



## High Protein Diet: High Protein Everyday Meals for Metabolism Boost and Weight Loss (Paperback)

By Hpd Press - High Protein Diet

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.High Protein Diet - High Protein Everyday Meals for Metabolism Boost and Weight Loss Looking for the best high-protein diet that can help you lose weight A protein is nothing more than a long chain of amino acids. Protein is said to be complete when it contains all 9 of the essential amino acids, and incomplete when it lacks one or more essential amino acid. These amino acids are essential because our body cannot produce them and they have to be consumed through food. Animal-sourced protein is usually complete while plant-based protein is often incomplete. This does not make plant-based protein inferior - it only means you need to vary your protein sources in order to receive a healthy dose of all the essential amino acids. Discover out different healthy protein recipes to help build and regenerate muscle Also, you ll discover. Foods to avoid on high-protein diet Healthy tips for a balanced meal Benefits of having a high-protein diet And much more! Table of Contents High Protein Baking Almond Butter Crunch Granola Bar Vanilla Bean Shortbread Cookies Cranberry Pistachio...



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