



THE POWER OF PROTEIN

ANNELIE WHITFIELD MSc FMCP ND

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MY TOP 5 POWER PROTEIN BREAKFASTS FOR WOMEN

These easy and highly nutritious breakfast recipes contain the right combination of clean protein, fibre, and healthy fats to help supercharge your day - designed to fire up your metabolism, support long-lasting energy, balance blood sugar, minimise cravings, and help you feel full and satisfied.

WHY IS PROTEIN SO IMPORTANT FOR BREAKFAST?

When you wake up, your body is in a catabolic state, meaning your muscle mass is beginning to breakdown. Therefore, this is the perfect time of day to feed our tissues with key amino acids to ensure we trigger an anabolic state, where we build muscle and burn fat. Loading up on this power-building nutrient first thing is also the most effective way to improve body composition and age well.

Another very important fact to consider is that when women hit their mid-life they become more anabolic resistant, which makes it harder to burn fat and build and hold onto muscle; our organ of longevity! So, ensuring we get enough protein in that first meal becomes even more of a priority.

Muscle is also the foundation of our metabolism, helping to regulate blood sugar and blood lipids - the stronger and healthier your muscles, the more carbohydrates and fat your body burns; it's your metabolic currency.

So, if you looking to achieve metabolic mastery and get your eating habits dialled in, then it's a no brainer to start your day with a high-quality high protein breakfast.

DOES THE AMOUNT OF PROTEIN AND THE QUALITY MATTER?

Absolutely! Both of these factors are of critical importance when it comes to getting the best bang for your protein buck. First we must understand that proteins are built from amino acids and some sources of protein have more of these amino acids with a better balance of the individual amino acids than others.

For example, animal protein is without argument the most effective and easiest way to get your most powerful array of absorbable amino acids to ensure protein synthesis. This has something to do with the key amino acid, leucine which we need to trigger protein synthesis. Yes, there are also good vegetarian sources such as pea protein and tempeh, however the key is to hit your leucine threshold to achieve your leucine threshold.

Now onto the amount we need - this should be between 25-30g protein as this has been shown to be the sweet spot amount to ensure there is between 2.6g-3.0g of leucine, which will optimise your ability to lose fat whilst holding onto and building new muscle.

WHAT DOES 2.5 GRAMS OF LEUCINE LOOK LIKE?

- 30g Pea protein Isolate
- 25g Grass fed Whey protein
- 1 cup cottage cheese (25g protein)
- 1 cup 0% Greek or Skyra yogurt (21g protein)
- 7.5 egg whites (27g protein)
- 5 large eggs (25g protein)
- 120 g cooked chicken breast (27g protein)
- 150g organic bacon (25g protein)
- 120g firm fermented organic tofu or tempeh (33g protein)
- 2 cups edamame (30g protein)



BLACK BEAN & CHICKEN MEXICAN OMELETTE

INGREDIENTS

1/2 can black beans, drained
4 slices organic chicken
Juice of 1 lime
1/4 tsp cumin
1/4 t Tabasco
4 eggs
1 T chopped tomato
Salt and black pepper to taste
1/2 cup feta cheese, plus more for serving
Sliced avocado
Handful of chopped coriander
1t butter

INSTRUCTIONS

Pulse the black beans, lime juice, cumin, and a few shakes of hot sauce in a food processor until it has the consistency of refried beans, adding a bit of water to help if necessary. Whisk the eggs with chopped chicken and feta cheese.

Melt the butter over medium heat. Pour the eggs into a large frying pan and then add the black bean mix. Once firm flip the omelette over and garnish with avocado slices, chopped tomato, cilantro and bit more crumbled feta.



SUPER BERRY PURPLE PROTEIN SHAKE

INGREDIENTS

1 scoop protein powder
1 1/2 cups nut milk
1/4 cup wild blueberries
1T avocado
1/2 tsp cinnamon

INSTRUCTIONS

Blend all the ingredients until smooth.
Serve with cacao nibs or gluten free granola for an added crunch.

Recommended protein powders:

SPORT : <https://www.rawsport.com>

WHEY PROTEIN : (most advanced protein but NOT if you're dairy intolerant)
<https://www.amazon.co.uk/Organic-Whey-Protein-Certified-Unflavoured/dp/B01MQHM59V>



SMOKED SALMON, DILL & SPINACH SCRAMBLE

INGREDIENTS

3 free-range eggs
Salt and freshly
ground black pepper
1 tsp unsalted butter
6 slices smoked salmon,
roughly chopped
1/2 tsp olive oil

INSTRUCTIONS

Gently beat the eggs together in a mixing bowl and season, to taste, with salt and freshly ground black pepper. Chop up the smoked salmon, dill and spinach and spinach and add to the eggs.

Heat the butter in a pan until foaming. Pour in the beaten egg mixture and cook for a few seconds and then add salt and pepper to taste.

Scoop your eggs onto a serving plate. Top with more butter if you so desire!



HIGH PROTEIN PALEO PANCAKES

INGREDIENTS

1 egg
2 egg whites
2 Tbsp coconut flour
1 Tbsp Protein powder
1Tbsp ground flax seed
1/2 tsp bicarbonate of soda
1 t apple cider vinegar or
lemon juice
1 tsp cinnamon
1/4 cup nut milk
1/2 tsp vanilla

INSTRUCTIONS

Put the eggs into blender for 30 seconds.
Add the rest of the ingredients and blend until well combined.
Let the mixture sit and thicken for 5 minutes.
Set a non-stick pan to medium heat.
Cook each pancake until bubbles form on the top and then
flip to cook on the other side. Serve with berries and yoghurt!



CHOCOLATE CINNAMON & CHIA BUDDHA BOWL

INGREDIENTS

1 scoop protein powder
2 cups nut milk
2 T chia seeds
1 heaped teaspoon cinnamon
Handful of mixed berries

INSTRUCTIONS

Spoon the chia seeds, cacao powder, protein powder and cinnamon into a bowl. Pour over the nut milk and stir vigorously for one minute until well mixed. Leave for a couple of minutes whilst the chia thickens and then top with your favourite berries and/or cacao nibs.



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