

The Four Day Energy Experiment

This experiment is specifically designed for you to explore how different amounts and sources of protein have different effects on your energy level.

Use the chart below over a four-day period as a guide on which proteins to consume, and to track how they affect your overall energy. Once you complete the experiment, your results will help you determine which protein sources, and how much protein, helps you to feel your best.

If you are vegetarian or vegan, simply substitute your favourite plant-based protein wherever animal protein is suggested.

Before you start, here are a few things to take into consideration as you approach and go through this experiment:

Be curious! Notice the awareness that builds inside you, check in with your body for clues of what it really needs. Your body will tell you what protein sources it prefers and how much. Become aware of these signals and listen to what your body is trying to tell you.

Each body is unique. Honour your body and trust that you will find works best for you. If you have already been experimenting with a variety of protein sources, and how they make you feel, and you've discovered a way of eating that works best for you, then no need to change anything. Feel free to either do the experiment anyway, just for fun, or skip it and simply refer to the easy meal ideas below for more inspiration.

Lastly, to get the full benefit of this experiment, try to avoid snacking between meals. If you notice your energy dipping between meals and it's causing you to experience brain fog or jitters, then PLEASE, go ahead and have a healthy snack asap!

Day	Meal	Protein Type	What I Ate	Energy Just After (circle one)	Energy 2 Hours Later (circle one)
<i>One</i>	Breakfast	No protein		Up Down	Up Down
	Lunch	Animal/plant		Up Down	Up Down
	Dinner	No protein		Up Down	Up Down

<i>Two</i>	Breakfast	Animal/plant		Up Down	Up Down
	Lunch	No protein		Up Down	Up Down
	Dinner	Animal/plant		Up Down	Up Down
<i>Three</i>	Breakfast	Animal protein		Up Down	Up Down
	Lunch	Animal protein		Up Down	Up Down
	Dinner	Animal protein		Up Down	Up Down
<i>Four</i>	Breakfast	Plant protein		Up Down	Up Down
	Lunch	Plant protein		Up Down	Up Down
	Dinner	Plant protein		Up Down	Up Down

Easy Meal Ideas for the 4-Day Energy Experiment

No Protein Options

Breakfast:

- Green tea, oatmeal with blueberries and/or fruits of choice
- Banana bread or pumpkin bread with seasonal fruit
- Multigrain or gluten-free toast with grass-fed butter or ghee and steamed vegetables
- Smoothie with berries, spinach, and rice milk

Lunch:

- Green salad with beets, tomatoes, avocado and whole grains (rice/barley/couscous)
- Carrot and ginger soup with multigrain or gluten-free toast
- Veggie wrap and choice of seasonal fruit

Dinner:

- Minestrone soup with regular or gluten-free noodles and zucchini bread
- Baked apples, spaghetti squash and Brussels Sprouts
- Regular or gluten-free pasta with sautéed mushrooms, zucchini, red peppers, spinach, and garlic (topped with marinara sauce)

Animal-based Protein Options

Breakfast:

- Scrambled eggs with choice of sautéed vegetables, green tea, and seasonal fruit
- Grass-fed turkey, an egg cooked to your preference, sautéed greens, and a sliced apple
- Slices of turkey bacon, regular or gluten-free toast with grass-fed butter, and coffee

Lunch:

- Chicken over your favourite greens topped with sunflower seeds and pomegranates sprinkled on top
- Salmon or fresh-caught, wild fish with steamed vegetables and wild rice
- Grass-fed beef burger with a regular or gluten-free bun and a salad

Dinner:

- Lamb kabobs, rice, and grilled vegetables
- Brisket with baked onions, mushrooms, and carrots
- Shrimp with zucchini noodles and basil pesto

Plant-based Protein Options:

Breakfast:

- Whole grain pancakes with fresh preserves and almond butter
- Toast with mixed greens, refried beans, avocado, and nutritional yeast
- Peanut butter granola, berries, and tea

Lunch:

- Parsnip and cauliflower soup with quinoa and pumpkin seeds sprinkled on top
- Thai curry with tofu and brown rice
- Black bean soup with green salad and guacamole
- Hummus, stuffed grape leaves, pita, and veggies

Dinner:

- Black bean and sweet potato soup with quinoa
- Chickpea salad wrap with baba ghanoush and tahini
- Thai curry seasonal vegetables with brown rice, plus a side soup or salad
- Portobello mushroom burger, lettuce, and tomato with a side of quinoa and baked sweet potato fries