



## Trim Healthy Podcast with Serene & Pearl

### Episode 368 ~ Plant Protein Is Making You Miss Out on This...

(A look at the best plant proteins and how they fit)

Air Date 2/14/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

#### Quotables

- “There are millions that are working out, getting their plant protein off of Amazon and are incomplete... we show you the way to ensure that’s not you.” — Pearl
- “If you want to be vibrant into your 90s... if you want to be able to play with your grandkids and carry your groceries in... you have to contend!” — Serene

#### Pearl’s Perspective

Sometimes I want to get the protein I need from plant-based sources, and this is a shared struggle for many who are inclined toward eating more plant foods. While Serene does things in extremes, I’m more middle-of-the-road in the way that I approach these topics. We live in a real world, and I tend to be realistic in the way that I approach these things. Serene, and I land in similar territory when it comes to the amount of meat that we eat (portions of 4 – 6 ounces). My big takeaway is to ensure you’re supplementing with another form of protein when eating leucine-depleted plant foods... but occasionally, I’ll enjoy my plant foods with no added supplement.

#### Serene’s Perspective

I came from a raw vegan, plant-based diet (for over 10 years). I debated and fought with others to prove my point... my body proved me wrong... so now all these years later, I’ve got some strong opinions on this topic of protein. Everyone needs to know what my body looked like at the end of that vegan road. It wasn’t pretty. I lost all my muscle mass, I had cellulite on my arms, I lost my bum, etc. So after having lived through that and realizing the need for bio-available protein, that is front and center of my priorities when it comes to my daily eating routines. My meals, if they are plant-based, will often have EAAs on the side, or our Optimized Plant Protein (which has a full 3-gram leucine bolus). From my perspective, plants can and should be enjoyed daily, but don’t look at them for muscle replenishment and sustenance.

## What are the best whole-food plant protein sources?

- Beans
- Lentils (sprouted lentils are a complete protein)
- Tempeh
- Tofu
- Edamame

## The following plant powders are an excellent source of lean body mass-building protein:

- TH Optimized Plant Protein or TH ESSENTIAL
- Pea protein (or pea protein crumbles)

When it comes to whole food plant proteins, think about supplementing with some meat protein, EAAs, or our TH Optimized Plant Protein to achieve the necessary amount of leucine (more on the complete protein nerd levels below when we explain the necessity of leucine).

A 2020 study published in *Nutrients* showed that a diet with more plant than animal proteins resulted in markers for bone loss. Bone loss and muscle mass are tied together. You can't build strong bones without adequate lean body mass. The study showed that a more balanced diet of both animal and plant proteins reversed bone loss.

## Benefits of Plant Proteins

There are so many health benefits to plant proteins. We should include them, just not make them our primary protein source.

- They help with proper methylation.
- They detoxify the body, scrub muscle cells, and unclog fat cells.
- They modulate our DNA to be more disease resistant.
- They provide disease-fighting polyphenols.
- They provide a needful balance so that animal foods are not overly consumed.

## What's the Deal with Leucine?

Leucine is one of the essential amino acids... and it is the “boss” or trigger for muscle synthesis. You want a 2–3-gram bolus of leucine in your meal or snack. After your workout, it is more important to get a full 3-gram bolus. Research shows that 2 grams is the minimum for muscle synthesis but 3 is better! Animal protein is rich in leucine, and plant protein has less (or sometimes no) leucine. Plant protein is good as a support protein, but it's more difficult to achieve complete protein without added animal-based protein (or without added amino acids). As we start aging, muscle needs to be fought for (after the age of 30 for men and women and especially for perimenopausal/menopausal women). Leucine is a huge key to maintaining the necessary muscle mass which is what our metabolism relies upon.

## Which foods offer us ample leucine, and which don't?

- A 4-6 ounce serving of meat and fish provides full leucine.
- It takes 4 eggs or 1 cup of egg whites to provide enough, consider using 2 eggs plus ½ cup egg whites or add some lean chicken sausage rather than use 4 eggs (because some can't burn through 4 full eggs with the yolky centers)
- Around 5 ounces of tofu or tempeh provides full leucine (although Serene is skeptical it is fully bio-available)
- Beans and lentils provide some but not enough (consider adding a couple of ounces of meat or a half serving of EAA's or protein powder to your meal)
- Collagen and almost all plant protein powders (aside from a full 1/3 cup of pea protein or 3 Tbs of TH Optimized Plant Protein) do not even have 2 grams of leucine. Even if the plant protein boasts itself as a complete protein, it will likely have less than 2 grams of leucine. If you can't purchase TH Optimized Plant Protein and prefer plant-based protein powder, it is best to go with the full serving of pea protein.

## Deeper Study

[Study: 70/30 Plant and Animal Proteins](#)



# PRODUCT SPOTLIGHT

## TH Optimized Plant Protein

Trim Healthy Optimized Plant Protein breaks the mold of all former plant proteins. It is the first to be optimized with the correct amino acids required for ultimate muscle synthesis. Maintaining lean body mass is crucial for metabolism and overall health but turning this decline around cannot happen with just any form of protein. It requires a certain profile of amino acids.

- Targeted to fuel lean body mass.
- Precisely balanced amino acid profile.
- 1 serving bioequivalent to 48 grams of protein.
- Enhanced bioavailability with a 3-gram bolus of leucine to stimulate muscle synthesis.
- 1 net carb

### **Suggested Uses**

- ✓ Can be used 1:1 in any recipe calling for our original Creamy Dreamy Plant Protein.
- ✓ Oatmeal, stir in 3 Tablespoons after cooking your oats. It's that simple!
- ✓ Shakes & Smoothies
- ✓ Dressings & Sauces

### **Benefits**

- ✓ High Source of Lean Body Mass Fueling Protein
- ✓ Natural Strength & Energy Booster
- ✓ Fights Inflammation
- **Coming Soon...** “**Trim Healthy Complete Collagen**” Our collagen with a lot of amazing things added. Stay tuned!

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