



# HIGH PROTEIN MMA Diet: HIGH PROTEIN FOODS For YOUR BEST MMA FIGHTING

*Mariana Correa*

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## **HIGH PROTEIN MMA Diet: HIGH PROTEIN FOODS For YOUR BEST MMA FIGHTING**

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High Protein MMA Diet will help you take your physique and fighting to the next level. With the best combination of knowledge, recipes adding more protein to your diet and unique meal plans you will be on the path to victory. Whether you are looking to improve your Muay Thai, Kickboxing, Jiu Jitsu, Karate, Jeet Kune Do, This book will help you. Protein is extremely important in high performance athletes. Protein will boost your MMA on so many levels. - Hit Harder - Recover Faster - Repair and strengthen your muscles - You will become Stronger, Fitter and Faster - Increases your Muscle Mass - You will get the Physique you have always dreamed of! This book includes 50 High Protein Recipes so you may enjoy delicious and nutritious protein shakes, protein breakfasts, protein lunches, protein snacks, and protein dinners. Enjoy refueling your body with a delicious protein meal when you finish training. Improving your diet will help you accomplish new and amazing challenges. Get started today, your future self will thank you.

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