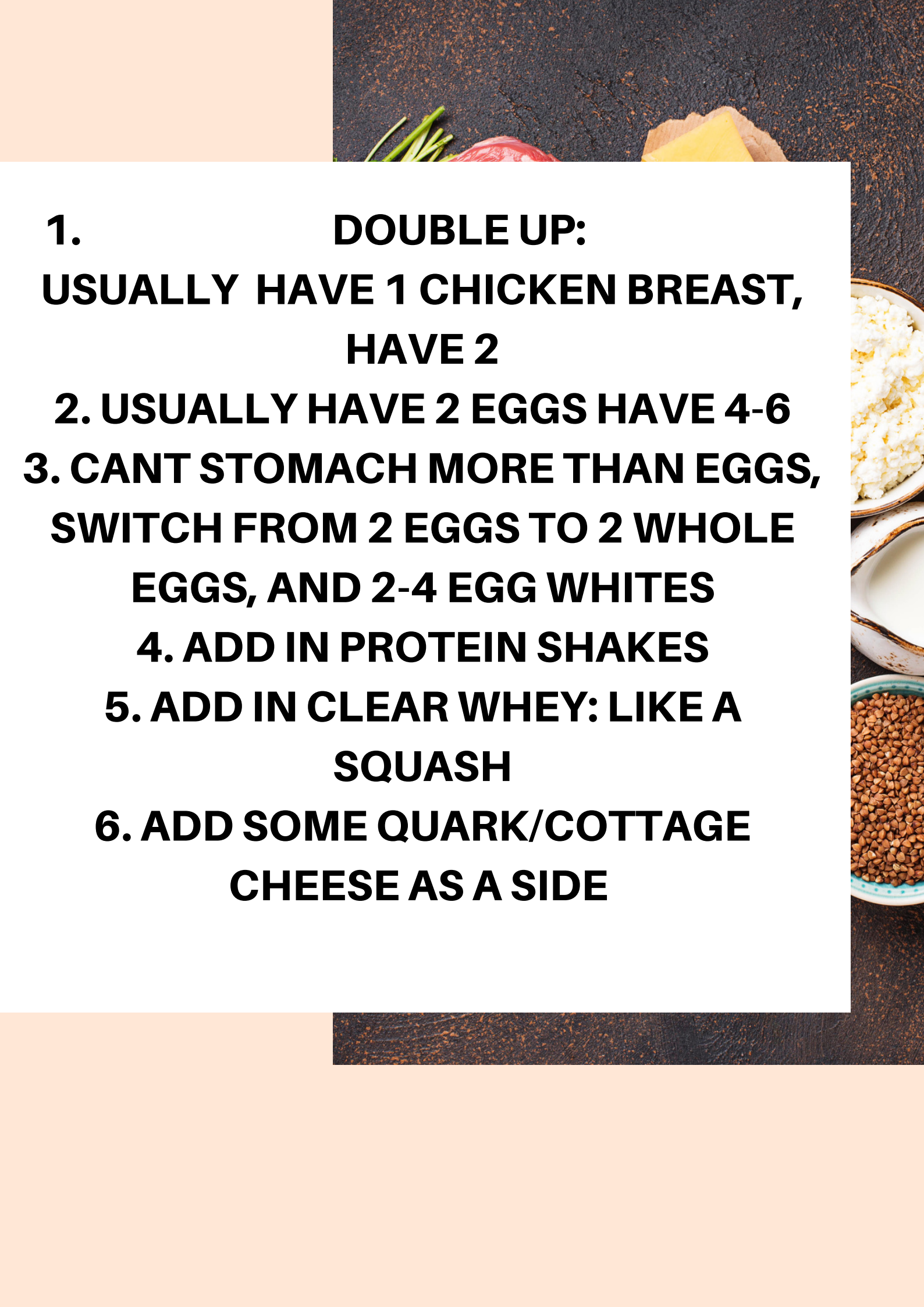
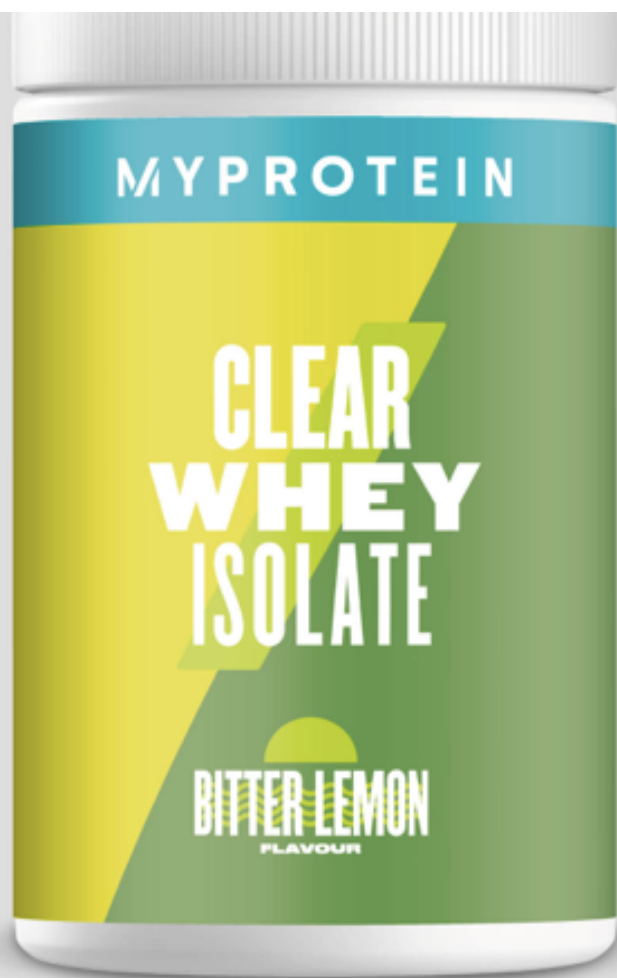


