**Meal Timing/Protein Timing**

Alright team, this being your advanced track of education, I wanted to give you a little insight into protein and meal timing.

We know that the goal is to stay anabolic as much as possible and we know that protein instigate that state sooooo if we are being the most, most ideal then we would time our intake optimally. This means 30-50g of lean protein via whole food OR 20-50g of a high-quality supplement every 3-5 hours.

We can also optimally time our carbs and fats.

For example, before we go into a workout, it is helpful to have a dense carbohydrate to power the muscles. Equally, it may be helpful to time some fats in the afternoon when we start to lose energy and become hungry, because they keep us full. Then again, you may feel better starting the day with carbs or vise-versa.

Protein being our hero here, we want to always prioritize that as stated earlier but let’s see what that would look like in combination.

Example day:

6 am Wake up, protein coffee + apple = protein amount to get anabolic and low GI carb for fuel

3-5 hours later

9am Eggs/egg whites (protein and fats for fuel) + Canadian bacon (protein) + berry bowl (low GI carbs for fuel)

3-5 hours later

12pm Oatmeal + Level 1 (pre workout meal)

1 hour later workout 1pm

2pm Post workout tack (Phormula 1 + ignition – protein + carbs)

1-3 hours later

5pm chicken breast, veggies, brown rice/quinoa

3-5 hours later

8pm before bed shake Level 1

Of course, portion sizes and exact food depends on you, your body, your goals, etc…this is just an example. Remember the goal is to get 30-50g of high-quality complete protein (20g is okay for some via shakes, every 3-5 hours to get the amount of aminos we need and this needs to be at the same time and within about 15 minutes. For best results, don’t sip your protein shakes or EAAs.

Ensuring the you’re eating the right things at the right times, consistently, is the most optimal way to get and keep your results.

Remember though, step by step. First, master hitting your macros (especially protein) and training regularly and intensely; then you can move into things like timing and optimizing.

Keep up the amazing work Team and let me know what questions you have!

Love you! #acadamifitness

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