

10 Ways Protein Power

by

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Make It 10 Ways With:

Chicken, Pork, Red Meat, Cheese, Eggs, Soy, Pulses, Tuna, Prawns, Fish

Protein is the buzz nutrient of the moment. For sustained feel-good energy, muscle strength and weight loss, it is your friend. With so many great protein sources to choose from, there

is no need to fall back on the same old same old. Embrace variety.

For each of the 10 major protein sources, here you'll find 10 winning recipes.

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