

## **HIGH PROTEIN RECIPES FOR WEIGHT LOSS**



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### **14 High Protein Lunch and Dinner Recipes for Weight Loss**

If you want your High Protein Lunch and Dinner Recipes for Weight Loss to include a low-cal, low-carb option, try out this refreshing take on a Philly cheesesteak classic. The recipe swaps out heavy bulkie rolls for thick, crunchy bibb lettuce that is equally as satisfying.

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On average, active women need about half a gram of protein per pound of body weight every day (so an active 140-pound woman would need 70 grams of protein). One way to meet this goal is to include a source of protein at every meal.

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### **30 Vegan High Protein Breakfast Recipes for Weight Loss**

These Vegan High-Protein Breakfast Recipes for Weight Loss are the best healthy ways to start your day and make sure you re full until Lunch. Vegan High-Protein Breakfast Recipes for Weight Loss. These healthy and easy vegan recipes are plant-based and dairy-free. They are fiber-rich and filling, so they help you stay away from snacking.

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