

Week 2 challenge:

Power Up with Protein

Olá Nandocas,

Welcome to **Week 2 of our 10-Week Consistency Challenge!**

Last week we filled up on hydration. This week, we're turning up the heat on protein, one of the key ingredients that helps keep us strong, energised, and ready to take on the day.

Whether you're smashing your movement goals, walking a little more, or simply looking after your wellbeing, protein helps fuel your body, supports recovery, and keeps you feeling satisfied for longer.

This Week's Challenge: Power Up with Protein

A simple guideline is to include a source of protein with every meal, aiming for around **15-25g per meal**, spread throughout the day.

Easy ways to add more protein to your day:



Add eggs, chicken, or fish to your meals



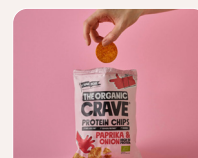
Grab nuts or yoghurt for a snack



Include beans or lentils for a plant-based boost



Pair your carbs with a protein source



Keep protein-rich snacks on hand for busy days

Quick self check:

Feeling hungry soon after eating? Low on energy? Finding it tough to recover after movement? Your body could be asking for a little more protein.

Your mission this week:

Make protein part of every meal and take note of how you feel. More energy, better recovery, and feeling fuller for longer are all wins worth celebrating.

Remember, big results come from small actions repeated consistently. Let's stay fired up, keep showing up for ourselves, and take this challenge one meal, one day, one choice at a time. Together, we're building healthier habits that help us thrive.

You've got this, Nandocas! Remember that you should always consult your Doctor if you have any concerns around your diet, energy levels etc.

Siya Phila

Firing up your wellness