

# ***Mustang Strength & Conditioning***

## ***REFUEL Nutrition***

### ***L*ean Protein**

#### **Benefits of Lean Protein**

- Protein is the key nutrient in building lean muscle
- Repairs your body after intense competition and training, which helps you show up to the next competition stronger
- Strengthens your immune system by generating large amounts of immune cells that acts as your body's antibody defense mechanism
- Protein digests slowly so it keeps you feeling fuller longer

#### **Lean Protein Guidelines**

- Consume at least 1 gram of protein per pound of bodyweight a day (150lb athlete = 150 grams protein)
- Include a lean protein source in every meal and snack
- Consume a protein source within 30 minutes of working out
- Follow the Law of the Legs – the fewer legs an animal has, the leaner the protein
- Whey protein is the best protein powder choice. Check with an athletic trainer or strength coach to make sure your protein is NCAA approved!

#### **Lean Protein Choices**

- Animal sources – chicken, turkey, lean ground beef, pork, eggs, bacon
- Dairy sources – eggs, milk, cottage cheese, Greek yogurt, string cheese
- Other sources – fish, almonds, beans, peanut butter, whole grains, protein shakes

#### **THE BOTTOM LINE**

Eat protein at every meal to help build and repair muscle. No matter what your position, sport, gender, or goals are, you need protein and muscle!