

POWER PLANT
GYM

PROTEIN MADE SIMPLE!

Your Guide to Protein for Busy People (That's You!)

BY: POWER PLANT GYM

PROTEIN IS KEY

About 1 in 3 adults aren't getting enough protein!

Active adults often fall short of recommended protein guidelines.

Protein is important for:

- Building and maintaining muscle
- Feeling full and satisfied
- Supporting metabolic and hormone functioning
- Recovering from workouts, illness, or stress.



Use the Palm Rule

For busy adults, counting and tracking every day can feel excessive and overwhelming, Instead, we can use some simple guidelines to help you get enough protein each day.

- **Women:** Aim for **1-1.5 palm-sized serving of protein** per meal
- **Men:** Aim for **1.5-2 palm-sized servings of protein** per meal.

That's about 20-40 grams for women, and 40-60 grams for men.

What are protein sources?

- Meat, poultry, and fish are great sources of protein.
- Eggs, especially egg whites.
- Greek yogurt and cottage cheese.
- Tofu, tempeh, edamame.
- Protein powders (whey or plant based are both good sources of protein).
- Beans or lentils (these are partial protein sources, a cup of cooked beans has about 15 grams of protein and around 40 grams of carbs depending on the type of bean).

Pro tips:

- Get some protein at every meal. It will be easier to hit your protein goals if you get a bit a every meal. Plus, it makes it easier for your body to use the protein if it is spread out during the day instead of all at once.
- Combine protein with fiber (carbs) and fats for meals that are satisfying and maximize your nutrition.
- Make it easy for yourself to hit your protein goals by keeping some easy to grab protein filled snacks on hand. Hardboiled eggs, yogurts, and protein shakes are great options for when you’re on the go!



ABOUT US

Power Plant Gym is a strength and fitness community based in Aston, PA (just south of Philly in Delaware County, aka “Delco”).

We specialize in helping unique people build strength and confidence in a supportive community. That community exists in person - at our gym in Aston - and online through our remote coaching options.

We work with a variety of individuals, but most of our members fall into one (or both) of two groups:

1. Busy adults who like to learn and want to build strength and improve their overall health and fitness.
2. Strongman and powerlifting athletes who want to get stronger and compete in their sport.

If you fall into one of these groups - we’ve got you covered!

LEARN MORE

- You can learn more about us on our website: thepowerplantgym.com
- For more info about improving your health and fitness, check out our blog: thepowerplantgym.com/blog
- The best place to keep up with us and see what our members are up to is on Instagram. You can find us at @powerplantstrength.

We would really love to chat with you in real life though!

We want to hear your story and know how we can help you better. So, tell us what you think!

You can set up a free call - called a No Sweat Intro - by booking online at thepowerplantgym.com/free-intro, or shooting us an email at info@thepowerplantgym.com. We'll talk about you, your experience, your goals, your thoughts on Philly sports, cats vs dogs, and whatever else you want to discuss. Then we'll make a plan to help you get where you want to go.



GET STRONG.
HAVE FUN.
BE YOU!

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