

A Simple Low Carb Life

Calculating Protein

Module 3-Video 1

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You have learned about counting carbs, which is VITAL to achieving and remaining in the **fatburning** nutritional state.

Now, let's learn about the importance of eating adequate protein.

How much protein
should I be eating daily?

The amount of grams of protein suggested per day depends on your current lean weight.

Whenever anyone loses weight (no matter what method you use) muscle is lost along with fat. *During weight loss, the recommended protein amount needs to be in a moderate range, to offset this muscle loss.*

In other words, the moderate range of protein intake will replace the muscle mass lost during weight loss.

THIS IS VERY IMPORTANT!!

If you do not replace the muscle loss with additional protein intake, your **resting metabolic rate will go down**. The significance of this is, you will burn LESS calories at rest than before (*meaning you now have to EAT LESS to lose weight*).

Muscle mass determines your metabolic rate.

- **If you lose muscle, you now burn fewer calories** at rest (*called the basal metabolic rate*).
- **If your muscle mass increases, you burn more calories** at rest.

Remember this.....

It is also **important not to eat *too much* protein** since protein in excessive amounts, cannot be used by the body and will turn into glucose (SUGAR).

What is the moderate protein range?

MODERATE PROTEIN RANGE= 0.6-0.9 grams

per pound of LEAN weight.

In module 1, you learned about how to calculate **LEAN WEIGHT** and determine precisely the protein range for your weight.

- **Lean weight = Total Weight - Percent Body Fat**
- **MODERATE PROTEIN RANGE= 0.6-0.9 grams x LEAN weight (lbs)**

If you want to use this very **PRECISE METHOD** (*or if you particularly love mathematical equations*), you can precisely calculate your specific protein range.

THERE IS AN EASY METHOD!

EASY METHOD

Daily Protein Amount:

- Up to 200 lbs (91 kg) of weight = 100 grams
- 200-300 lbs (91-136 kg) of weight = 120 grams
- 300-400 lbs (136-182 kg) of weight = 140 grams
- *Add 20 grams of protein per 100 lbs of weight (45 kg)*
- *If you exercise vigorously >30 minutes per day, add 20 grams of protein daily to repair muscle tissue.*

**In your Guidebook, you will find
the approved protein list.**

Remember: no deep frying, no breading, no gravies or sauces on the proteins (if made of wheat flour or corn starch). *There are low carb versions you CAN use.*

Are all proteins the
same amount of grams
per ounce?

Not Exactly...

BUT as a general rule:

1 ounce (animal protein) = 7 grams of protein

For example, a 3 ounce piece of chicken would average 21 grams of protein. (7 grams x 3 ounces = 21 grams of protein).

*Remember: This is an estimate and not exact.
Use this estimate when dining out.*

IMPORTANT:

Always combine carbohydrates with protein.

REMEMBER: *Never eat a “naked carbohydrate” or your blood sugar will go up. Eating carbs with protein blunts the response of the pancreas to the carbohydrate load.*

Congratulations!

You have just completed **Module 3-Video 1!**

Let's move on to **Module 3-Video 2.**

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