"Stick to Lean, Continue your Routine"

Whether you enjoy eating plant based proteins such as nut/seed butter, beans, or lentils

Or

Meats with less white fat and/or skin

It's important for your body to keep staying strong and healthy!

"Lean is the Lack of Fat Seen"

Choose meats such as skinless chicken, 90/10 ground beef, or cuts of meat with the least amount of white visible fat.

Beans and Legumes are also healthy veggie based alternatives.

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