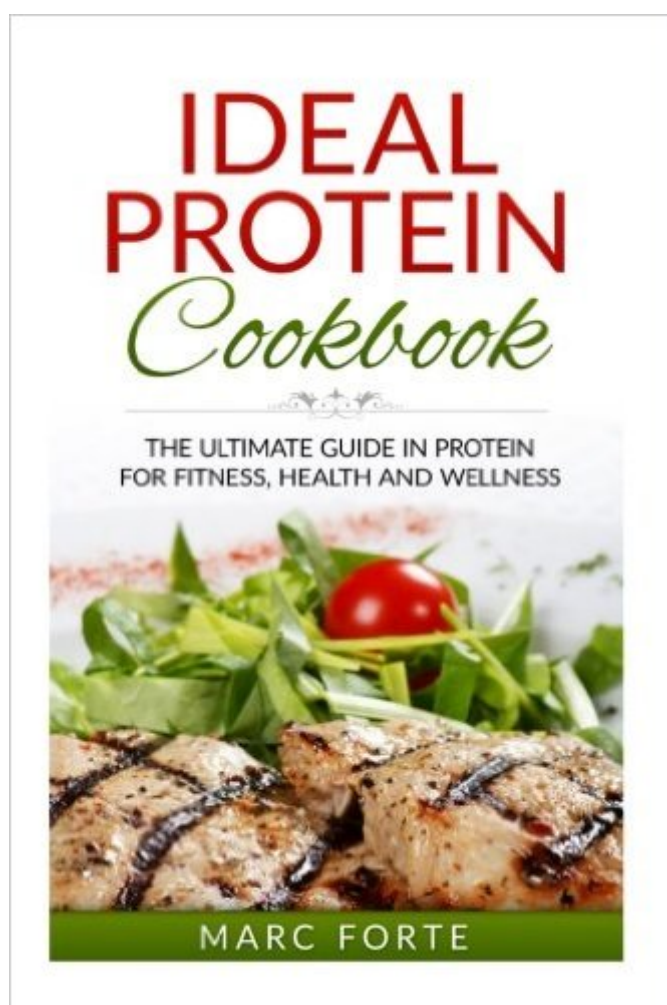


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# **Ideal Protein Cookbook - The Ultimate Guide In Protein For Fitness Health And Wellness: The Ultimate Guide In Protein For Fitness Health And Wellness**



## Synopsis

This book contains recipes to help you jumpstart a protein-oriented diet, which will help you utilize the benefits of consuming of high-quality protein food for fitness and overall wellness. Most people are not aware of the real power of protein to promote good health. What we know is that if you want to lose weight and be one step to being healthy, you have to cut back your sugar and starch consumption. Another tried and tested formula is to of course add exercise along with your diet to further boost the health benefits that you can reap from having a healthier lifestyle. Those two (cutting back sugar+ exercise combo) are indeed proven effective; however, the third and crucial step to a healthier you is consuming quality PROTEIN. What is protein? We probably have underestimated what protein really is. In reality, you will not be able to execute normal functions in life without this macro nutrient. Protein acts as one of the main building blocks in the bodyâyour muscles, organs, tendons, and even your hair and nails uses protein. Our body also uses protein to make hormones, neurotransmitters, enzymes and even other essential body chemicals. In comparison with carbohydrates and fats, which can be stored in the body, proteins cannot generally be stored in the body, so we need to consume high quality proteins. So why do you need this cookbook? I will be giving you some protein-rich recipes that you can prepare daily. These recipes will provide quality protein and the bonus is, they are fairly easy to do and wonât be a heavy on the pockets. The best sources of protein can be found in meats, eggs, dairy product, fish and even some plants like nuts, legumes and quinoa. So our recipes will be mostly playing around these ingredients. As you try some mouth-watering dishes, you will soon realize that being healthy can be really delicious! And to further convince you why protein is important, here are some guaranteed benefits of consuming quality protein: 1.It helps burn fats 2.It promotes muscle growth and repair 3.It reduces the absorption of sugar 4.You burn more calories while processing protein compared with carbs and fats 5.Protein can make you feel fuller for a longer period of time, thus lower consumption of calories

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