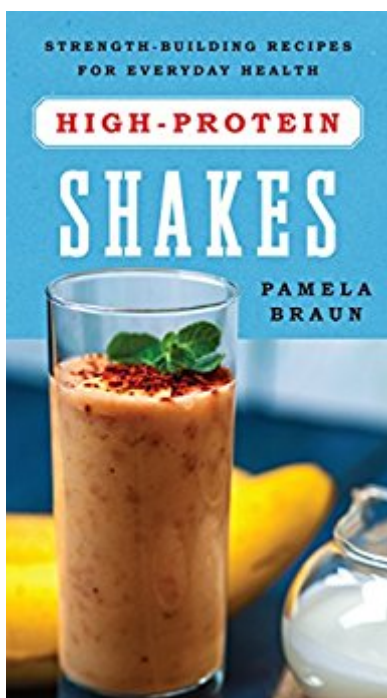


The book was found

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

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Juices & Smoothies #61 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Non-Alcoholic #95 in Kindle Store > Books > Cookbooks, Food & Wine > Desserts > Frozen Desserts

[Download to continue reading...](#)

Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness
(Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan)

High-Protein Shakes: Strength-Building Recipes for Everyday Health DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan High Protein Cookbook: 50 Delicious High Protein Vegan Recipes High Protein Vegan Cookbook: Delicious And Healthy High Protein Vegan Recipes High Protein Low Carb Cookbook: Delicious High Protein Low Carb Recipes For Helping You Burn Fat Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks! The Bariatric Foodie Guide to Perfect Protein Shakes (Volume 1) Plant-Protein Recipes That You'll Love: Enjoy the goodness and deliciousness of 150+ healthy plant-protein recipes! Advanced High Strength Steel and Press Hardening: Proceedings of the 3rd International Conference on Advanced High Strength Steel and Press Hardening - Ichsu 2016 Protein Power: The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks! Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Protein From Plants: A full nutritional guide to vegan protein + recipes, quick-grab snacks & meal plans Protein Ninja: Power through Your Day with 100 Hearty Plant-Based Recipes that Pack a Protein Punch Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)