

# PROTEINOUS

*Meaning: Proteinous refers to foods or substances that are rich in protein.*

1. The diet was carefully planned to include various proteineous sources to ensure adequate nutrition.
2. Many athletes focus on proteineous foods to support muscle recovery and growth after intense training.
3. A variety of beans and legumes are excellent proteineous options for those following a plant-based diet.
4. The chef created a delicious dish featuring a proteineous blend of quinoa, chicken, and vegetables.
5. In addition to vitamins, the supplement also contained a proteineous extract that promised to enhance performance.

---

*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/proteinous>*