

[PROTEIN DINNER RECIPES](#)



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Whether you're trying to cut back on carbs, trim your grocery bill or you're just looking for a recipe that'll help get dinner on the table in less than 30 minutes this protein-heavy meal fits the bill.

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These protein-rich recipes combined with fiber-rich whole grains and plenty of vegetables, will have you feeling satisfied all evening long. Gnocchi with Zucchini Ribbons "Restaurant quality meal.

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Go Lean with High Protein Recipes MyRecipes

Boneless, skinless chicken breasts just might be the most popular type of lean protein, so make sure you don't get in a rut with your chicken recipes. This one features a saucy topping of peppers, tomatoes, onions, and olives, and is a far cry from basic baked chicken.

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14 High Protein Lunch and Dinner Recipes for Weight Loss

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25 High Protein Meals That Don't Require Chicken Greatist

25 High-Protein Dinners That Don't Involve Chicken (for Once) You know the feeling. You spent your weekend inhaling one too many slices of pizza for dinner, capped off with bagels smothered in

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27 High Protein Dinner Recipes Under 500 Calories SELF

These low-cal dinner options will fill you up. These high-protein recipes are all under 500 calories and contain at least 15 grams of protein.

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20 High Protein Recipes That Fill You Up Fitness Magazine

20 High-Protein Recipes That Fill You Up We've all heard the stories of body builders eating extreme amounts of protein to build muscle. But protein is an essential part of your diet, even if you aren't looking to bulk up.

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30 High protein Vegan Meals Wallflower Kitchen

These 30 recipes are a mixture of breakfasts, lunches, dinners, snacks and desserts that are suitable for those looking for some extra protein in their diets, with plenty of healthy and gluten-free options too.
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