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THE PROTEIN MUFFIN STARTER PACK

10 MACRO-VERIFIED RECIPES

GRAM-BASED PRECISION

COMPLETE SWAP SYSTEM



INSIDE THIS GUIDE:

- ✓ 10 Tested & Verified Recipes (18-24g protein per muffin)
- ✓ Complete Gram-Based Shopping Lists
- ✓ The Master Macro Swap Sheet
- ✓ Freezer & Reheating Protocol
- ✓ Printable Recipe Cards
- ✓ Troubleshooting Encyclopedia
- ✓ The Science of Protein Baking
- ✓ Bonus: Advanced Techniques & Flavor Hacks

All macros verified using USDA FoodData Central

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