

Protein

Everything you need to know as an athlete



**MG
Phoenix**
Nutrition & Performance
FUEL YOUR RISE!



What athletes need protein for?

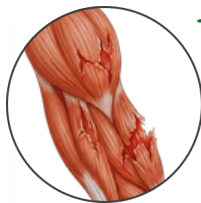
Training



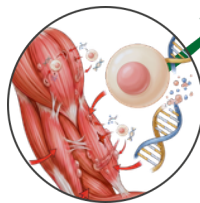
Protein



Stronger



Muscle Damage



Muscle Repair

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How much protein do athletes need?

- ▶ Eat 1.6 - 2g per kg of body weight per day

Examples:

A 60kg female athlete should eat ~ 100 - 120g of protein per day

A 85kg male athlete should eat ~ 135 - 170g of protein per day

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- ▶ Aim for the upper end of the range when you have very low body-fat levels and do high-intensity weightlifting exercise

- ▶ Eat 25-40g of high-quality protein after exercise - ideally within 60 min

Aim for the upper end of the range when you do a full body high-intensity weightlifting session

What makes a good protein source?

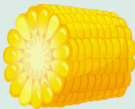
A high-quality protein contains all nine essential amino acids, with enough leucine to support muscle repair and growth. Animal proteins— like meat, chicken, dairy, and eggs – are typically complete and easily digested. Plant proteins can also be effective, especially when combined from multiple sources.

Food	Protein per 100 g	For 25 g protein (raw)
Chicken	22 g	115 g
Eggs	12 g	4 large (200 g)
Milk	3.3 g	750 ml
Whey protein	78 g	33 g (1 scoop)
Greek yoghurt	9.5 g	275 g
Lentils	25 g	100 g dry
Tofu	14 g	190 g
Tempeh	19 g	140 g

Consideration for Vegan Athletes

- ▶ Consume a high quality vegan protein powder after weight lifting session
- ▶ It's best to combine multiple protein sources in one meal

Examples:



Sweet Corn



Beans



Quinoa / Couscous



Tempeh



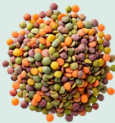
Oats



Soy Milk



Rice



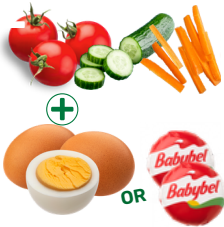
Lentils

Examples of high-protein meals

Snacks to Go



Skyr + Fruit



Eggs OR Babybel + Veggies

Large Snacks



Muffin with Protein Powder

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Sandwich OR Wrap with Ham/Chicken

Full Meal



Mediterranean Veggies with Chicken and Couscous



Asian Rice with Tempeh and Veggies

1 Is consuming high amounts of protein bad to your liver or kidney?

For healthy individuals, a high-protein intake is not harmful to the liver or kidneys. However, those with diagnosed kidney or liver conditions should monitor and potentially limit protein intake under medical guidance.

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2 Do I have to drink protein shakes?

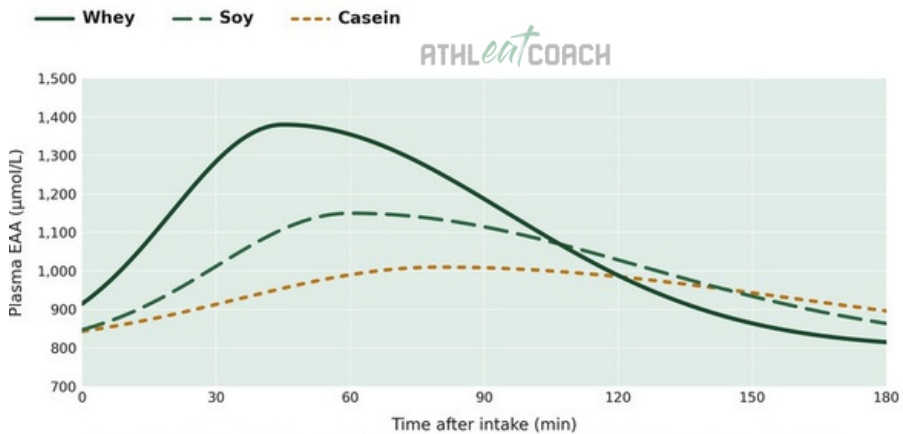
No. Shakes are convenient, high-quality protein — especially post-workout — but whole foods do the same job. The only real advantage is speed: protein in your system without prepping a meal.