HOW TO INCREASE YOUR PROTEIN

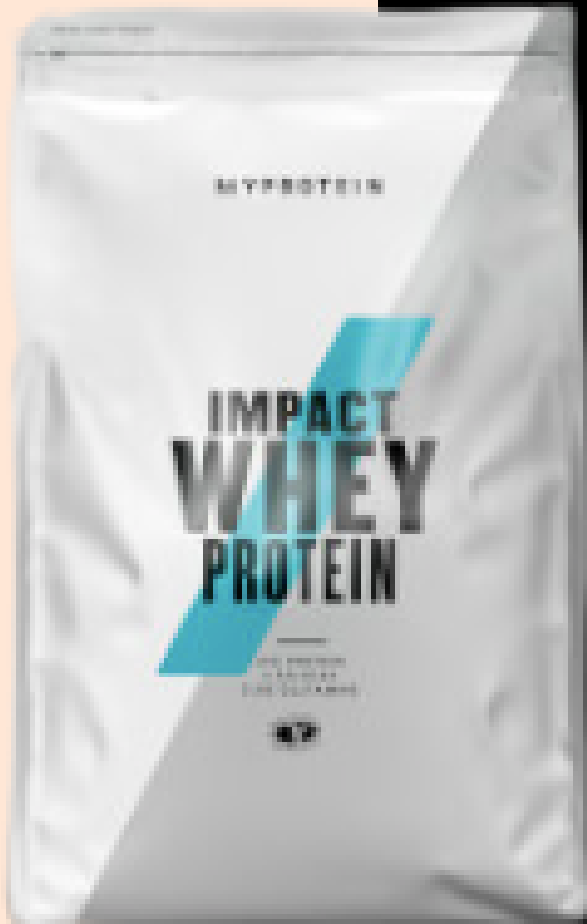
ROXY PT

- 
- 1. DOUBLE UP:
USUALLY HAVE 1 CHICKEN BREAST,
HAVE 2**
 - 2. USUALLY HAVE 2 EGGS HAVE 4-6**
 - 3. CANT STOMACH MORE THAN EGGS,
SWITCH FROM 2 EGGS TO 2 WHOLE
EGGS, AND 2-4 EGG WHITES**
 - 4. ADD IN PROTEIN SHAKES**
 - 5. ADD IN CLEAR WHEY: LIKE A
SQUASH**
 - 6. ADD SOME QUARK/COTTAGE
CHEESE AS A SIDE**

