weight, and physical activity levels. However, as a general rule, adults should aim to consume at least 1.2 grams of protein per kilogram of body weight. For people trying to lose weight, athletes or those engaging in regular vigorous exercise, more protein is necessary.

Use our free calculator here to find out how much you need <https://go.healthbyscience.co.uk/protein-calc>

WHAT ARE SOME GOOD SOURCES OF PROTEIN?

There are many excellent sources of protein, including lean meats such as chicken and turkey, fish, eggs, and dairy products like milk, cheese, and yogurt. Plant-based protein sources include beans, lentils, tofu, quinoa, nuts, and seeds.

[Click here for our guide on what protein sources you should eat.](#)

CAN I CONSUME TOO MUCH PROTEIN?

It is extremely difficult to consume too much protein through dietary sources alone, especially for most adults. While overconsumption of protein can potentially put strain on your kidneys, it is not typically a concern unless consuming very large amounts of protein or if you have kidney disease. If you are considering protein supplements or have concerns about your protein intake, it is always best to consult with your healthcare provider.

HOW CAN I EAT ENOUGH PROTEIN IF I AM VEGAN?

It is definitely possible to obtain sufficient protein on a vegan diet. Some great sources of vegan protein include beans, lentils, chickpeas, tofu, tempeh, seitan, edamame, nuts, seeds, and quinoa. Additionally, many vegan protein powders are available which can be added to smoothies or other recipes. It's important to ensure that you're getting enough protein from a variety of sources to meet your daily needs. Plant-based protein sources may also contain beneficial nutrients such as fiber, vitamins and minerals. Consulting a registered dietitian can help you design a vegan meal plan that meets your individual nutrient needs.

HOW TO SELECT YOUR HABIT



When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how **MOTIVATED** are you to achieve the habit?
2. On a scale of 1-5 how much **ABILITY** do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a **PROMPT** to remind you to complete your new habit?



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GET FITTER

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