3 How much protein can your body absorb?

Your body absorbs virtually all the protein you eat. The "25 g cap" myth confuses two different processes: absorption (nearly unlimited) and muscle protein synthesis (which maxes out around 25–40 g per meal). Extra amino acids don't go to waste — they fuel other tissues, neurotransmitters or are converted to energy.

Effect of different protein sources

Whey peaks fastest and highest – exactly what you want for post-workout recovery. Casein releases slowest, soy sits in between.



1 Do I have to drink a protein shake after training?

No. A whole-food meal works just as well. Shakes only matter if you can't eat soon after training or you struggle to hit your daily target.



2 Is one specific brand best?

No single brand is meaningfully better. What matters is the protein content per serving (aim for 22–25 g), a leucine content of 2.5–3 g, and third-party testing.



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3 What is the risk of contamination and positive doping results?

Real, but manageable. Around 10–25% of off-the-shelf powders contain undeclared substances that can trigger a positive test. To avoid positive doping tests, only buy products with batch-tested certification (Kölner Liste, Informed Sport, NSF Certified for Sport).



Protein distribution across the day

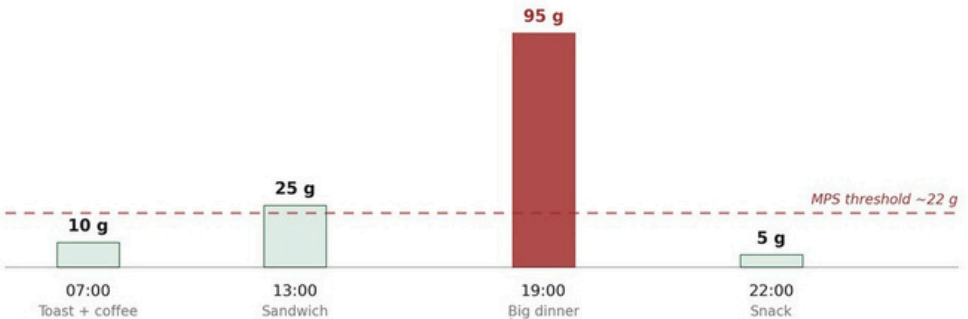
Most athletes under-eat protein at breakfast and snacks, then back-load a huge amount dinner. Spreading it evenly across the day is what we want instead.

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Rule of thumb

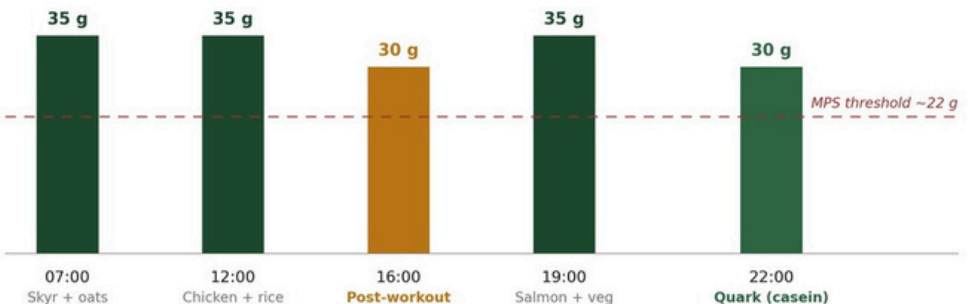
- ▶ 0.3–0.4 g/kg per meal: ~25–40 g for most athletes
- ▶ Eat a meal high in protein every 3–5 hours
- ▶ Slow protein before sleep • 30–40 g casein, quark, skyr or cottage cheese covers the overnight fast

✗ **Common pattern** *back-loaded • one MPS peak per day*



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✓ **Optimal pattern** *even spread • four MPS peaks • casein before sleep*



Whey, Casein, Isolate, Hydrolysate – what's different?



