

# EATING FOR ENERGY GOAL

Week 3

**FINISH**lines™  
*faithful*

## CHECK YOUR PROTEIN

Do you eat an adequate amount of protein each day? Studies show protein helps with hunger and building muscle. People who eat a meal or snack with protein are more satiated and stay full for a longer period of time.

If you are use a phone app (Such as My Fitness Pal or My Net Diary), keeping track of protein is somewhat easier for you.

This week, learn new protein sources you enjoy and are convenient to fit into your diet on a regular basis.