

Eat yo' protein!

For the next 2 weeks, we're going to focus on eating more protein during your meals. We women tend to not eat enough protein to begin with, and there's so many benefits to doing so especially if you want to change how your body looks and your health. By getting the amount of protein that your body needs and thrives on, you'll be able to: get your metabolism going, improve the amount of muscle you have, improve your recovery from your workouts, and reduce your body fat.

First off, it's perfectly fine to eat protein, and there is no real harm in eating "too much." Likely, you aren't eating enough to begin with so bumping that up shouldn't be a problem.

Some examples of proteins. The [shopping list](#) has a list of them as well. This grocery shopping list is more robust with tips for grocery shopping.

Chicken/poultry

Beef

Pork

Eggs

Dairy

Fish and seafood

Lentils and beans

Tofu

When picking your protein sources, first pick something you like. If you don't like it, you aren't going to continue with it (hence why I didn't put you on a meal plan).

Second, go for the lean options. Chicken and turkey are already lean proteins.

If you going after beef, pick the leaner cuts or look for something around 90% lean or higher.

With pork, cut off the fatty areas.

Eggs are great as is. You can have egg whites and whole eggs. Believe it or not, whole eggs have a really nice combination of fats (even though you often only hear that they're high in saturated fat).

For dairy, go for the low fat or fat free. If you're eating yogurt, it's time to ditch the flavored ones. I know, I'm sorry, but they're really high in sugar. Get the plain yogurt and add a little honey and some fruit. This puts you in the driver's seat to control how much sugar you're eating. Plain yogurt is an acquired taste.

All the other protein sources are great options too. If possible, try to get some organic proteins and if they're animal proteins, try to get grass-fed and cage free. This however is not necessary.

A serving of protein is the palm of your hand, the thickness included. This is a quick and easy guide to remember, 1 palm-sized serving. The end goal would be to get a serving of protein at each of your meals. But start where you are, so if it's lunch and dinner, that's great. Make that a habit and then slowly start incorporating protein into your other meals.

Now let's get to it!