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your diet is obtained by the organism. Vitamins for bodybuilding - Everything you need to know

However, despite all of the different protocols out there, the type that's most commonly used in bodybuilding and fitness circles is the 16:8 protocol, also known as time-restricted feeding. This is when you fast for 16 hours and then you have an 8 hour "feeding window", where you consume your daily calorie allotment.

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Yes, you can be a vegan bodybuilder .) Use some of the below examples to great your bodybuilding meal prep grocery list.

Omnivorous proteins: chicken, turkey, beef, salmon, eggs, canned tuna or sardines, Plant-based proteins: quinoa, beans, tofu, textured vegetable protein, tempeh, beans, vegan protein powder.

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