

PROTEINS

RULES: If you do not replace a meal, eat ONE PROTEIN per meal!
(Breakfast, lunch and dinner)

SIZE: Palm down.

CUT OFF TIME: 12 hours after waking up!

PLANT VERSUS ANIMAL PROTEIN:

Animal proteins contain all nine essential amino acids in sufficient quantities:

- **LEAN MEAT** – beef, lamb, veal, pork.
- **POULTRY** – chicken, turkey, duck, emu, goose, forest birds.
- **FISH AND SEAFOOD** – fish, shrimp, crab, lobster, mussels, oysters.
- **EGGS.**
- **DAIRY PRODUCTS** – milk, yogurt (especially Greek yogurt), cheese (especially cottage cheese)

Protein is made up of chains of molecules known as amino acids.

- There are 20 amino acids in nature that your body can use to build proteins.
- Out of these 20 amino acids, 9 are considered essential, which means that your body cannot produce them on its own, so you need to get them from your diet.
- The remaining 11 are considered non-essential, as your body can produce them from the 9 essential amino acids.

Plants also contain all nine essential amino acids — but, barring a few exceptions, most usually provide a limited amount of at least one essential amino acid.

- Beans, lentils, peas, and many vegetables tend to contain low amounts of cysteine and methionine.
- On the other hand, grains, nuts, and seeds tend to be low in lysine.

Because of this, many people refer to plant foods as "incomplete" sources of protein

However, if you eat a variety of plant-based proteins, this shouldn't cause a problem. You can still get enough of all the essential amino acids your body needs.

No protein is prohibited, please refer to the NODIET Method for the best choice and the NODIET eBook.

Enjoy your Proteins. TenaZ Greetings!