Why did the chicken cross the road? To say hello to the bodybuilder, of course. Which came first, the chicken or the bodybuilder? Who cares, right? These may be some relatively lame jokes, but they serve to underscore what we are here to talk about today, the big C in the protein world, Chicken.  
   
As far as rankings go, Chicken is #1. But it can be easily interchanged with two others sources of protein. So how popular does this really make the infamous chicken breast? If you have been in the protein industry for any length of time, you will know first hand how popular this protein is. Hundreds of thousands of chickens have been sacrificed to the greater good of an excellent protein source.

At the gym, before a workout, after a workout, in the morning. with breakfast, in between meals, as part of a bodybuilder’s 8 daily meals, as a fast food, while going through drive through, at bodybuilding shows, while signing pictures, out with friends and when you can’t find anything else on the menu that you can trust--there’s no end to a bodybuilders demand for chicken breast.  
   
Simply put, as a bodybuilding food, one has to admit that it’s tough to imagine a food source more in demand than chicken breast, and why not? When we look at the nutrient content, we find zero carbohydrates and fat, high protein and very few calories.   
   
For all of the obvious reasons, if chicken breast isn’t a part of your diet, find a way to add a couple pounds to your bodybuilding diet.