

8

of the Best Foods to Eat for Lean Muscle



Hemp seed 30g
10g Protien



salmon 3oz 28g
protien



Nuts and seeds
1 cup 27 g



Chicken 100g 27g
prtotien



Lean beef 3 oz
22g protein



3 eggs 18g protiens



1 scoop 20g protien



1 cup 20g
protien

Lean Muscle Diet The Jituanore

Victor M. Corman



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