



45 Protein Meals for Weightlifters: Gain More Muscle in 4 Weeks Without Pills or Shakes

Joseph Correa

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This book will help you increase the amount of protein you consume per day to help increase muscle mass. These meals will help increase muscle in an organized manner by adding large healthy portions of protein to your diet. Being too busy to eat right can sometimes become a problem and that's why this book will save you time and help nourish your body to achieve the goals you want. Make sure you know what you're eating by preparing it yourself or having someone prepare it for you.

This book will help you to:

- Gain large amounts of muscle fast.
- Improve muscle recovery.
- Have more energy.
- Naturally accelerate Your Metabolism to build more muscle.
- Improve your digestive system.

Joseph Correa is a certified sports nutritionist and a professional athlete.

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