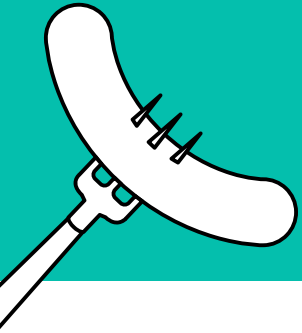


how to

Make Your Protein Work For You



*with a FREE
WEEK of
muscle-
building
workouts!*

The 3 top tips for getting
the MOST from your protein!

Did You Know?

Protein provides the building blocks for literally *everything*: from muscle tissue to hormones and even your hair, skin, and nails.

It's key for your health, recovery, AND metabolism. And most of us need MORE protein, not less!

Recent science suggests we need more protein than we've been told: **for women, up to .82 grams of protein per lb of body weight!**

For a 150-lb woman, that's 123 grams of protein each day (a far cry from the USDA's dated recommendation of 46 grams per day)!

*Do your personal protein calculations now:
(your weight in lbs) x .82 = your daily protein target.*

For reference, a standard serving of chicken breast has around 30 grams of protein. *Most of us need quadruple that amount of protein in a day!*

If you're going to chow down on THAT MUCH PROTEIN, **you want to be absolutely SURE you're actually going to reap the benefits.**

You're about to read my top 3 tips for making your protein REALLY work for you. (One of them might shock you!)

this!

PLUS: I'm giving you a workout freebie AND 2 favorite BONUS STRATEGIES to make hitting your targets way easier. Enjoy!

-Liz

TIP #1: MOVE IT TO USE IT

Put your protein to work! The way you EXERCISE determines how much good your protein can do 'ya.

If you want your body to use that protein right, you've got to MOVE right!

This is your sign to start RESISTANCE TRAINING—as in, picking (heavy) things up and putting them down.

Resistance training sends signals to your body to USE THAT PROTEIN to build lean body mass.

And lean body mass is the KEY to a healthy metabolism! It is metabolically active, it stores extra carbs for a rainy day (a good thing—see #3), and it enables you to age like the badass you are.



[Tap here](#) for a FREE week of workouts (with video!) that incorporate muscle-building resistance training!

Remember: an hour of “cardio with weights” is NOT your ideal resistance training scenario! When you lift, ONLY lift. Then, when you're done, you can add short-duration sprints or HIIT. (Think: 5-10 minutes or less.)



TIP #2: TIME IT RIGHT

Want to start the day right?

Want to ensure you nurture that hard-fought muscle mass?

Then give your body protein RIGHT WHEN IT NEEDS IT!

This means a protein-rich breakfast (30 grams or more) **within 30 minutes of waking up**. This will keep your muscles from breaking down any further after the overnight fast.

It also means getting a protein-rich meal (or beverage—see BONUS STRATEGIES) **as soon as possible—and no more than 1 hour after—working out!**



[Tap here](#) for a few of my favorite protein-rich breakfast ideas!

Remember: even if you're not an "athlete," you STILL NEED TO FUEL YOUR WORKOUTS! That's how you build and KEEP muscle. Protein is key, but so is another nutrient you need to know about...see #3, next!



TIP #3: MORE CARBS

Carbs. Are. BACK.

Carbs aren't just the body's preferred source of energy.

When we eat carbs, our bodies produce insulin, and insulin actually HELPS THE BODY USE PROTEIN!

That's right! The building blocks of protein—AMINO ACIDS—are shuttled into our cells in part thanks to *insulin*.

Insulin also promotes muscle protein synthesis; ie: it helps make sure the workouts you're doing and the protein you're eating *actually do their thing(s)!*

Again: to activate insulin, WE NEED whole, healthy sources of CARBS!



Tap here for protein + carb meal ideas!
Not sure about carbs yet? Think you can't tolerate them? I've got you! Tap here!

This doesn't mean crack open a Dr. Pepper and chow on Goldfish crackers. Whole, healthy sources of carbs are fruit, veggies, sourdough bread, and even fresh-squeezed juices and simple jams and jellies (gasp)!



BONUS STRATEGY #1: SHAKE (OR SMOOTHIE) IT UP

There are plenty of health professionals out there telling you NOT to take “shortcuts.”

But when “shortcuts” make your life easier AND make getting your protein more REALISTIC, I say: go for it!

There is NO reason to avoid a high-quality protein shake, other than *really* wanting to make things harder than they have to be.

When it comes to quick, healthy options, protein shakes are at the top of my list. They can even replace a full serving of protein!

A clean whey or beef protein is fantastic for a quick snack or a post-workout mini-meal. (My favorite whey is [here](#).)



Need to blend on-the-go? Here’s my favorite stainless steel [shaker bottle](#) and the best on-the-go [blender](#) I’ve found (no affiliation).

My FAVORITE shake/smoothie: The Orange Julius!
Combine 1 cup fresh orange juice, 1/3 cup Greek yogurt, 1/2 tsp vanilla, and ice (optional) with protein powder. Blend (or shake) and enjoy! Optional adds: a powdered multi, Primedine, and creatine (see video)!



BONUS STRATEGY #2: ESSENTIAL AMINOS!

In a few years, you'll be hearing about essential amino acids (EAAs) as much as you hear about multivitamins! It might just be your most important supplement!

EAA supplements provide the building blocks for protein in a nearly perfectly digestible, instantly absorbable form. They're even more digestible than your protein shake!

They've been studied to promote muscle synthesis, recovery, and repair better than dietary protein alone.

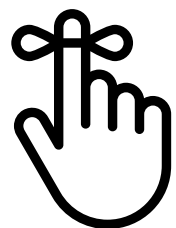
Everyone from teen athletes to women to parents and grandparents NEED to try essential amino acids!

I use my EAAs during and after my workout, AND to provide amino acids when I can't get a full meal in. I'm obsessed!



I'm so obsessed, I made my own! It's called Daily Aminos+, and it's *THE* EAA supplement for women 35+. Learn more, buy, or subscribe [here!](#)

Bring EAAs to the gym and drink them in your workout water. This promotes performance and recovery, and Daily Aminos+ customers say they get an energy burst, improved muscle tone, and more!!



WANT MORE?



Find How To Eat Carbs Again [here](#)

Find Daily Aminos+ [here](#)

Bust Metabolism Myths [here](#)

