



Protein Bars at Home: DIY Protein Bar Recipes for a Healthier Life (Paperback)

By Ariana Hunter

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Protein Bars At Home: DIY Protein Bar Recipes For A Healthier Life Want to make your own healthy, hearty and cheap snacks? Then download this book right now! This book will offer you a wide variety of different protein bar recipes, including 31 mouth-watering recipes in these 4 different categories: - weight loss protein bars - baked protein bars - no bake protein bars - vegan protein bars With 31 amazing recipes, there is something for everyone to enjoy. Along with the fantastic recipes the book will also give you an abundance of useful information, such as: - the basics of protein bars - the many benefits of making your own protein bars - the best types of protein powders - helping you decide which type of protein powder is right for reaching your goals You really can't go wrong with this book. The wealth of knowledge you are going to acquire is going to be well worth the money that you spend. It is my sincere hope that this book can bring a healthy change into your...



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