

MY **PROTEIN** MANUAL



Eazy Steps to Plant-Powered Gains

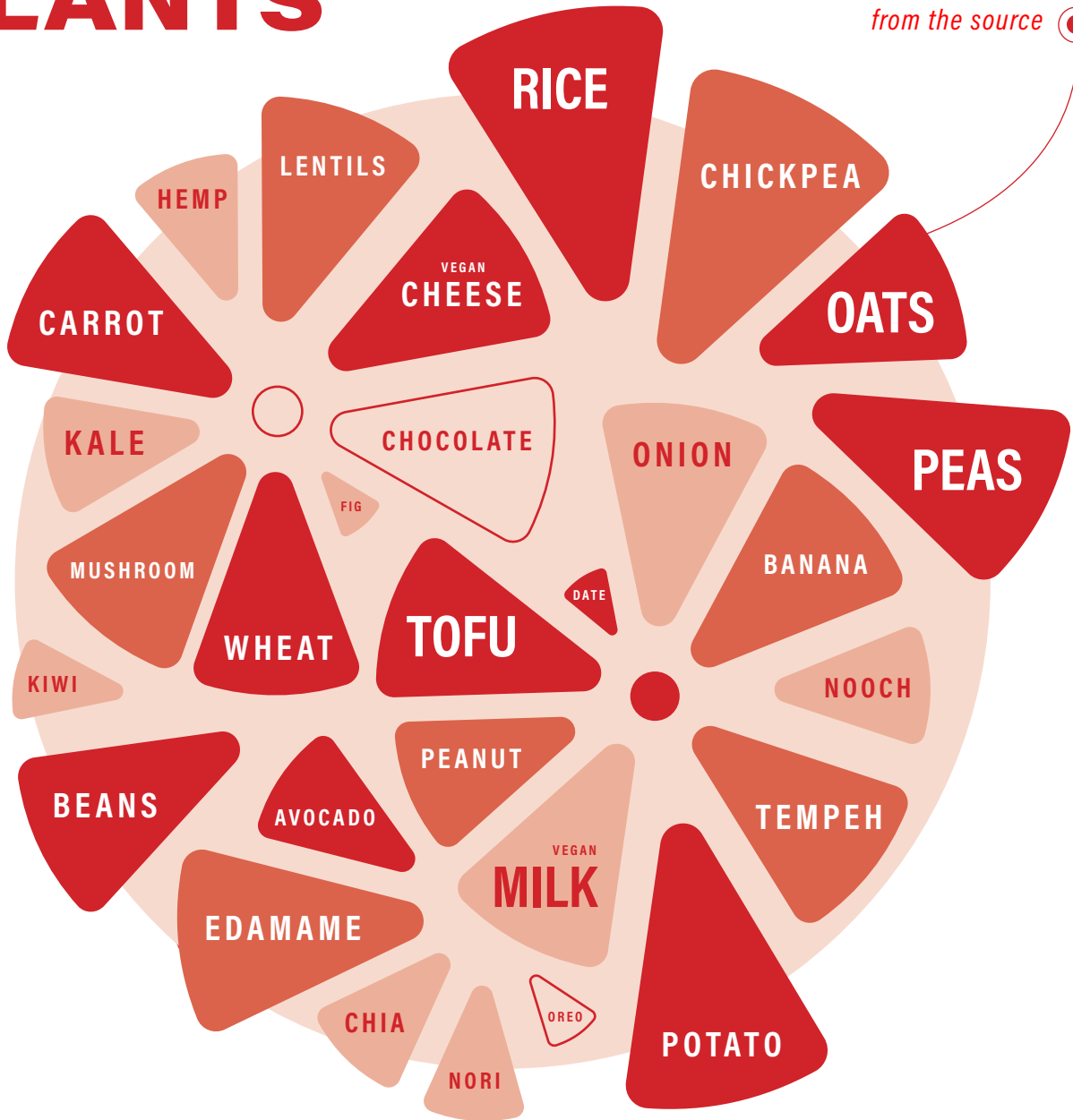
elmanuel.fit

+ *For you amigo!*

What do vegans eat?

