

MACRONUTRIENTS PROTEIN

LEAN VS PURE



Lean Beef

Bison

Seitan

Lamb (certain cuts)

Edamame

Fat Free/Low Fat Greek Yogurt

Skinless Chicken Thigh

Tofu

Turkey

Low Fat Cheese

Venison

Halibut

Skinless Chicken Breast

Tilapia

Tuna

Cod

Crab

Shrimp

Red Snapper

Egg Whites



LESHA GARCIA

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VEGETARIAN SOURCES OF PROTEIN CHEATSHEET

Soy meats: per 100g serving has 49.2 g of protein

**Chia seeds: per ounce had 4.7g of protein (and omega-3's
heyyyy)**

Nutritional yeast: 1 tablespoon has 2 grams of complete protein

Lentils: 1 cup of boiled lentils had 18 grams of protein

Greek yogurt: per 100 grams has 10 grams of protein

Tempeh: 1 cup has 31g of protein

Tofu: per 1/2 cup has 10 grams of protein

Edamame: 1 cup cooked has 17 grams of protein

Eggs: 1 large egg has 6 grams of protein

Mung beans: per 100 grams raw has 24 grams of protein



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HEALTHY FATS

PLANT BASED



100 Grams

ANIMAL BASED



81 Grams

Products from grass fed or pastured animals will be better quality



MACRO NUTRIENTS CHART





OUR PHILOSOPHY

Macros

PHILOSOPHY ON NUTRITION IS WHOLE FOOD BASED, BUT WITH FLEXIBILITY AND BALANCE

80% WHOLESOME, NUTRIENT DENSE FOODS, 20% ARE THE EXCEPTIONS OR COMPROMISES

THE OPTIONS

INITIAL NUTRITION COACHING OPTIONS

CONTINUED NUTRITION COACHING OPTIONS

CUSTOM FOOD ANALYSIS



Nutrition Coaching For

POWERCRUNSH



TRAINING CENTER

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