



Metabolic Code®  
unlock your healthiest you

# Importance of **Protein**

Weight Loss - **Week 3**





## Importance of Protein

The Metabolic Code® Program makes sure to include lean proteins divided between three daily meals and snacks. Protein is crucial for helping you preserve muscle while eating fewer calories, and eating more protein is the most effective way to control appetite. Our diet is typically higher in protein, especially for breakfast and lunch. When eating more protein it's important to choose high quality sources. Protein sources can be of animal or vegetable origin, and the Metabolic Code® diet incorporates both.



## Benefits of Eating an Adequate Protein Diet

- Lean animal protein is very satisfying and can control hunger and cravings in fewer calories.
- Protein at every meal helps to keep blood sugar levels stable, preventing blood sugar crashes which often result in cravings, fatigue and moodiness.
- Weight loss often results in loss of muscle mass. Diet plans higher in protein when combined with exercise result in less muscle loss and more fat loss when compared with weight loss from lower protein diets.
- Eating a wholefoods diet with adequate protein helps prevent nutrient deficiencies. One of the best sources of anti-inflammatory omega-3 fatty acids is high protein wild caught salmon.
- People who eat protein in the morning eat fewer calories during the rest of the day helping promote weight loss.
- Newer research is looking at protein's role in bone health. Protein is necessary to absorb calcium and some populations with low protein intake may be at increased risk for osteopenia and osteoporosis.
- Many vitamins and minerals essential for weight loss and optimum health are found in protein sources. Vitamin B12 is necessary to prevent anemia (poorly functioning red blood cells) and is found naturally in animal protein.
- Protein is the best source of amino acids which are needed for a strong immune system.



## Quality Matters:

When we talk about quality of protein sources, our goal is to avoid consuming additives such as growth hormones/antibiotics/pesticides/toxins and nitrites that affect our health. Two of the most common types of pesticides used on foods like produce and on grains used for animal feed, have been linked to insulin resistance, which cause weight gain and increased blood sugar. Nitrites used as a preservative in processed meats (luncheon meats, sausage, bacon) have been linked to both insulin resistance and bladder cancer. Antibiotics found in non-organic milk may reduce beneficial bacteria found in the gut which adversely affects the immune system, digestion, and weight loss.



## What is Organic?:

Organic food is produced by farmers who choose to not use chemical fertilizers and pesticides in order to protect renewable resources and the conservation of soil and water to enhance environmental quality. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones and that are fed organically raised grains or other food.

***Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.***

Before a product can be labeled 'organic,' a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it gets to your local supermarket or restaurant must be certified, too. -Consumer Brochure, USDA







## Metabolic Code Professional Weight Loss Grocery Shopping List:

- **Organic and/or free range turkey or Turkey without antibiotics/growth hormones**
- **Grass-fed organic beef**
- **Organic eggs**
- **Wild caught salmon and shrimp (more omega-3s; avoid farm raised salmon linked with cancer)**
- **Wild Planet lower mercury tuna fish (from smaller fish, less bioaccumulation)**
- **No-nitrite lunch meats (Hormel, Applegate Farms, Wellshire, Boars Head Natural)**

