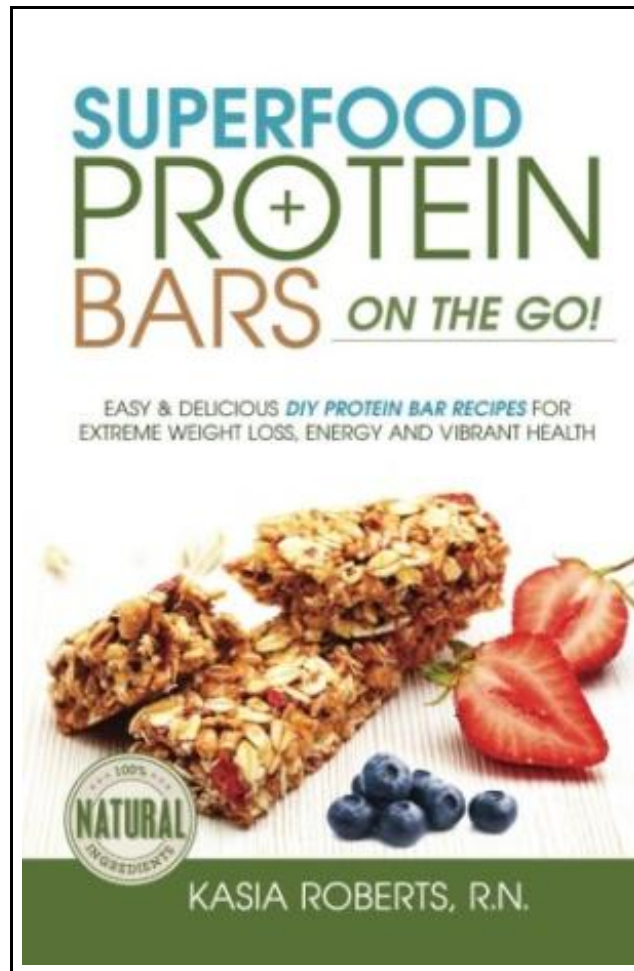


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(Dr. Kayden Gerlach)

SUPERFOOD PROTEIN BARS ON-THE-GO: EASY AND DELICIOUS DIY PROTEIN BAR RECIPES FOR EXTREME WEIGHT LOSS, ENERGY AND VIBRANT HEALTH



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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Save Money and Lose Weight With Easy and Delicious DIY Protein Bar Recipes for Energy and Vibrant Health Today Superfood Protein Bars On-The-Go is a book designed specifically to rev your metabolism with 25 mouth watering bake and no-bake protein recipes to lead you on a path toward greater health and a slimmer waistline. If you ever purchased protein bars at your local grocery store, you know how expensive they are! Protein bars can be a great way to energize before or after a work out, as snacks or even as meal replacements, however, most store bought varieties contain massive amounts of artificial ingredients, which do more harm than good. Luckily, these protein bars have none of the junk and all of the protein, thanks to the all-natural, energy boosting ingredients like nuts, seeds, nut butters and protein powder. Can t have whey? No problem. Just swap in a plant-based protein powder instead. Each recipe outlined in this book delivers nutritional information (calorie count, protein count, carb count, and fat count) and high-quality ingredients, including many Superfoods that are evolutionarily designed to deliver you the greatest bang for your buck with regards to nutrition and protein intake. In addition, many ingredients in this book are organic allowing you to take steps toward eliminating toxins from both your body and the greater environment. Beyond anything else, each protein bar is fun, vibrant, easy to make, and incredibly delicious-perfect for meal replacements and after-school snacks. Make your bars ahead of time and enjoy them all week whether you re at the gym or snacking on the go. Create a different lifestyle for yourself: one with all essential amino acids to...



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