



# Portable Protein: Healthy, Delicious, and Easy to Make Snacks to Take on the Go

*Barbara Benson*

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## **Portable Protein: Healthy, Delicious, and Easy to Make Snacks to Take on the Go** Barbara Benson

Eating a diet rich in protein will provide you with lean muscle, curbed hunger, stronger hair and nails, and much more. Having protein-rich foods to snack on is an important part of any exercise or diet regimen. Protein will help keep you fuller for longer and help you build muscle mass when you exercise. It will also help with brittle hair, breaking nails, and even constant fatigue. The benefits of protein are numerous and the protein snacks you can make are delicious!

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