

DOC NO. 05 · HEALTH CONCEPT

# Why Protein Wins

*The science of satiety, lean-mass preservation, and the leucine threshold — and what each meal of the week actually delivers.*

05

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DOC HUB

[mealplan.nepa-pro.com](http://mealplan.nepa-pro.com)

PROTOCOL

**High-Protein · Low-Carb**

EDITION

**01**



## HEALTH CONCEPT

# Why Protein Wins

*Of the three macronutrients, protein has the highest thermic effect, the strongest satiety signal, and the deepest metabolic dividend. If a meal plan does only one thing right, this should be it.*

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 THE THREE LEVERS

## What protein actually does

**Thermic effect.** Your body burns roughly 20–30% of every protein calorie just to digest it. Carbohydrate burns 5–10%; fat, 0–3%. Eating to satiety on protein spends calories before you even leave the table.

**Satiety.** Protein triggers GLP-1, PYY, and CCK — the gut hormones that tell your brain the meal is done. Carbohydrates and fats trigger them weakly. This is why a plate of chicken breast keeps you full longer than the same calories of bread.

**Lean mass preservation.** In any caloric deficit, protein decides whether the weight you lose is fat or muscle. The plan targets  $\geq 1$  g per pound of goal body weight specifically to protect lean mass.

## THE LEUCINE THRESHOLD

## Why three eggs, not two.

Muscle-protein synthesis is switched on by leucine — and only when a single meal delivers about 2.5 grams of it. Three large eggs sit just at that line. Two do not. It's the smallest possible dose that turns the engine on. Six ounces of chicken breast clears it twice over. A 12-ounce ribeye clears it three times.

## PROTEIN BY THE NUMBERS

## What the plan delivers

MEAL	FOOD	PROTEIN	LEUCINE	CALORIES
Breakfast	3 large eggs	21 g	1.7 g	215
Lunch	6 oz chicken breast	39 g	3.1 g	187
Dinner M-F	8 oz chicken breast	52 g	4.1 g	250
Sat dinner	12 oz ribeye	68 g	5.6 g	720
Sun dinner	Lobster + shrimp	62 g	4.8 g	320

*"You are not what you eat. You are what your body keeps. Protein is the only macronutrient your body cannot store and must rebuild from every day."*