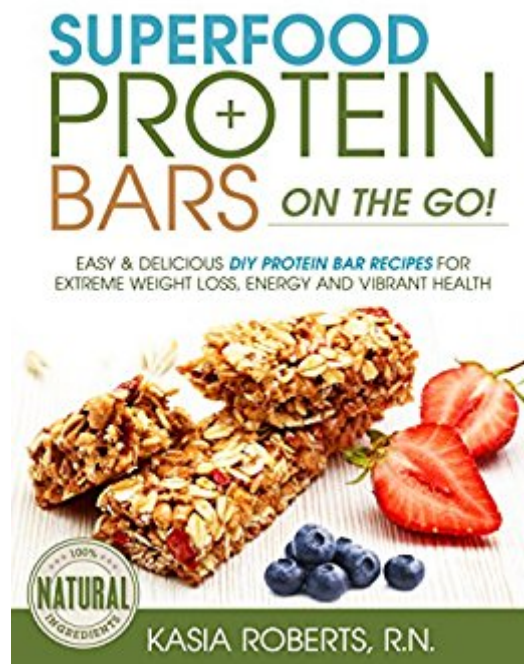


The book was found

Superfood Protein Bars On-the-Go: Easy And Delicious DIY Protein Bar Recipes For Extreme Weight Loss, Energy And Vibrant Health



Synopsis

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 thinner 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 help you grow muscles, trim your waistline, and fuel yourself with bountiful nutrition. Just to say Thank you for checking out this book I would like to give you a FREE report - Weight Loss Metabolism Secrets: Discover the Secrets to Firing Up Your Metabolism to Achieve Lasting, Natural Weight Loss. Go to weightloss-tips.ca to grab your free copy now! SCROLL UP AND CLICK BUY TO DOWNLOAD YOUR COPY INSTANTLY

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Customer Reviews

There has always been so much controversy over whether a high protein diet is safe. The author makes some good points about the benefits of a high protein diet. For example, I found it interesting that for every one percent boost in daily protein intake, you can decrease calories by as much as thirty-two to fifty-two percent every day. The Mean Green Almond Bar and the Red Raw Superfood Bar will be two I will try.

If you know how many preservatives and other harmful ingredients are in protein and power bars, you know how valuable this book is. I'm a big fan of almond butter and coconut so I was thrilled to find some recipes that contained these ingredients. I'm going to try to contact the author to see if she will put out a paperback of this book. I'll be the first to buy it.

There are great recipes found in this book. I have never been one to eat protein bars but with all the material I have read here, I am certainly going to make them a part of my day. The improved energy and loss of fat make a high protein diet one to try.

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