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for men it's 30 grams Eating smaller high protein meals several times a day maintains the anabolic state without side effects Ideally you'll provide your body with protein throughout the day but there are certain points when it is even more essential than usual Eating immediately after a workout allows your body to create more muscle and to repair the damage done during the workout However you should also aim to eat some protein around 20 minutes before you begin your workout too What to Eat This book is packed with delicious recipes to set you on the path to eating right However you can come up with your own recipes as well It's essential that you are aware of the top sources of protein if you want to do this Beef Chicken Eggs Pork Fish Soy These are some of the more popular and highest quantities of protein but you can also add things like chia seeds hard cheeses and broccoli or leafy greens to your meals to up the protein in it Just remember that eating more than the recommended amount of protein probably won't give you bigger or better results so stick to the recommendations and eat more often Tags protein diet high protein diet protein diet plan protein diet books protein diet food protein diet cookbook protein diet shakes protein diet supplement protein diet whey protein diet soup protein diet soup ideal protein diet food ideal protein diet protein diet protein recipes ideal protein recipes weight loss high protein low carb lose weight high protein low carb diet low carb protein breakfast

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