£21.99



A SQUASH LIKE
POWDER
20G PER SCOOP



MEAL IDEAS WITH 30 GRAMS OF PROTEIN

KEEP MOVING



1 Cup Greek Yogurt
1 T Cocoa Powder
1 T Peanut Butter



1 Scoop Protein Powder
1 T Almond Butter
1 Apple



3/4 Cup Cottage Cheese
2 Slices Ezekiel Bread
1/2 Cup Berries



3 oz Turkey Burger
5 oz Baked Sweet Potato
Lettuce, Tomato
2 oz Avocado



2 Eggs, 2 Egg Whites
1/2 Cup Black Beans
1/2 oz Shredded Cheese
1/4 Cup Salsa

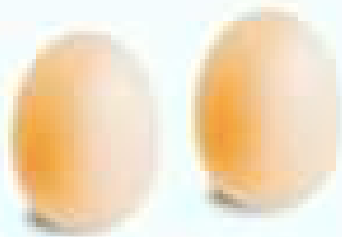


4 oz Salmon
1/2 Cup Quinoa
Roasted Asparagus

30G PROTEIN

@VYICAFIDRHH

EGGS



4 LARGE EGGS

GREEK YOGURT



300 GRAMS

KIDNEY BEANS



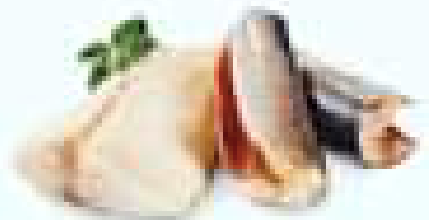
320 GRAMS

TOFU



400 GRAMS

SARDINES



120 GRAMS

OATS



150 GRAMS

NEED MORE HELP?

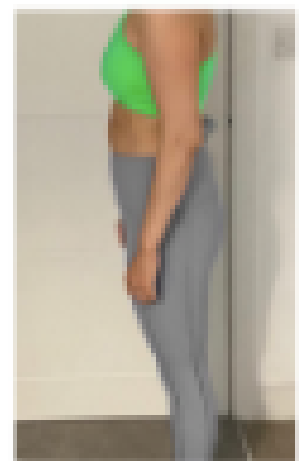
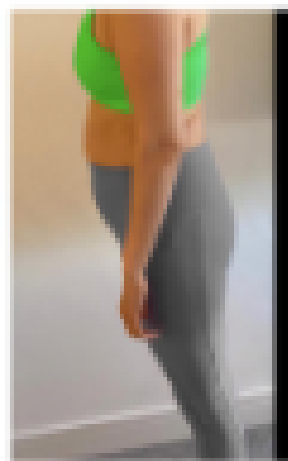
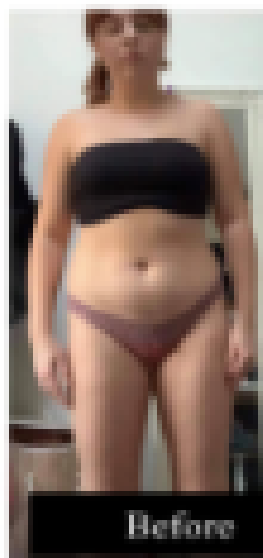
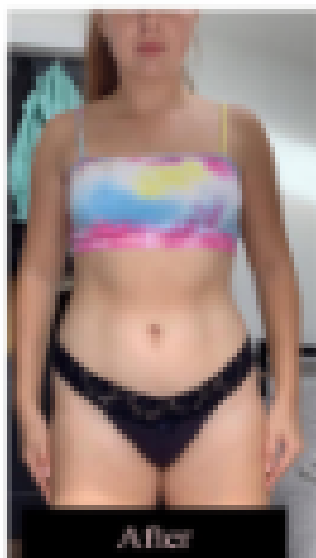
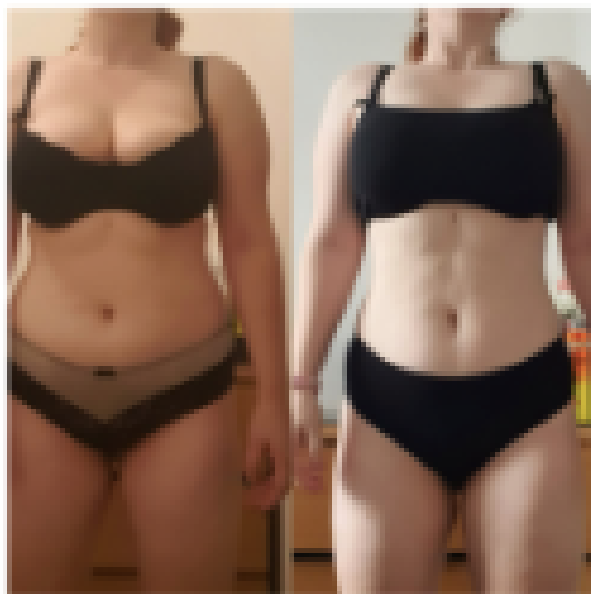
**BOOK A FREE 30MINUTE, NO OBLIGATION CONSULTATION TO
FIND OUT ABOUT MY 1-1 SERVICE AND HOW I CAN HELP YOU**

EMAIL ME ON: ROXANNESULLIVAN89@ICLOUD.COM

INSTAGRAM: ROXYPT_

YOUTUBE:

LIST=PLFNTFZU20CHRNQ50XE3K4BQQQGRQMBL3V



**21st May
2020**

28th July

PIC-COLLAGE