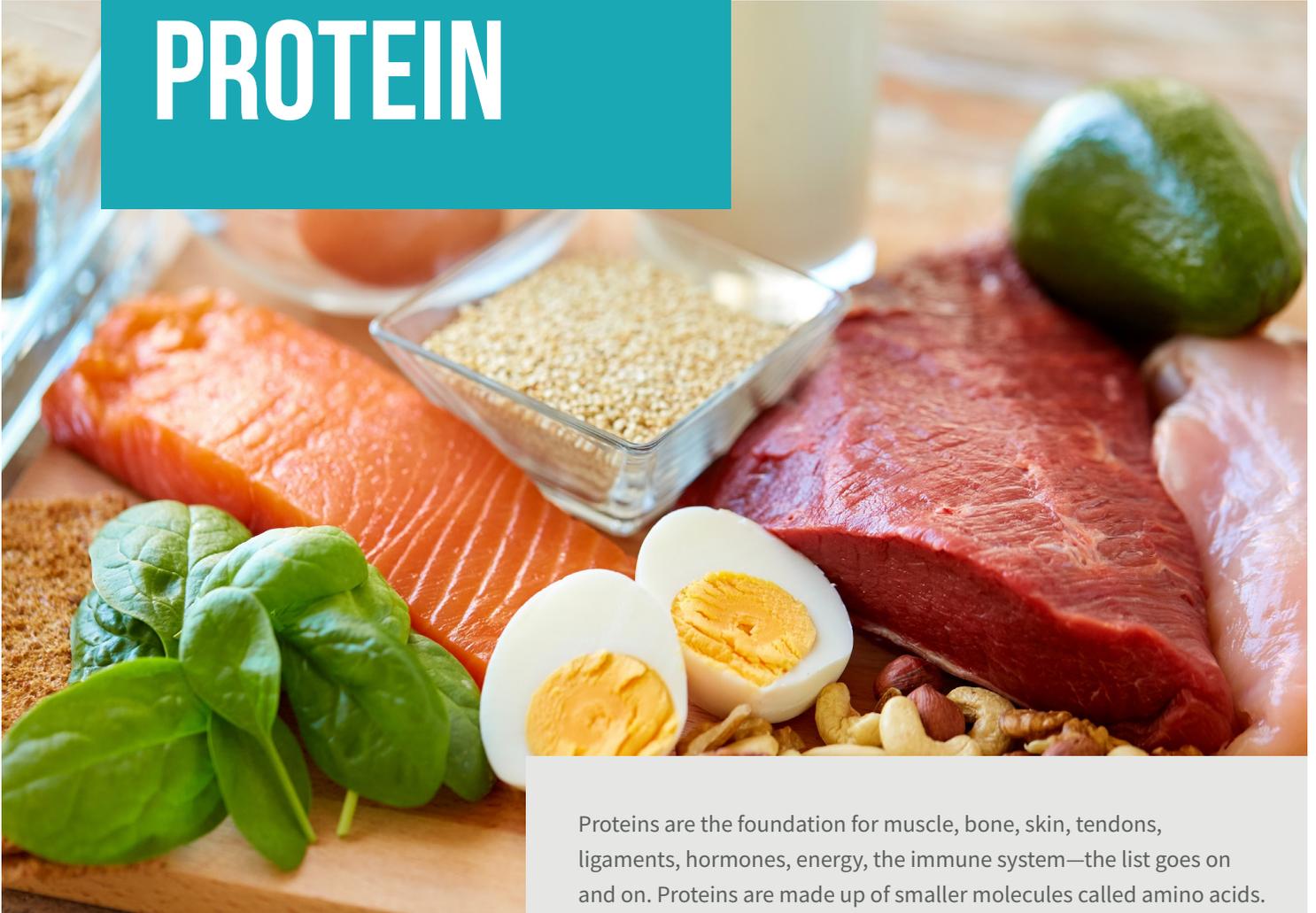


LESSON: PROTEIN

UNICITY



Proteins are the foundation for muscle, bone, skin, tendons, ligaments, hormones, energy, the immune system—the list goes on and on. Proteins are made up of smaller molecules called amino acids. Think of these amino acids as Lego pieces that can be broken down and built back up as different proteins that can be used throughout the body. This is often why we refer to Protein as the building blocks for our bodies.

WHY IT MATTERS

Proteins help with satiety. If you think of your body and metabolisms as a campfire, eating protein would be like putting a large log on the fire—that large log will provide heat or energy for a substantial period of time. In other words, protein provides your body with long-lasting fuel, a crucial factor when trying to follow the 4-4-12 eating schedule.

Proteins help increase energy expenditure. Proteins can



do this in two ways. First, proteins have a higher thermic effect than carbohydrates and fats do. This means that when you eat protein, your body burns more calories to break down the protein than they would to break down other food groups. Second, proteins help maintain and build lean muscle, and people with more lean muscle burn more calories in a day.

Proteins should be a part of every meal. Whether you get it from meats, eggs, cheeses, tofu, or beans and legumes, protein is helpful and necessary in developing and maintaining a healthy body.

WHAT'S NEXT

Drink Unicity Complete for Breakfast: Unicity Complete contains 100% of many essential vitamins and minerals, and contains 4g fiber, so not only is it a great way to up your protein intake, it's also a complete meal replacement. Drink it in the morning instead of eating a processed carbohydrate based breakfast to feel less hungry and more energetic throughout your day.

