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Vegetarian diet: How to get the best nutrition - Mayo Clinic - Weight training in combination with a high protein diet (33% of calories) is more effective for fat loss than just a high protein diet, or weight training with a diet lower in protein (20% of calories). Obese and overweight diabetics on a high protein diet or a control diet for 16 weeks had the same kidney functioning capabilities. V3 Bodybuilding Success Guide - Vegetarian Bodybuilding -

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