

■ The Protein Starter Guide

CrossFit 611 — Fuel for the Long Game

■ Why Protein Matters

Protein is made up of amino acids — the building blocks your body uses to build and repair muscles, support healthy bones, and keep you feeling full. When you train hard, protein helps you recover faster and grow stronger.

■■ How Much Do You Need?

Aim for 0.7–1.0 grams of protein per pound of body weight per day.

Example: • 150 lb → 105–150 g/day • 200 lb → 140–200 g/day

■ What Does That Look Like in Real Food?

Meal	Example	Protein (approx)
Breakfast	3 eggs + Greek yogurt + berries	35g
Snack	Protein shake or bar	20g
Lunch	Grilled chicken salad with nuts + feta	40g
Snack	Cottage cheese or jerky	20g
Dinner	Salmon, rice & veggies	40g

■ Easy Ways to Boost Your Protein

- Start your day with eggs or a shake.
- Use snacks wisely — jerky, cottage cheese, Greek yogurt.
- Pair protein with every meal.
- Prep ahead for quick grab-and-go options.
- Drink your gains — post-workout shakes help recovery.

■ Common Myths

“Protein makes you bulky.” Nope — it helps you build lean, toned muscle. “You can’t get enough without supplements.” Whole foods first; shakes fill the gaps. “You only need protein if you lift heavy.” Everyone benefits from it — at every age.

■ Coach’s Tip

“Think of protein as your recovery insurance policy. You worked hard for those muscles — now feed them.” — Coach Becky Dooley

■ Quick Checklist

■■ Eat protein at every meal ■■ Track for one week ■■ Keep a protein snack handy ■■
Add a shake post-workout ■■ Focus on consistency over perfection

■ Ready to Go Deeper?

Book a Goal Setting Session or No-Sweat Intro at CrossFit 611 and let's personalize your nutrition plan for strength, longevity, and confidence.

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