



## **Welcome to PHASE III – (Weeks 5 & 6): Protein Cycling Power**

### **PHASE III PART TWO GUIDELINES**

Protein is an essential nutrient which helps form the structural component of body tissues and is used within many biological processes, for example protein is used to make enzymes, antibodies to help us fight infection as well as DNA the building blocks to life. It's also needed to make up muscle tissue which in turn helps to keep our bodies active, strong, and healthy.

Most protein is stored in the body as muscle, generally accounting for around 40-45% of our body's total pool, so it makes sense that if you increase activity, whether to improve health and fitness or body composition, you need to consider protein as an important food group in your diet.

Protein is found in dairy, meat, eggs, fish, beans and nuts, as well as in protein powders. A sensible approach to meeting your daily protein requirements is to include a combination of these foods within your diet every day.

To keep our protein intake high and simplify or meal planning many of us turn to using the same protein sources day- in-day out. For example, you might have a chicken salad for lunch and a baked chicken breast topped with salsa and goat cheese for dinner. Or you might opt to have a protein smoothie for both your mid-morning and mid-afternoon snack. What you may not realize is that the use of the exact same protein source every day can be detrimental to their health.

Over the past decade, I have helped hundreds of clients achieve optional health and fitness. During our journey, together I have noticed an interesting trend, as they begin to increase their protein intake many of them start to experience complaints when they use the same protein sources regularly. They report ***feeling gassy, bloated, or experience systems of a head cold, stuffiness and congested.*** These symptoms are completely associated with food allergies and or food intolerances. What you may not realize is that you can become intolerant to many of the foods that you eat every single day, or multiple times a day.

Now many of us do typically vary our food choices daily, chicken for dinner tonight and steak tomorrow night. However, some of us often stick to a single protein source day after day and this is when intolerances can develop leading to problems with stomach health, hormonal health, stalled weight loss and even mood.

The problem- the body uses digestive enzymes in various concentrations when breaking down foods, over time these enzymes become accustomed to breaking down certain foods which can cause the body's digestive system to become sluggish, resulting in poor digestive health.

In addition, as the body searches for Amino Acids (building blocks of protein) to repair its tissue and cells it is important to get various sources of proteins to help facilitate good digestion and uptake of amino acids. The body's immune system has to allow these proteins in the body before they can be used to build new cells which leads to successful muscle repair and growth. Healthy lean muscle growth is key to optional fat loss. So, changing up your protein sources is critical.

*I like to call this eating strategy...*

## **Protein Cycling**

What is Protein Cycling?

It is the strategy of choosing different protein sources like milk based protein (yogurt, cottage cheese) if you can tolerate them, fish, seafood, red meat, poultry and vegan choices like (hemp, peas, lentils, quinoa etc.) and rotating them throughout your day and your week.

By rotating your protein sources you can minimize or sometimes completely avoid experiencing symptoms of food intolerances while also getting a diverse amino acid profile from a number of high quality protein sources to effectively boost your protein intake while both looking and feeling better.

So, the objective of your Phase II – Part Two Eating Plan is to experiment with Protein Cycle to help those of you that might already be experiencing protein intolerance, feel more comfortable and improve your overall progress. While also helping those of you that might not be experiencing any protein intolerance continue to feel and perform well.

In the end while solving food intolerances is never an easy issue the simple strategy of cycling your protein can make a huge difference for those of you that might be complaining of food related intolerance issues.

## **5 MORE REASONS WHY I LOVE A DIET HIGH IN PROTEIN AND WHY YOU SHOULD TOO!**

If you think a high protein diet is only useful for bodybuilders or marathoners, it might be time to rethink: not only can high protein diets build muscle and optimize body composition, they can also curb hunger, enhance satiety, and promote fat loss.

I think we'd all say that choosing an egg is better for you than a waffle. What you might be wondering is just how much better is it, and why is it so effective? Whether you want to lose weight, keep weight off, or

maintain, research shows that a high protein diet is most effective for all three goals.

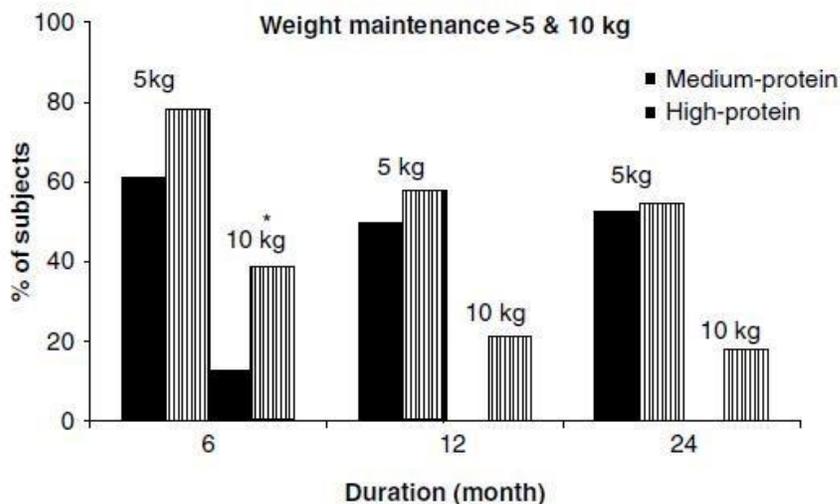
## High Protein Diet – The Research

In the longest-term weight loss study, those who consistently followed a high protein diet lost more weight than those following a medium protein diet. Over the course of the study, total caloric intake dropped only ~12%, and we're not talking outrageous levels of protein here: 21.2% of calories, or just over 100 grams/day.

