

Get your Dream Body with protein

Written by

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Good sources of protein are: lentils, Spirulina, Moringa, nuts and beans. In addition to having a high protein value and low-fat content, nuts provides essential fatty acids. The omega 3 found in fish accelerates our metabolism and is indispensable to burning fat. And best of all, these foods will satisfy us without causing weight gain. Especially at night, these protein-rich items are an excellent dinner choice served with vegetables.