WHOLE FOOD PLANTS

Nutrients direct from the source



+ **Enjoy Boosted Recovery** for Better Performance

+ **More Nutrients** with Fewer Toxins

+ **Build Muscle** without Inflammation



PROTEIN

WITHOUT THE PUZZLE

My Musclez Manual

- 1. Intro
- ▶ 2. Protein without the Puzzle
- 3. Muscle Growth on Cruise Control
- 4. Nutrition Made Easy
- 5. No-fail Meal Plan
- 6. Benefits and Advantages
- 7. VAQ



Muscle mass will be forced to grow when you lift hard and fuel that recovery with whole food. There is no puzzle with proper prioritization and diversity:

- 1. **Mandatory prioritizing of protein-rich sources.** Daily 0.9 to 1.3 grams of protein per lb of body weight.
- 2. **Plant count:** The more colorful your plate, the better. Mix and match foods to get all the amino acids your body needs for muscle growth. Count how many plants you see on the plate below.

★ How much protein?

There are 9 essential amino acids all plants contain, but the amounts of these amino acids can vary. Thankfully, diverse eating can exceed daily amino acid requirements and hit bodybuilding targets of 0.9 to 1.3 grams of protein per lb of body weight.



★ TOP PROTEIN SOURCES

Fava Bean Tofu
24g protein



Textured Vegetable Protein
22g protein



Seitan
21g protein



Tofu
12g protein



Legume Pasta
12g protein



Soy Curls
9g protein



Tempeh
11 protein



Edamame
10 protein

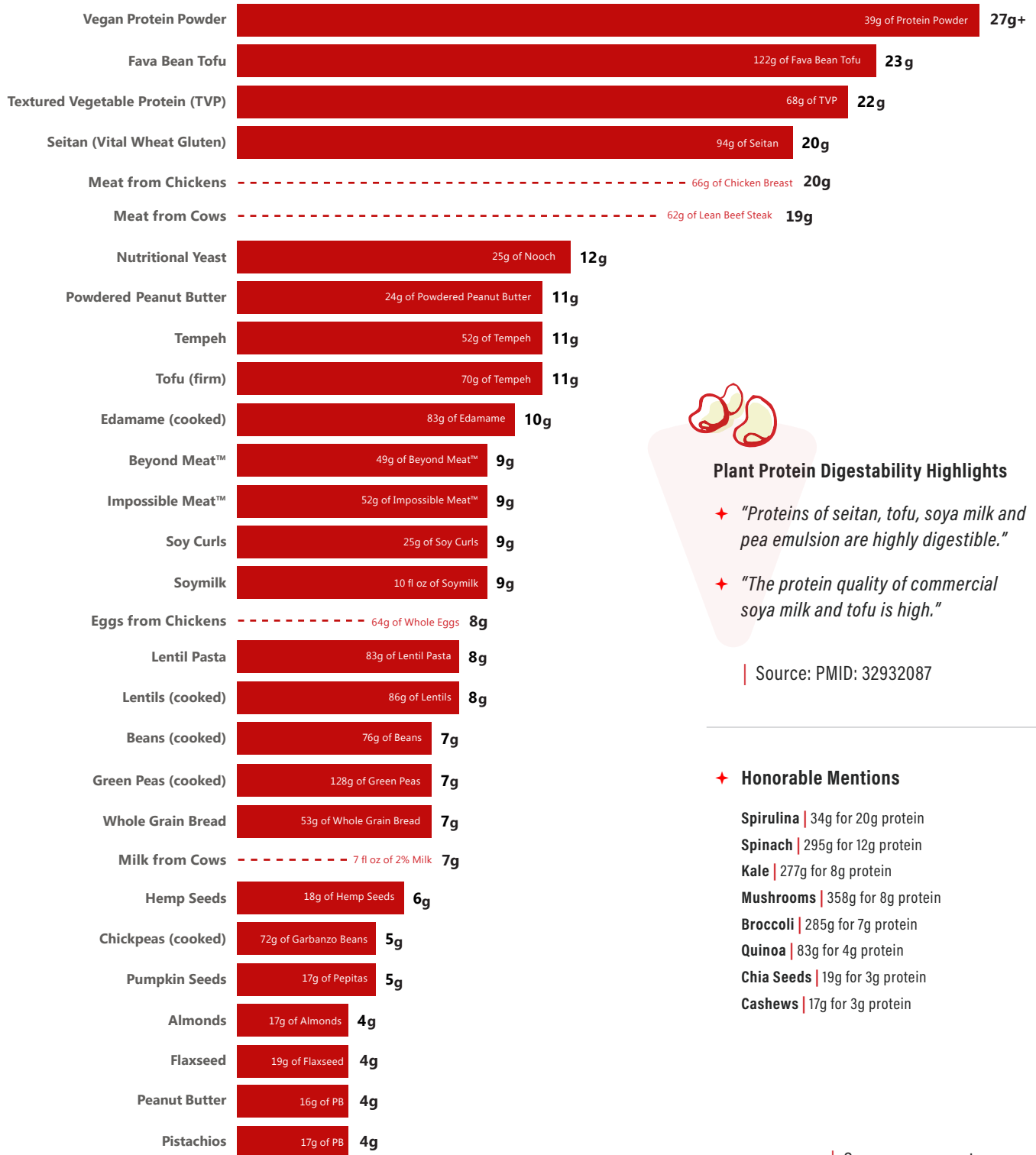


Lentils
8 protein





TOP PROTEIN SOURCES | per 100 calories



Plant Protein Digestibility Highlights

- ✦ "Proteins of seitan, tofu, soya milk and pea emulsion are highly digestible."
- ✦ "The protein quality of commercial soya milk and tofu is high."

| Source: PMID: 32932087

✦ Honorable Mentions

- Spirulina** | 34g for 20g protein
- Spinach** | 295g for 12g protein
- Kale** | 277g for 8g protein
- Mushrooms** | 358g for 8g protein
- Broccoli** | 285g for 7g protein
- Quinoa** | 83g for 4g protein
- Chia Seeds** | 19g for 3g protein
- Cashews** | 17g for 3g protein

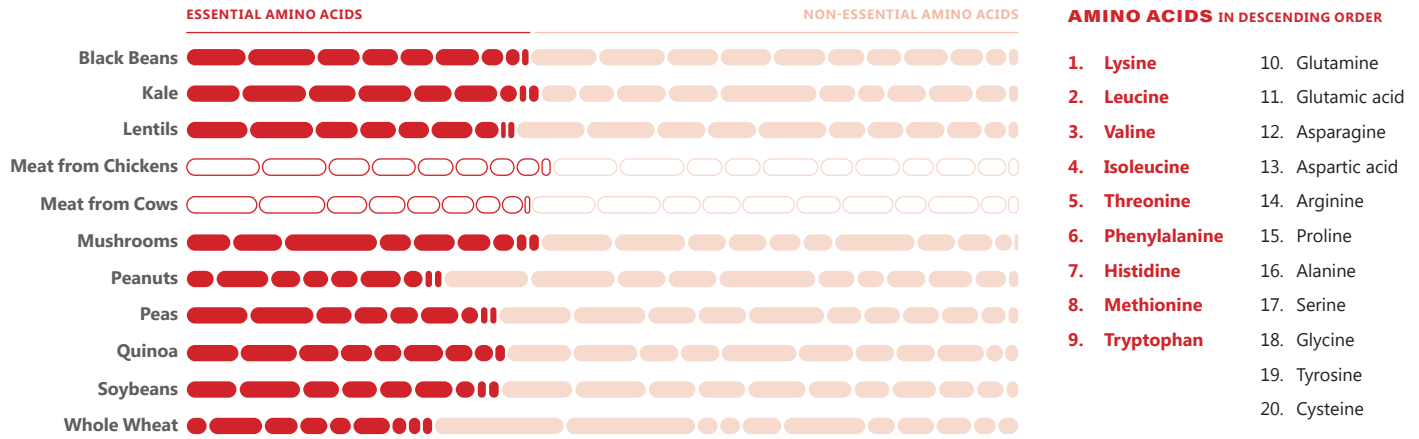
| Source: cronometer.org

Never underestimate the

POWER OF PLANTS

DID YOU KNOW?

