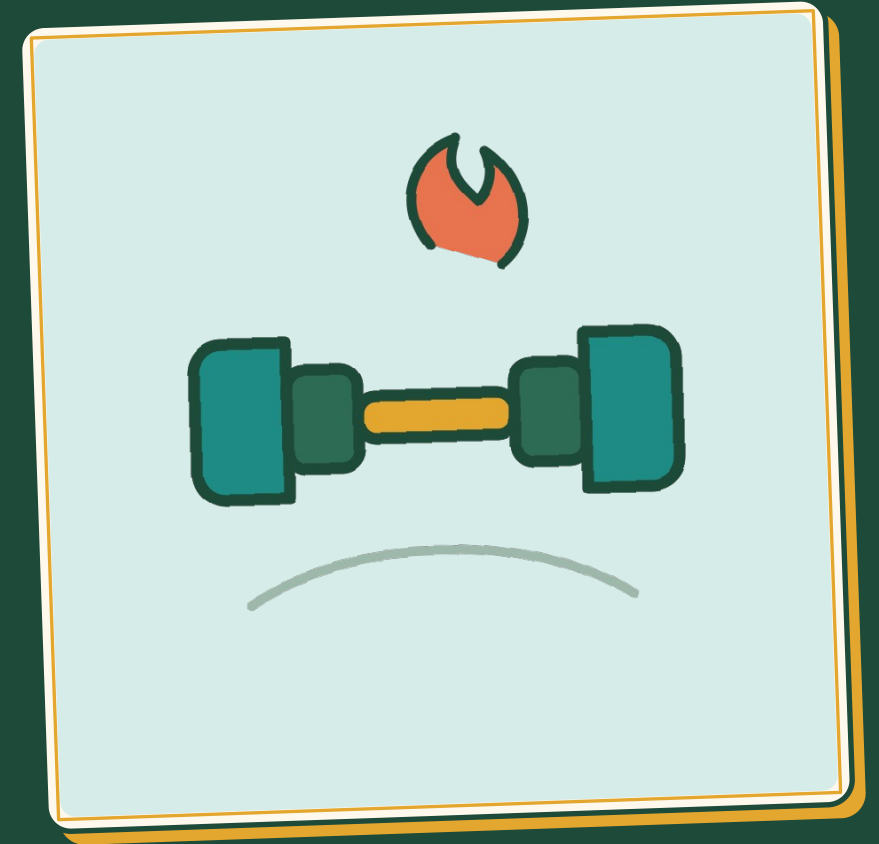


SCRATCH NUTRITION LAB · SESSION 4

The Glow-Up Kitchen

*Protein, performance, recovery, and the way
you actually feel*

9:16 – 11:03 · Evans High School, Culinary Arts Level 3



HOW TODAY WORKS

Two halves, plus a check-in.



69 min

9:16 - 10:25

Protein, performance, and your own numbers



38 min

10:25 - 11:03

Build Your Recovery Meal — on paper, then defend it

MID-YEAR CHECK-IN. Same seven questions you answered in September. Don't look at your old scores — just answer them again.

Do you eat breakfast?

And how do you feel on the days you do, against the days you don't?

Be specific. Tired by second period is data. So is fine, I never eat it. We're looking for the pattern, not the right answer.

What protein do you eat the most?

THE FIRST ANSWER

Name the one you actually eat.

Not the one you think you should say. Chicken, eggs, beans, whatever it is.

THE SECOND

Is any of it plant-based?

Beans, lentils, nuts, peanut butter, rice and peas. Most people have more than they think.

KEY CONCEPT

Protein — the glow-up nutrient

Your body's building blocks, beauty tools, and recovery crew. Think of it as bricks — your body can't renovate without them.



**Builds and repairs
tissue**



**Supports growth
and recovery**



**Regulates
hormones and
neurotransmitters**



**Carries oxygen
and nutrients**

"Protein isn't just for bodybuilders — it's for everybody with a body."

TWO KINDS

Complete and incomplete

COMPLETE

All nine essential amino acids, in one food.

Meat, fish, poultry, eggs, dairy. Also soy and quinoa. Your body can't make these nine on its own — they have to come in on a fork.

