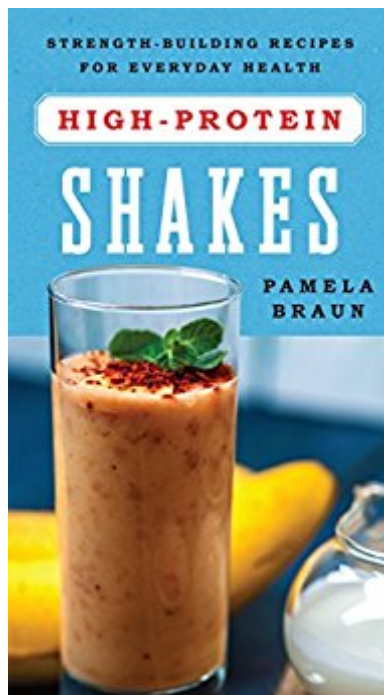




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High-Protein Shakes: Strength-Building Recipes For Everyday Health



Synopsis

With modern flavors and better texture, these are protein shakes everyone can love. Protein is the magic bullet to staying lean and strong as we age. Time and again, studies show that eating more protein can help with weight loss, strength building, and energy. Protein shakes are a classic way to consume this important nutrient, but they often get a bad rap for being chalky and hard to swallow. Until now. Pamela Braun has developed recipes for modern and fresh shakes that taste great and truly satisfy. With high-protein ingredients like almond butter, coconut milk, hemp hearts, and yogurt, these shakes will please every taste and budget. More than 50 recipes include: Orange Cream Shake, Mocha Shake, Mexican Chocolate Shake, Pumpkin Spice Shake. Start living better and longer, one protein drink a day.

Book Information

File Size: 106577 KB

Print Length: 112 pages

Publisher: Countryman Press; 1 edition (January 3, 2017)

Publication Date: January 10, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01IU5UXWQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #216,566 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

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