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Fit 4 Ever: How Much Protein Do You Need?

Jesus knows how to build His church. He also knows how to build your body. In fact, He even designed the food we eat to perform very specific functions in our bodies to promote health, healing, energy and growth. Athletes today know that what they eat has a direct effect on how they train and how they ultimately perform during competition. But there still seems to be a lot of confusion when it comes to the amount of protein needed for peak performance.

Bible Reference:

Matthew 16



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