

PROTEIN

Poor protein intake can result in poor weight loss, fatigue and loss of lean body mass. The body will set itself for preservation (no weight loss) if it does not receive enough protein.

GOOD SOURCES OF PROTEIN

- Lean meats
 - Chicken
 - Turkey
 - Lean Pork | Beef
- Low fat dairy products
 - Cottage cheese
 - Yogurt
 - Skim milk
 - Egg whites
- Fish
 - Tuna: water packed
- Tofu
- Whole grains
- Legumes and beans
- Protein shakes
- Nuts (watch fat content)
- Peanut Butter (watch fat content)