

Choosing protein sources

When searching for protein sources, look for lean turkey breast, chicken breast, pork tenderloin, beef tenderloin, buffalo or bison, as these are the leanest cuts of meat. Exchange ground beef for ground turkey, chicken or bison.

Make sure the mix is 93 to 100 percent ground meat, with no skin or fat.

Have your butcher grind lean cuts of meat so you know for sure that there is no extra fat !!!

If you have the option to buy meat in portion sizes, do so, and look for 3 to 4 ounce servings because this is the amount recommended for each clean-eating meal. Or buy family packs of meat because they are usually cheaper. They are a time-saver too, because instead of buying and grilling one chicken breast, for example, you can grill or bake several and have planned meals for a few days.

Another inexpensive and extremely versatile option are eggs. Keep in consideration that the whole egg contains cholesterol. So keep yolk consumption between 3 and 4 per week. But otherwise egg white(s) can be eaten several times per week and several times day....

Protein supplements, such as ***whey protein powder***, can be useful for athletes of all types looking to repair and build their muscles after rigorous training. Protein powders are mixed with water or other liquids to make protein shakes.

However, the amount of protein supplements available, as well as the marketing surrounding them, can lead to confusion over what whey is, why it's desirable, and which whey protein powders are the best.

The Quality of Whey Protein Powder

Whey is a mixture of proteins that is found in milk. It is separated from milk during cheese-making, and is found in the soft portion of cottage cheese (the

"curds) .

Whey is prized as a source of protein for supplements because it is, according to **University studies**, one of the most efficiently-digested proteins available. Whey is more rapidly digested than casein, another, more plentiful milk protein that is also used in protein supplements.

Determining the True Cost of Supplement Shakes

Since whey is the best source of protein in diet supplement shakes, a protein powder that is one hundred percent whey is the best value. But even between pure whey protein powders, pricing can be very different. Average cost of most protein supplement on the norm cost .85 cents per serving. \$45 per 3 lb canister and \$60 per 5 lb container.

I hope you find these tips useful, until next time !!!!!

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