



HIGH PROTEIN DIET: The Ultimate High Protein Diet Plan: High Protein Diet Cookbook and High Protein Diet Recipes To Lose Weight Fast, Boost Metabolism, ... Cookbook, High Protein Diet Kindle Book)

Dr. Michael Ericsson

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High Protein Diet: The Ultimate High Protein Diet Plan - High Protein Diet Cookbook and High Protein Diet Recipes To Lose Weight Fast, Boost Metabolism, Detox Your Body And Feel Great

Today only, get High Protein Diet: The Ultimate High Protein Diet Plan - High Protein Diet Cookbook and High Protein Diet Recipes To Lose Weight Fast, Boost Metabolism, Detox Your Body And Feel Great. Read on your PC, Mac, smart phone, tablet or Kindle device.

This book contains proven steps and strategies on how to lose weight, boost your metabolism, and feel good with the help of high-protein recipes.

Included are some high-protein recipes divided into three sections. The first section includes recipes that will help you lose weight. The second section includes recipes that will help boost your metabolism. The third section includes recipes that will help in detoxifying the body. These recipes are creative, easy to prepare, and delicious, so please do try them out.

Here Is A Preview Of What You'll Learn

- Prepare Your Proteins
- Protein Recipes to Help You Lose Weight
- Protein Recipes to Help Boost Your Metabolism?
- Protein Recipes to Help Detoxify Your Body
- Tips
- Much, much more!

Prepare Your Proteins

Before starting a high-protein diet, you must first know the basics about this body-building nutrient.

Protein is a nutrient that helps in the growth and healing of bodily tissues and can also serve as the fuel of such tissues. Eating the right amount of protein will help in the proper construction and repair of your body's cells.

This nutrient can be found in a wide variety of foods. Poultry and fish are great sources of complete protein. It can also be found in the lean parts of some animals, as the muscles are where most proteins are stored. Some edible organs of animals are also excellent protein sources, with livers being among the best examples.

Vegetarians also have sources of protein. Some protein-rich plant foods though, such as whole grains and cereals, are lacking amino acids lysine or threonine. The amino acids which are lacking in these foods can be found in other vegetarian sources of protein. Some examples are corn, rice, and quinoa. Peanuts, seeds, and fruits can also be a source of protein for vegetarians, as well as beans and chick peas.

It is a good idea to mix various foods together to achieve the right (and required) amount of protein that a person must get. Mixing food of adequate protein levels with food that has a low protein level will result in a dish that has just the right amount of protein.

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Take action today and download this book for a limited time discount!

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Nicholas Buchanan:

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