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down and, more importantly, make you feel younger and more energetic.

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These high-protein salad recipes make a delicious lunch option

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for any summer day. You'll be full after eating a combination of leafy greens, creamy avocado and proteins like chicken and salmon. Recipes like Grilled Chicken Taco Salad and Southwestern Salmon Cobb Salad are healthy, light and will keep you energized throughout your day.

### **High-Protein Salad Recipes - EatingWell**

With chapters devoted to side dishes and salads, sauces and condiments, and even sinfully satisfying desserts that won't break the carbohydrate bank, "The High-Protein Cookbook is the perfect companion to many of today's most popular dietary regimens and an enticing argument for cutting back on excess carbohydrates.

### **The High-Protein Cookbook: More than 150 healthy and**

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It's tricky business finding a salad that's both light and filling, but

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this recipe pulls it off beautifully with a simple lemon dressing and protein from shrimp, eggs, and sliced avocado.

### **High-Protein Salad Recipes That Are Actually Filling**

Salads aren't always known for being the most filling meal. However, these 20 salad recipes will change that stereotype, and they are sure to make their way into your weekly rotation. With 20 grams (or more) of protein each, you'll stay full until dinnertime thanks to hearty ingredients like chicken, pork tenderloin, whole grains, salmon, and ...

### **20 Protein-Packed Salads | Cooking Light**

Grilled Chimichurri Chicken Avocado Salad from Cafe Delites This zesty chimichurri dish is stacked to the max with crispy, charred chicken, avocado, tomatoes, and more. Get the recipe here. Per one...

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### **13 High-Protein Salads That'll Actually Fill You Up | SELF**

Turkey and Apple Arugula Salad 30 grams of protein per serving  
This satisfying salad proves that turkey can be enjoyed outside of the holidays. Peppery salad greens, sweet grapes and rich walnuts combine to create a flavor sensation.

### **40 High-Protein Salad Recipes That Are Surprisingly ...**

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Instead of wimpy iceberg lettuce, go with spinach (1 gram of protein per cup) or kale (2 grams of protein per cup). Add some



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chia seeds to your vinaigrette (1 gram of protein per tablespoon) and instead of croutons, top your greens with roasted chickpeas (7 grams of protein in ½ cup).

### **15 Delicious Protein-Packed Vegan Salads - Well Vegan**

If you've been dying to try a Buddha Bowl that is delicious, yet high in protein, this is the one for you. It takes only 10 minutes of prep time and packs 32 grams of protein per serving. This Buddha Bowl doesn't disappoint- it's packed with colorful mixed veggies.

### **21 Delicious High Protein Meal Prep Recipes - All Nutritious**

And the good news is: many protein-rich foods are incredibly delicious! In this cookbook, we've compiled our top EAT SMARTER recipes for packing in the protein, from lean fish dishes perfect for a light summer meal to vegetarian shakes that make

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a perfect energizing breakfast or snack.

**Cookbook: Protein-rich recipes | Eat Smarter USA**

Chickpea Avocado Salad (pictured) – The Stingy Vegan. Power protein salad with kidney beans, chickpeas, edamame, quinoa and almonds – Well and Full. Sprouted mung beans salad – Where Wear in the City. Roasted sweet potato and black bean salad – Naturally Ella. Market bean salad (pictured) – A Spicy Perspective.

**50 Vegan High Protein Salads | The Stingy Vegan**

Plant-Based High-Protein Cookbook: Nutrition Guide With 90+ Build Muscle & Improve Your PhysiquePart two of the 'Vegan Meal Prep' SeriesThis science-fueled cookbook is a complete guide to prepping over 90 plant-based, high-protein recipes optimized for athletes and sports(women).

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### **5-Ingredient Plant-Based Cookbook: 76 Easy & Delicious**

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These high protein recipes are vegetable forward and filling. They are the sort of protein rich preparations that keep you satisfied throughout the day. You'll find all sorts of ideas that boost your protein intake without centering your meals on meat-based proteins. Win win!

### **100+ High Protein Recipes - Veg-centric and Delicious ...**

Easy & Delicious Salad Dressing Highly recommend this to go on top of spinach salad with chopped broccoli, apples, cheese, and your favorite source of protein (or some subset of these). By bennett.gberg

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