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HIGH-PROTEIN VEGETARIAN SAMPLE MENUS• 8 Oz. Zucchini, Cut Into 1/8-inch Rounds • 4 Large Eggs • 2 Large Egg Whites • 2 Tbsp. Grated Parmesan Cheese • 1/2 Tsp. Salt • Ground Black Pepper • 1/4 Cup Fresh Basil, Cut Cross-wise Into Thin Slices • 1 Tbsp. Extra Virgin Olive Oil DIRECTIONS Coat Pan 1th, 2024Vegetarian Protein Food Sources - OldwaysThe Overall Protein Recommendations For Vegetarians And Vegans Should Match Those Established For The General Public: 0.8 Grams Per Kilogram Of Body Weight Per Day. Vegans May Require A Slightly Higher Protein Intake, Due T 1th, 2024How Do I Get Enough Protein On A Vegetarian Keto Diet Plan?And Here Is A Quick Overview Of This Diet Plan In PDF. Although It's Just A Quick Preview Of The Diet Plan, We've Been Working On A Complete Ebook Including Recipes So Stay Tuned! :-) Also See More Diet Plans Here ("regular" Ketogenic Diet Plan, Keto & Paleo Diet Plan And Diet Plan For The Fat Fast.) 1th, 2024.

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