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All four come from milk. The protein itself is the same. What differs is the purity and rate of absorption.

Whey Concentrate: regular Whey protein

The liquid leftover from cheese-making, filtered and spray-dried. 70–80% protein, traces of lactose and fat. Fast-absorbing, leucine-rich, cheapest per gram. Use for: post-workout recovery, hitting your daily target.

Whey Isolate: the cleaner version

Same raw material, extra filtration. >90% protein, almost no lactose or fat. Same speed and amino acid profile as concentrate, but you're paying extra for purity. Use for: lactose sensitivity, cutting phases where every gram counts.

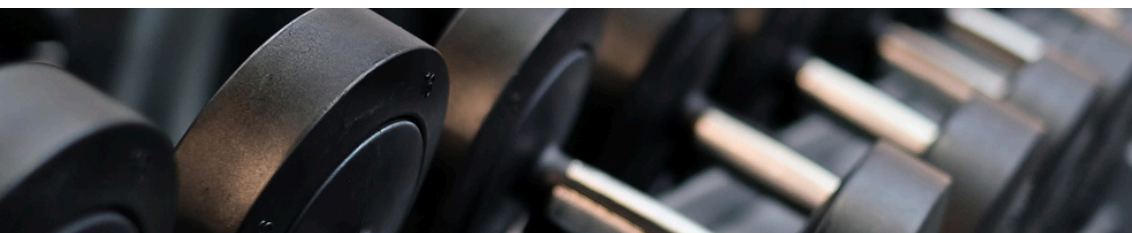
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Whey Hydrolysate: pre-digested Whey

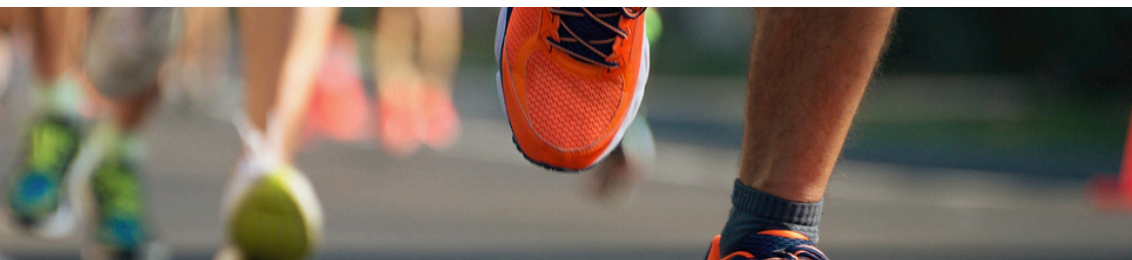
Enzymes break the protein into shorter peptides for slightly faster absorption. Real-world difference: small. Price: high. Not worth the extra money!

Casein: The slow drip

Milk's solid protein fraction, curdled and dried. Forms a gel in the stomach that releases amino acids over 5–7 hours instead of 1–2. Use for: before sleep or long gaps between meals (casein).



Summary



WHAT MATTERS MOST

Total protein intake

It is important that you meet your daily protein targets each day

HOW MUCH PER DAY

1.6 - 2g

Upper end if you're lean or training hard

PER MEAL

25 - 40g

Roughly 0.3-0.4g/kg bw

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TIMING

3-5 meals

3-5h apart

POST WORKOUT

≥ 25g high quality

Ideally within 60 min

Common mistakes to avoid

- ✗ Eating most of your daily protein at dinner
- ✗ Relying on protein shakes only
- ✗ Not eating within 3 after intense training
- ✗ Paying extra for Whey Hydrolysate or Isolate

