

Chicken breast and not only: these high -white products will help you  
build muscles

You can start burning fat and increase muscle mass in just 30 days. Tara Collingwood, Master of Sciences, a registered nutritionist, a certified dietetics specialist, a certified sports nutritionist and co-author of the book “Flat belly for teapots”, told Eat this, not that types of products contribute to a faster growth of muscles.

**Chicken breast.** This is lean and universal meat in which there is a lot of protein.

**Eggs.** They contain high -quality protein and leucine – the main amino acid for the synthesis of muscle protein.

**Greek yogurt.** Squirrel in it is greater than in ordinary yogurt, and it is also useful for bones. Choose simple low -fat yogurt.

**Salmon.** This is a great source of protein and omega-3 fatty acids. The latter contribute to muscle restoration.

**Lenten beef.** It has protein, iron and creatine, which increase strength.

**Tuna.** Convenient and low -fat protein source.

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**Cottage cheese.** It contains casein protein, which is slowly digested and helps to restore muscles during the night.

**Tofu.** This is a full -fledged plant protein.

**Lentils.** It is rich in fiber and protein.

**Swan.** This cereal is considered a full -fledged source of protein.

**Protein powder.** Thanks to him, you can easily satisfy the need for protein during training.

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