

Protein Helps You Stay Fuller for Longer

“I'm eating less, so why isn't the scale moving?”

The answer isn't the amount of food on your plate. Carb-heavy meals can leave you hungry again just hours later. Protein, on the other hand, helps you feel satisfied for longer, making it easier to manage cravings and support your weight goals.

Switching to a healthier meal replacement help you manage your fitness journey more effectively.

Typical Malaysian Lunch

Nasi Lemak + Teh Tarik



Protein
8g



Calories
620kcal



Fibre
2g



Fitness duration:
Hungry again in
~1.5hrs

High calories,
low protein
and low fibre.



Replacement Meal

Cinch® Matcha Shake

Balanced nutrition in a shake.



Protein
16g



Calories
168kcal



Fibre
6g



Fitness duration:
Satisfied for
3~4hrs



Why Protein + Leucine are Vital for Weight Management?

Protein added with leucine help keep hunger in check, so you're less likely to reach for unnecessary snacks. It keeps you feeling fuller for longer and helps preserve lean muscles as you lose fat. Without enough of these two nutrients, hunger and cravings can return quickly, making it harder to stay on your weight goals.

Track your protein intake and stay on track with our Protein Tracker.



Estimate your daily protein needs



Track what you eat



Identify gaps and fix them easily

