

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.

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



SHUTTERSTOCK

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.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.