

PROTEIN

Name _____

- 1. Protein's primary job is to _____ and _____ muscle _____
- 2. Protein improves _____ and can help with _____
- 3. Protein is an _____ source of energy.

PROTEIN BASICS

- 4. _____ (AA) are building blocks of protein
- 5. _____ unique amino acids
- 6. ____ of these are "essential" (they can't be made by the body and need to be _____ from the _____.)
- 7. ____ are " _____ " (they can be made by the body)

"SPECIAL" AMINOS

- 8. ____ Amino Acids contribute significantly to _____.
- 9. Branch-chain amino acids (_____)
 - * _____, * _____, * _____

PROTEIN NEEDS?

- 10. Protein gm = Breakfast _____, Lunch _____, Dinner _____
- 11. Current dietary plan
 - Breakfast ____ Lunch ____ Pre-dinner ____ Dinner ____
 Optimal dietary plan
 - Breakfast ____ Lunch ____ Pre-dinner ____ Dinner ____

- 12. Name 3 proteins that provide 20 – 30 grams of protein.
 - _____
 - _____
 - _____

- 13. Nutrient Timing Around Training
 - _____
 - _____
 - _____
 - _____
 - _____

PROTEIN SUMMARY

- 14. Protein is needed to _____ and _____
- 15. _____ are the _____ of protein
- 16. Sources include _____, _____, _____ and _____
- 17. Aim for _____ handful per meal (around _____ - _____ grams)