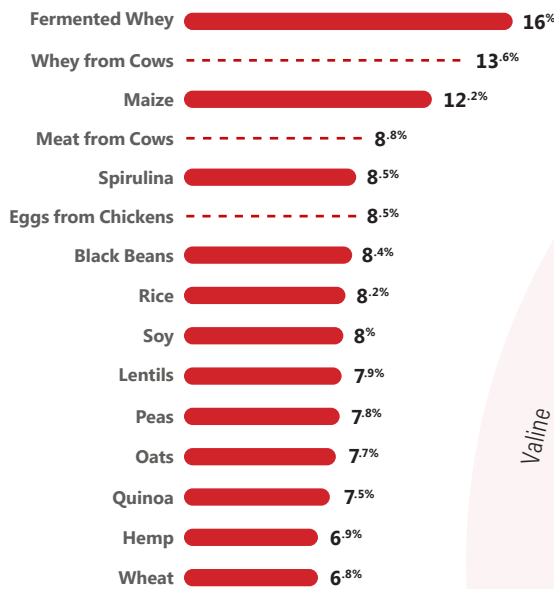
All Plant Foods Have All 20 Amino Acids



Source: PMID: 30726996

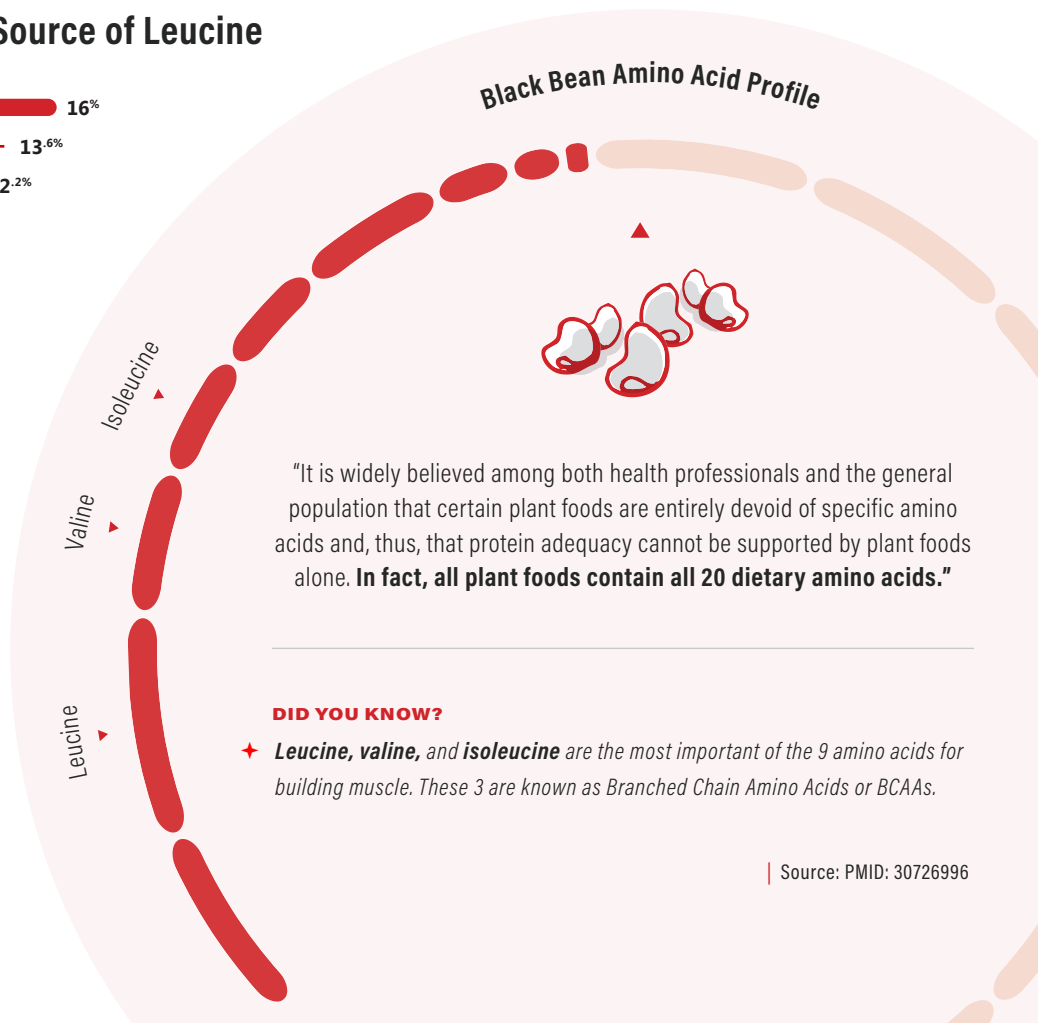
DID YOU KNOW?

