

# PROTEIN POWDER 101

Ideally, we are most interested in eating real food as our first priority. Every once in awhile you will need to supplement to increase the amount of protein needed to get results.

A 2003 Journal of Nutrition article compared 2 categories of obese women. They ate the same amount of food, but those who were required to eat 128g of protein per day had significantly better results than those who ate 68g of protein per day. Same story can be said about men eating more satiating protein.

## WHAT YOU NEED TO KNOW

The most beneficial way to use protein powder would be immediately after a workout, as it provides the worked muscles with protein quickly.

Using protein powder at any time at your convenience is also important as it provides a way to meet your daily protein needs.(This is if you have insufficient time to make a meal, consuming real food is ideal!)

There are many ways to use protein powder however the quickest way is by mixing 1-2 scoops in with water or low-fat milk.  
**This is just the simplest way to mix protein powder!**

There are many ways to mix protein powder in with your daily food. I'll provide a few easy recipes to mix protein powder in with your favorite foods and snacks such as oatmeal, muffins, and pancakes.



# EASY RECIPES WITH PROTEIN POWDER

Add a scoop or protein powder in with your favorite baked recipes

## Pancakes

In a bowl mix together,  
1/2 cup whole wheat flour  
1/2 cup oats  
1 teaspoons baking powder  
2 egg whites  
1/2 cup almond milk  
1 tsp cinnamon  
**1 scoop (any flavor) protein powder**



Make it fun by adding your favorite fruits to the batter

The flavor of the protein powder depends on your taste! There are many desirable flavors available.



## Oatmeal

1 cup oatmeal,  
1/2 cup almond milk  
1 cup your favorite fruit(s)  
**1 scoop (any flavor) protein powder**

## Pudding

1 cup plain greek yogurt  
**1 scoop (any flavor) protein powder**  
add water if necessary.

