30 Day Protein Challenge!!  
  
June 12, 2015  
  
Say, are you up for a healthy challenge?! American’s currently consume 2/3rd of their daily protein during dinner (supper) that doesn’t leave much room for protein during other meals (breakfast, lunch) or snacks. I would like to introduce the “30” Day Protein Challenge.  
  
For some time now research has shown that consuming protein in balanced amounts at each meal is beneficial to improving over-all health. Some of the more remarkable benefits of distributing protein throughout the day include feeling satisfied after a meal or snack that features protein, which helps reduce constantly eating. Additionally, meals with high quality protein helps to build muscle and reduce body fat.  
  
The “30 day Protein Challenge” is a step by step way to get optimal amount of protein throughout the day. It’s simple: work your way up to eating 25 to 30 grams of protein each meal- 3 daily meals and feel the difference. Whether you are seeking to maintain and or build muscle, looking for craving control or striving for better overall health and wellness, the “30 Day Protein challenge” can help take control of your appetite and kick start the benefits from balanced protein consumption.  
  
Interested in joining the challenge visit:  
  
Beef It’s What’s for Dinner. com/ Protein Challenge  
  
Let’s Get Going!!  
  
\*One small change in your diet can make a big difference in the way you feel.  
  
The step by step way to help you get an optimal amount of protein throughout the day. Research show that some people can loose and or maintain a healthy weight, support a healthy metabolism when they consume more high quality protein.  
  
**Keep a daily journal!**  
  
  
  
**Day 1**thru **5**  
Note what you ate at each meal and how did it make you feel.  
  
**Day 6**  
Review your meals and identify where you may be able to shift protein consumption  
  
**Day 7**  
Eat your normal meals  
  
**Day 8**  
Shift to protein rich foods at your lowest protein meal  
  
**Day 9**  
Eat your normal meals  
  
**Day 10**  
Protein shift substitute protein rich food to your lowest protein meal  
  
**Day 11**  
Eat your normal meals  
  
**Day 12**  
Protein shift 25 to 30 grams at least 2 meals  
  
**Day 13**  
Eat your normal meals  
  
**Day 14**  
Review meals and determine where you can make any changes  
  
**Day 15**  
Eat your normal meals  
  
**Day 16**  
Protein Balance 25-30 grams at 3 meals  
  
**Day 17**  
Eat your normal meals  
  
**Day 18**  
Protein Balance 25 to 30 grams at 3 meals  
  
**Day 19**  
**Eat your n**ormal meals  
  
**Day 20**  
Protein balance 25 to 30 grams at 3 meals  
  
**Day 21**  
Review meals and determine where you make any changes  
  
**Day 22**  
Eat your normal meals  
  
**Day 23-26**  
Protein balance 25-30 grams of protein at 3 meals  
  
**Day 27**  
Eat your normal meals  
  
**Day 28-30**  
25-30 grams of protein at each meal  
  
Continue to keep your journal so that you may make quality adjustments for meals.  
  
**ENJOY!**  
I have tried it and it works. Feel much better, a bit more energy and do not crave chocolate chip or Little Debbie cookies and mountain dew.