Fermented Whey is the Best Source of Leucine



Top 15 Leucine Sources Across Food Groups

Source: PMID 30726996



DID YOU KNOW?

✦ **Leucine, valine, and isoleucine** are the most important of the 9 amino acids for building muscle. These 3 are known as Branched Chain Amino Acids or BCAAs.

Source: PMID: 30726996

What is the easiest way to hit protein targets?

HOW TO PICK YOUR PROTEIN POWDER

Finding the right protein for you comes down to a balance of quality, taste, and ingredient transparency. A great protein powder should mix well, taste good, and provide high-quality protein without unnecessary fillers and artificial sweeteners. Keep in mind, fewer ingredients often mean a grittier texture and a less smooth taste, so decide what matters most for your needs.



+ TOP CHOICE

MyProtein Whey Forward

With a top BCAA score and high digestability, precision fermented animal-free whey is arguably the highest quality protein source known to man. Only problem? Pricey.



+ BEST PRICE

Get 10% Off with code **MANUEL58254**

True Nutrition Custom Protein Mix

High protein content (90%) at less than a dollar per 20 grams, makes True Nutrition one of the best bangs for your buck. Customize a rice/pea protein blend.

✓ Honorable Mentions:

+ Optimum Nutrition

+ Vivo

+ OWYN

+ Switch



Take the Taste Test!

A truly delicious protein powder makes all the difference. When you love the taste, you'll look forward to taking it every time! Find one that works for you by tasting for:

+ Flavor

Rich or subtle

+ Texture

Creamy, mixable

+ Aftertaste

Pleasant finish

Watch Out!

Cheap protein powders can contain unsafe levels of heavy metals like lead and arsenic. Choose brands that prioritize transparency by providing third-party testing and clear ingredient sourcing!



What do bodybuilders eat?

HIGH PROTEIN MEAL STAPLES

1



+ TOFU SCRAMBLE

5 Min Breakfast | Egg Swap

Crumble high protein tofu with black salt, turmeric, and black pepper and sauté 5 min.



2



+ STREET TACOS

Easy Lunch | Ancient Eating

Shred then bake tofu 30 min, microwave tortillas, slice avocado, add canned refried beans. Listo!



3



+ PESTO PASTA

Major Protein | Weekday Meals

Boil pasta, sauté seitan, add canned vegan pesto, veggies, greens and hemp seeds.



4



+ RED BEANS AND RICE

Lazy Lunch | 2 Min Meal

Maximum laziness meal. Microwave 60s rice pack, microwave 60s bean pack. Ding - done.



5



+ PROTEIN SHAKE

Bodybuilder Mandatory

2 scoops pea protein, soymilk, hemp seeds, powdered peanut butter, creatine, BCAAs.



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