



The Ultimate Protein Powder Cookbook: Think Outside the Shake

Anna Sward

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More than 150 revolutionary recipes for protein powder pancakes, breads, cookies, pizza, and more -- gluten-free, easy, and delicious!

Protein powder can help you lose weight, build muscle, have more energy, and perform your very best. And there are delicious ways to use protein that go beyond simply tossing a scoop of powder into your blender in the morning. Protein powders can also be used to make an infinite array of healthy and delicious foods that satisfy your tastebuds and your health and optimal fitness. They're easy to make, and portable, too. Anna Sward - author of the celebrated blog proteinpow.com - provides easy-to-follow recipes for protein bars, breads, quiches, pizza, muffins, pancakes, cookies, cakes, and more, all using the freshest and most nutritious of ingredients.

Sward will show you a revolutionary new way of eating. High-protein living, without gluten, sugar, empty calories, refined carbohydrates, unhealthy fats, and preservatives, will become a pleasure to be enjoyed. Yes, you can have your cake, and eat it, too!

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Stacey Smith:

A lot of people always spent their free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a reserve. The book The Ultimate Protein Powder Cookbook: Think Outside the Shake it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to create this book you can buy typically the e-book. You can m0ore quickly to read this book from your smart phone. The price is not very costly but this book provides high quality.

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