



redefined
WEIGHT LOSS

GUIDE TO

PROTEIN POWDER

I love using protein powders and many of my clients do, too. **The problem is that not all protein powders are created equal.** Most, if not all protein powders on store shelves are filled with harmful ingredients, including fillers, additives, artificial sweeteners and all sorts of stuff that stand in the way of your weight loss goal.

Not only that, but they can actually cause weight gain! Supplements aren't regulated, and protein powder falls into the supplement category. This means there are no regulatory standards that a protein powder must be subjected to and comply with, and because of that, the protein powders on shelves can be full of junk that's ineffective at best, and harmful at worst.

All of the protein powders I personally use and recommend are "pharmaceutical grade," which means they are regulated by a third-party. The first two are ones that I personally formulated, so I have full control over them. They are non-whey protein powders, and they are both regulated, so you know that what it says on the label is truly in the product. My two favorite whey protein powders are ones I actually import from abroad because they are such great quality—I couldn't make them any better!

Here are my favorite Protein Powders!

TOP 5 PROTEIN POWDERS

Pure Primal Redefined

This super unique protein powder is made from beef! It has all the metabolism-boosting and lean muscle mass building benefits of whey, AND it's completely dairy-free. It's also a wise supplement for those who don't eat a lot of beef, or find it difficult to get in enough protein. On top of that, it's incredibly delicious.

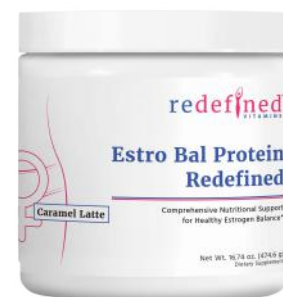
My general recommendation is one scoop of Pure Primal Redefine per day, either mixed into 8-12 ounces of water, or blended with your favorite fruit or veggie carbohydrate and healthy fat for a PFC balanced smoothie.



Estro Bal Protein Redefined

This is a rice-based protein powder, and it's specifically formulated for supporting hormonal balance in women. It provides specialized nutritional support for women suffering from common hormonal symptoms associated with premenstrual syndrome (PMS). Estro Bal Protein Redefined provides essential vitamins and minerals, along with phytoestrogens, antioxidants, and flaxseed hull—all specially selected for their ability to promote healthy estrogen metabolism and hormonal balance. This is the protein powder I recommend taking in conjunction with the hormone balancing supplement, Estro Bal Redefined for female hormonal balance.

My general recommendation is two Estro Bal Protein Redefined scoops blended into 8 ounces of liquid, one to two times per day. During the menstrual cycle, I recommend three Estro Bal Protein Redefined scoops, three times per day. My general recommendation for the Estro Bal Redefined tablets is two tablets in the morning and two tablets at night, with or without food.



Detox Powder Redefined

This is a rice-based protein powder I formulated to use as part of our signature 10 Day Reset program to provide enhanced, specialized nutritional support for energy and liver detoxification. It helps to flush your body of toxins, which supports energy and weight loss. You can use it for daily detoxification if you'd like, just be sure to take 2 caps of Detox Redefined with it to avoid any common detox symptom, such as headaches or cravings. It contains protein and carbohydrate, so I recommend blending it with half an avocado or a couple tablespoons of your favorite nut butter, a scoop of ice and some water to create a PFC-balanced smoothie!



GUIDE TO PROTEIN POWDER

TOP 5 PROTEIN POWDERS

(continued...)

Inflam-Ez Powder Redefined

This protein powder specifically helps to keep inflammation down, which in turn supports your overall health and weight loss. It is a plant-based protein powder full of vitamins, minerals, antioxidants, amino acids, BCAAs, and a balanced ratio of protein, carbohydrates, and fats for optimal support of macro-and micronutrients based on clinical research.



Pure Whey Redefined

This one is imported from New Zealand, where Recombinant Bovine Growth Hormone (rBGH) is not approved for use—which is a really good thing. In New Zealand, cattle herds graze in pastures year-round, largely avoiding the need for feed supplements such as grain. On top of that, Pure Whey Redefined tastes great, too. It has a light vanilla or chocolate flavor, with no artificial sweeteners or added sugars, and it mixes into liquids, smoothies and yogurts really well.



One of my favorite tricks is mixing it with peanut butter. With protein-packed peanut butter, you can simply spread it onto a banana or some apple slices for a PFC-balanced snack!

Remember, if you're currently taking a protein powder but don't know if it's regulated by an independent third party, you should do some investigating to ensure it's not full of junk fillers, artificial sweeteners or additives since unfortunately, most protein powders out there are.

To wrap things up, see the next page for a delicious protein powder recipe—one of my favorites!



Remember, quality counts! Be sure you're not taking any of supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).

redefined
WEIGHT LOSS

PFC Balanced PROTEIN SMOOTHIE

This is a simple,
quick way to
get in your
P, F and C.

P

- A couple scoops of high quality protein powder

F

- Half an avocado
- **OR** a couple tablespoons of nut butter
- **OR** 1/4 cup of coconut milk

C

- A handful of berries
- **OR** half a banana
- **OR** any carb of your choice!

Blend ingredients together with ice and enough water to make the smoothie your desired consistency.

It's also a great idea to add a scoop of [Multipowder Redefined](#), [Glutapowder Redefined](#) and a scoop of [Fruits & Greens Redefined](#) for a metabolism-boosting nutrient punch!