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# THE PROTEIN MUFFIN STARTER PACK

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**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*

*Last Updated: December 2023*

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