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your dieting phase. Choose lean, high-quality proteins like egg whites, poultry, lean red meat, and protein supplements. The diet provided here contains about 220-250g of protein daily, fine for a male weighing 200-250lbs. [28-Days-to-Lean Meal Plan | Muscle & Fitness](#) The Lean Muscle Diet solves the sustainability problem while offering immediate results. It's simple: act as if you already have the body you want. If a reader is, say, a 220-pound man who wants to become a muscular 180-pounder, he then uses The Lean Muscle Diet's formula to eat and train to sustain a 180-pound body. The transformation begins immediately, and the results last for life. [The Lean Muscle Diet: A Customized Nutrition and Workout ...](#) If you are on this site right now, chances are that you

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...The Lean Muscle Diet | Alan AragonEating for muscle growth doesn't have to be boring, tasteless or just plain impossible to follow. You can eat breakfasts that not only taste great but add lots of lean muscle and kick off your day ...What To Eat To Build Lean Muscle - Part 1: BreakfastAdditionally, eat protein rich foods like yogurt, eggs, fish, and poultry to encourage lean muscle growth and help them heal more quickly after exercising. For more advice, including how to build lean muscle mass with free weights and resistance bands, keep reading.

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