INCOMPLETE

Missing one or more of the nine.

Most plants. Beans are low in one, rice is low in another — eat them across the same day and the gap closes. Rice and peas was doing this before anybody wrote it down.

You don't have to combine them in the same bite. Across the day is enough.

How much do you actually need?

THE FLOOR

0.8 g per kilogram

About 0.36 g per pound. The minimum for an adult — not a target, a floor.

THE CEILING

2 g per kilogram

About 0.9 g per pound. Above this you're not building more, you're just spending more.

WORK IT OUT

Somebody who weighs 190 lb: 190 lb is 86 kg. $86 \times 0.8 = 69$ g at the floor. $86 \times 2 = 172$ g at the ceiling. Round it: 70 to 170 grams a day.

Your weight $\times$ 0.36 is your own floor. Do that one now.

TIMING BEATS TOTAL

Your body can't bank it.

You absorb a reasonable amount at a time. One enormous dinner does not make up for a day of nothing.

20-45g

Protein per meal, for most people.

7g

Protein in one ounce of meat, fish or poultry.

3-6 oz

What that works out to per meal.

Three meals and a couple of snacks beats one big plate. And don't forget vegetables and grains bring protein too — it isn't only the meat that counts.

MIX THE SOURCES

Plant protein isn't the consolation prize.



MORE FIBER

Meat brings none. Beans, lentils and nuts bring protein and fiber in the same bite.



MORE NUTRIENTS

You get the protein you were after, plus minerals the meat didn't carry.



LESS SATURATED FAT

Heavy animal protein tends to bring saturated fat along with it. Mixing sources keeps that in check.



CHEAPER

Pound for pound, beans are among the cheapest protein in the store.

Whether plants are 25%, 50% or 100% of your protein, you still hit the number — with more coming along for the ride.

THE ACADEMIC EDGE

What you eat at 7am decides how 10am goes.

THE SPIKE

Simple carbs on their own.

Pastry, sugary cereal, juice, white toast. Fast and flashy — up quick, down hard, and the crash lands in second period.

THE HOLD

Protein plus a complex carb.

Eggs and oats. Peanut butter on whole grain. Slower release, steadier blood sugar, and you're still awake at 10.

Skipping it isn't neutral. You're asking your brain to run the morning on nothing.

Omega-3s build the brain you think with.

Omega-3 fatty acids support brain growth and upkeep across your whole life. Some research has even linked deficiencies in certain vitamins and minerals to lower grades in school.

No supplement shelf required. These compounds work best in whole, unprocessed food — which is the entire argument for cooking.

WHERE TO FIND THEM

- Salmon
- Tuna
- Walnuts
- Flaxseed
- Chia seeds
- Sardines

Water and sleep do half the work.



Hydration

Your body is 50 to 75% water. Being hydrated is what lets you digest food properly and keeps your brain alert.

If you train or play a sport: half an ounce to a full ounce of water per pound of body weight, per day.



Sleep

The repair work protein pays for happens while you're asleep. You can eat perfectly and still undo it by never resting.

Protein, movement, rest and hydration are one system. Pull any one out and the other three work harder for less.

38 MINUTES • ON PAPER, THEN OUT LOUD

Build Your Recovery Meal

Design a meal for after practice, or after a long school day. You are not cooking it today — you are defending it.

01

Hit your protein

Use the number you calculated. Name the source and the rough ounces.

02

Add a complex carb

The one that refills you without the spike.

03

One cultural ingredient

Something from your family's kitchen. Not optional.

04

Defend the macros

Why those three? Say it in thirty seconds.

FIRST, THE CHECK-IN. Same seven questions from September. Answer them cold, then we compare. Nobody sees your sheet but you.

BEFORE YOU GO

Know your number. Then eat like it.

You worked out your own floor today. Getting there is three meals with protein in them, not a supplement and a shaker bottle.

Protein isn't just for bodybuilders. It's for everybody with a body.

Scratch Nutrition Lab × Evans High School

THIS WEEK'S RECIPE

Mango Shrimp Ceviche

Lean protein, cured in acid — no heat at all