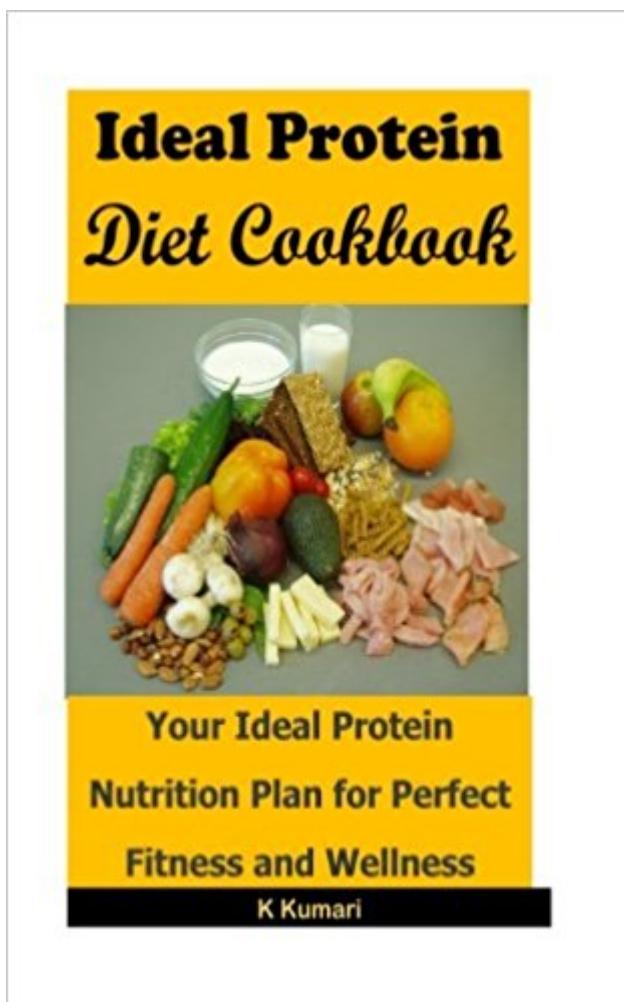


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# **Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan For Perfect Fitness And Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan)**





## Synopsis

This Ideal Protein Diet can be used all which need to perfect fitness and weight loss. This book contains recipes to help you jump start 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 body—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 won'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

Here Is A Preview Of What You'll Learn After buy Ideal Protein Diet Cookbook book: High Protein Diet: What to Expect Our Relationship with Food Your Current Mindset Workouts to Go with the Diet Learn About Your Body Fat 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

## Book Information

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## **Customer Reviews**

I was expecting a cookbook that coincided with the Ideal Protein Protocol diet plan. This does not. It does have some interesting recipes but most contain items not allowed on my current regimen. I will have to try them later.

This is a great book full of common sense and researched information about eating to lose weight. Very sensible, simply laid out information and easy to read. At last something actually useful. No fads, no pills, no shakes, bars or weird foods you've never heard of. I shall be taking much of the advice in this book.

Great recipes and easy too.

Short, sweet and to the point. Easy to understand. I love the simplicity of this diet. Use this book as another tool in your box to keep your weight in check. Just what I was looking for. This is the best laid out plan for fast weight loss I have come across.

This book contains a wealth of information for those that would like to keep track of how well they are actually eating. Sometimes it can be very difficult to keep track of how many grams of protein per day you're consuming and also how much of that protein is actually good quality and can be absorbed by the body properly. This is a very easy read that will help people get on track with their nutrition needs.

Just what I wanted. Easy to follow diet plan with simple recipes using real food. These are easy to modify as needed.

This one and the Same title but written/plagiarized by both K Kumasi ad Marc Forte are just reprinted from the Ideal Proteain program and is available for joining Ideal Protein. The recipes are copied from the website of Ideal Protein - do not waste your time or money. Very misleading!

It should be made clear that this recipe book is not connected to the "Ideal "Protein" diet.

Disappointed that I cannot use these recipes, now.

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