

PROTEIN

Proteins with enough
Leucine for your
muscle growth, repair
and maintenance



AND YOUR MUSCLES

Animal Sources of Complete Proteins

4-5 oz. of **chicken, fish, or beef** has about 30 grams of protein and will give you about 2.5 grams of leucine.

5 **eggs** have about 30 grams of protein along with 25 grams of fat and will give you about 2.5 grams of leucine.

1 cup of **cottage cheese** has about 24 grams of protein and will give you about 2.5 grams of leucine.

1 cup of **Greek yogurt** has about 25 grams of protein and will give you about 2.5 grams of leucine.

4 oz. of **cheddar cheese** has about 28 grams of protein along with 36 grams of fat and will give you about 2.7 grams of leucine. (Note: this is too much fat to use as a total protein source, but rather know the amounts so you can combine a smaller amount of it with another good source of protein and leucine)

4 oz. of **mozzarella cheese** has about 32 grams of protein along with 19 grams of fat and will give you about 2.7 grams of leucine.

5 Tablespoons of **THM Pristine Whey Protein** powder has 25 grams of protein and will give you about 2.5 grams of leucine.

3 Tablespoons of **THM Optimized Plant Protein** powder has 16 grams of protein with the bio-equivalent* of 48 grams of protein and will give you 3 grams of leucine.

1 scant Tablespoon of **THM Essential Amino Acids (EAA)** has the bio-equivalent* of 90 grams of protein and will give you 3 grams of leucine.

*bio-equivalent means that you get all the benefits that would occur if you had consumed a certain number of grams of protein (depending upon the EAA formula).