

THE ULTIMATE PROTEIN POWDER COOKBOOK THINK OUTSIDE THE SHAKE

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In The Ultimate Protein Powder Cookbook, Anna Sward, author of the celebrated blog Protein Pow, shares delicious ways to add protein to anyone's diet that go beyond tossing a scoop of powder into the blender. Protein powders can also be used to make an infinite variety of healthy and delicious foods—from protein bars to breads, quiches ...

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Protein powder can help individuals lose weight, build muscle, have more energy, and perform their very best. In The Ultimate Protein Powder Cookbook, Anna Sward, author of the celebrated blog Protein Pow, shares delicious ways to add protein to anyone's diet that go beyond tossing a scoop of powder into the blender.

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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.

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So, whatever your fitness goals are, upping your protein intake can help you get there quickly. Fortunately, for those who don't know where to start in regards to a protein diet, Anna Sward's The Ultimate Protein Powder Cookbook: Think outside the Shake comes in handy.

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Anna Sward is the founder of Proteinpow.com, the richest and most comprehensive resource for protein powder recipes ever created. She is the author of The Ultimate Protein Powder Cookbook and her recipes have been published in magazines including Muscle & Fitness, Men's Health, and Oxygen.

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