After 6 months of dieting, the proportion of people who maintained big-time weight loss (over 20 pounds) was greater in the high protein group.

And at 12 and 24 months, only those in the high protein group could keep off 20 or more pounds.

So, as we can see from the following chart, keeping those protein levels high is actually a big plus not only for the weight loss phase, but also for maintenance.



This is not an isolated finding. Another group increased their protein to 133 grams per day and the results were even more profound. The group with the high protein diet drop weight far more significantly than the carb group (approx. 10kg vs. 6kg).

## Here are my TOP 5 reasons why protein is so important to achieving your ideal body:

**1. PROTEIN SATISFIES & SAVES CALORIES.** Diets high in protein will help you feel fuller longer. When you eat a diet that is higher in protein it slows down your digestion therefore helping you feel more satisfied for longer periods of time. As a result, you are less likely to go back for seconds and overeat. Eating a high protein diet over the course of multiple days/weeks will help reduce your total calorie intake, while still keeping you satisfied and full leading to faster fat loss without feeling hungry.

**2. IT CURBS CARB HIGHS AND LOWS.** Pairing protein with carbohydrate-rich foods slows down the absorption of sugar from your stomach into your bloodstream, which may help keep your blood sugar from skyrocketing and ward off future cravings.

**3. PROTEIN REQUIRES MORE OF YOUR ENERGY.** The “thermic effect of food” (TEF) is the energy we use to digest food into small, absorbable components. Protein has a higher TEF compared to carbs and fat meaning you’re burning more calories to process protein than to process the other two. Greater calorie burn = faster fat loss!

**4. IT FUELS FAT BURNING.** It may be surprising, but it is a scientific fact that your body cannot effectively burn and use fat as energy if it doesn’t have help from either carbohydrate or protein. As you lose weight, your body loses both muscle and fat (I know, bummer!). Therefore, if your goal is fat loss it is especially important that you continue to eat enough protein in your diet to further fuel your fat loss while preserving calorie-burning lean muscle. As known as avoiding the “skinny-fat syndrome”.

**5. PROTEIN PROMOTES MUSCLE REPAIR & GROWTH.** Your protein needs increase especially after bouts of intense exercise so increasing your protein intake on days that you exercise is beneficial. Additionally, after you strength train it is recommended that you consume a protein shake after each training session which is when

your muscle tissue is the most sensitive to nutrients and therefore can use the protein to repair and grow.

## **PHASE II – PART TWO GUIDELINES**

**RULE #1:** Keep a VERY detailed food log and note how you feel within 12hrs after each meal. Make sure to record any symptoms in your food journey and share them in the Private Facebook group so that I can best support you in addresses these symptoms.

**RULE #2:** The meal plan provided with this protein cycle is a SAMPLE. You do not have to follow it exactly! Use the plan as a guide to create your own personalized meal plan based on the foods you and your family enjoy the most.

**RULE 3#:** Create your plan using any if the recipes in the main Cookbook or from the additional recipes shared throughout this program, my blog or Facebook group. Just make sure the recipes you select follow the Protein Cycle guidelines.

**RULE #4:** Do not eat the same protein source twice in the same day. For example, if you have chicken for lunch, do not have chicken for dinner.

**RULE #5:** If you do not have an allergy to seafood, then try to include one seafood serving per day. For example, Salmon Cakes for lunch and Taco Lettuce Wraps for dinner. If you do have an allergy to seafood then build your daily meal plan around poultry, red meat, eggs, dairy, protein powder and 100% natural plant-based protein sources, such as lentils, beans and quinoa.

**RULE #6:** If after eating red meat, chicken or poultry for 2-3 days in a row and you start to experience symptoms of a food intolerance you should:

A. Eat seafood, eggs or 100% natural plant-based protein sources **ONLY** for a few days and or until your intolerance symptoms disappear.

B. Add a Digestive Enzyme to your daily supplement routine. Choose to take it with your largest protein meal of the day.

C. Enjoy either a peppermint or ginger tea after each meal to soothe your belly and ease your digestion.

D. If you have an allergy to seafood, opt for eggs, dairy, or 100% natural plant-based protein sources

E. Or substitute with any of the non-carb, non-protein 'veggie only' dishes.

**RULE #7:** Cut out 'starchy' carbs (breads, pasta, rice, potatoes, crackers, oatmeal, etc.). If you want to add a plant-based protein recipe to your meal plan, make sure it is **AFTER** a resistance training workout. Most plant-based proteins like beans and lentils are also high in starchy carbs; limiting them to post-workout meals will ensure your body does not store the additional carbs as fat.

**RULE #8:** One serving of fruit per day. Limited to breakfast or mid-morning snack

**RULE #9:** Add one serving of healthy fats to three of your five daily meals. It is recommended to avoid adding them to your post exercise/workout meal. For a complete list of LYL Approved fats and serving sizes, refer to the Approved Foods List included at the end of the Nutrition Guide.

*Just as it is recommended to Cycle Your Protein it is just as important to **Cycle Your Fats**.* Therefore, when designing your Phase III meal plan choose different sources of healthy fats.

**RULE #10:** Add one scoop of protein powder in water post resistance training.

Okay girl, there you have it!

Using the **Phase III SAMPLE Meal Plan** provided, grab your cookbooks, pull out the recipes you want to try and custom design YOUR PERFECT meal plan for the next two weeks.

Note that I have also included a **Blank Meal Planning Sheet** that you can use to create your personalized plan.

I look forward to seeing your meal planning check-ins inside the Facebook group.

Your coach and cheerleader,

Courtney

xo