



## When life gives you lemons, you ask for something higher in protein.

These days, protein feels the love (as compared to other macronutrients like carbs and fats) but many ask are high protein diets healthful? What types of proteins should we eat? How much protein do we need? Because you've got Q's and I've got A's so Let's get Better Protein Nutrition Simplified.

### WHAT'S A PROTEIN & WHY DO WE NEED IT?

We've always known that protein helps us get those big muscles, but more recently, we are aware of protein's role helping to support healthy metabolism, energy levels, as well as cellular communication ("messages" by way of hormones).

Proteins are made from a variety of amino acids. The body makes many of the things it needs from its "cupboards" of ingredients. However, there are certain aminos – the essential ones (the "staples") that the body does not make so you need to take them in via food. See below for the table of essential amino acids and some food examples where you can get them as well as what complements them for a nutrient-balanced eating occasion.

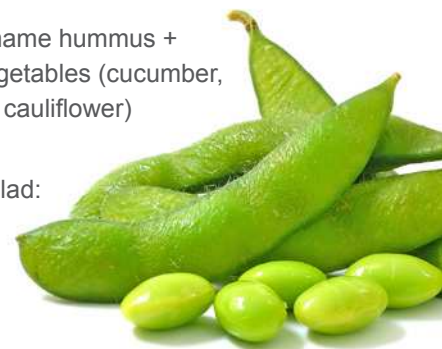
Amino acids are found in both animal and vegetable sources; animal proteins and certain plant proteins are given the name "complete proteins" because they contain some amount of all of the essential amino acids. *This does not make them "better"*. Keep in mind that the body works effectively to combine the amino acids into proteins so there are rare circumstances demanding the need for consuming a "complete" protein versus a diet rich in the different amino acids.

Proteins can also cause problems. Not intentionally and it's not really their fault, but often not ours either. What am I talking about? Allergies, intolerances, inflammation, irritation. Proteins are typically the culprit or at least collaborators in these health issues. For example, they are most commonly the triggers for an allergic or intolerant reaction, or their form (i.e. what's been done to them) can overwhelm the digestive system or cause confusion and irritation for the immune system. Thus, the *quality* and *quantity* of protein consumed most often plays a key role in your health whether healthy and seeking to stay that way or trying to address a health issue.

### ESSENTIAL AMINO ACIDS

#### **Histidine:** Edamame.

- Dip it: ¼ c. organic edamame hummus + unlimited non-starchy vegetables (cucumber, zucchini, green peppers, cauliflower)
- Organic edamame, avocado, and Tomato Salad:  
½ c. organic edamame,  
¼ c. avocado, tomato,  
onion, lemon juice, red wine vinegar, basil



#### **Isoleucine:** Quinoa.

- ½ c. cooked quinoa + ¼ c. organic blueberries + ¼ c. chopped pecans + 1 tsp cinnamon + vanilla stevia

#### **Leucine:** Hemp seeds

- Hemp Smoothie: 3 Tbsp Manitoba Harvest hemp protein powder with 1 c. water or unsweetened non-dairy milk, ½ banana, ½ c raspberries and 1 c. spinach
- ½ cup brown rice, cooked, 1 Tbsp olive oil and 2-3 Tbsp hemp hearts

#### **Lysine:** Cremini Mushrooms.

- ½ whole wheat tortilla brushed with ⅛ c. organic marinara sauce with ½ c. cremini Mushrooms sautéed with garlic, onions, red peppers; optional cheese, dairy-free cheese, or organic chicken or bison meatballs – bake in oven at 350° for 7-9 minutes.



**Tryptophan:** Organic Kale.

- Massaged Kale salad: Shredded raw kale massaged with 1-2 Tbsp olive oil & juice from ½ a lemon or lime + ¼ c. shredded carrots + 1 Tbsp sunflower seeds + 1 Tbsp hemp hearts + 1 organic pear diced.
- 1 serving Organic Kale Chips + ¼ c. pistachios



**Methionine:** Pine Nuts.

- Sauté 2 c. spinach and 1 garlic clove in 1 Tbsp olive oil. Stir in 2 Tbsp pine nuts. Mix in ½ c. cooked lentil pasta.

**Phenylalanine:** Organic tofu or tempeh.

- ⅔ c organic tofu taco crumbles with sautéed organic veggies + lettuce cups; optional: sprinkled with ¼ c. peanuts or drizzled with 2 Tbsp melted peanut butter

**Threonine:** Kidney Beans.

- Unlimited greens + ½ c. kidney beans + tomatoes, onions, green peppers + ¼ c avocado + 2 Tbsp salsa as the “dressing”

**Valine:** Almonds.

- ½ sweet potato, lightly steamed (still want it hard), cut lengthwise into thick slices, spray or spread 1 Tbsp total of coconut oil one side of each slice, grill or pan fry until brown. Remove from heat and sprinkle ¼ cup chopped almonds atop the slices and enjoy (can use almond butter instead, can blend hemp hearts into the almonds)
- Trail mix: 2 c. air-popped organic popcorn lightly oiled with coconut oil + 2 Tbsp chopped almonds + 1 Tbsp organic cacao nibs + 1 Tbsp unsweetened shredded coconut

## WHAT ARE THE COMMON PROTEIN NUTRITION MISTAKES?

**To get complete plant protein we have to eat it all at once:** We used to think that vegetarians have to eat rice and beans together so that their aminos would be assembled into a complete protein. We now know that can occur over twenty four hours or longer, which is helpful and helpful for vegetarians, vegans and anyone eating a plant-based meal so that they don't overdo it on carbs in the name of getting “a complete protein.” Additionally, there are several plants that deliver complete proteins like hemp seeds, organic soy (tofu, tempeh, milk and edamame), and quinoa.

**Yes, the body needs protein daily but it can also get too much.** The body does not store excess protein and the process for removal requires the liver and kidneys to work at removing these larger molecules. These organs are adept at doing so, but if it becomes a longstanding pattern or if they are in a weakened state, this can prove challenging to them and they may signal their displeasure by working less effectively or even going on strike. The right amount for most people is to follow [the better nutrition simplified plan](#) and adjust, as needed, based on your personal health goals for which I give recommendations in my consults and guides. You can get a range by using this formula (0.8g/kg body weight) and then make sure to take your total number of grams and spread them across nutrition pit stops. For example if you are consuming 100g protein daily and having five nutrition pit stops each one can have about twenty grams or one could be ten another could be 15, another could be 25 and so on, just adhere to the rules of the plan and don't have less than 6 grams protein at a nutrition pit stop unless advised by your practitioner.

**All protein sources are NOT created equal.** Whether your protein sources comes in the form of a whole unprocessed foods (think egg, salmon, cashews, hemp seed) or is minimally processed (think hemp protein concentrate, whole organic pea protein, almond butter, chickpea flour etc) to become a protein powder or a bar, you need to make sure you are not compromising your total nutrition goals. Follow the quality guidelines on the better nutrition simplified plan for help with what to choose and avoid.

better nutrition,  
simplified

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