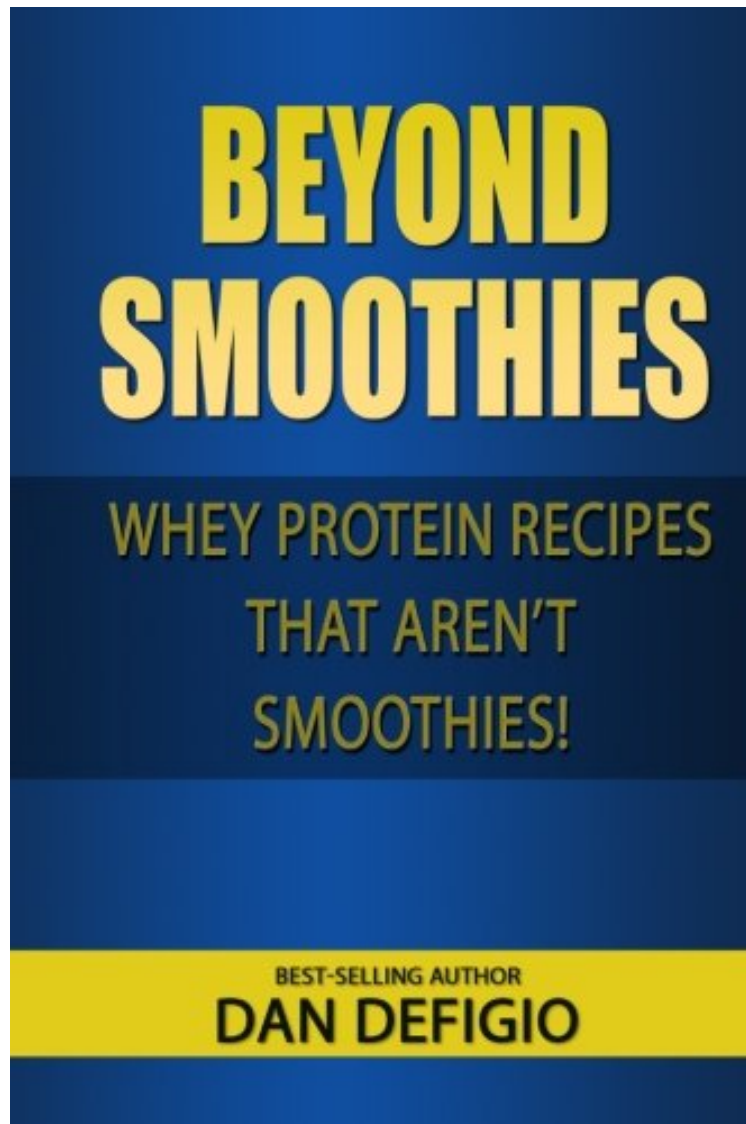


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## Beyond Smoothies: Whey protein recipes that aren't smoothies

*Dan DeFigio*

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**Dan DeFigio : Beyond Smoothies: Whey protein recipes that aren't smoothies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Beyond Smoothies: Whey protein recipes that aren't smoothies:

1 of 1 people found the following review helpful. Awesome recipes. I was getting so sick of my ...By MidgeWow! Awesome recipes. I was getting so sick of my protein shakes, who knew that you could actually add them to recipes...like peanut butter cookies (my absolute favorite kind of cookie in the whole world) and make it healthier. I also enjoyed the easy to make chocolate peanut butter protein bars and the pumpkin cookies. This book has really

given my breakfast a boost in protein, by adding it to my usual oatmeal it was great. I am now off to try my hand at making the berry peach delight, it looks so good and easy to do. I cannot wait to try the muffins and the cupcakes. 1 of 1 people found the following review helpful. A True 5-Star Book! By Sherry Everett A true 5-Star book. I like the way the author explains why we should use whey protein, explores the difference between Whey Protein Isolate and Whey Hydrolysate, then gives you a website to order the good whey directly. Every one of his recipes sound delicious. So far I've tried the double chocolate almond protein balls, the blueberry walnut oatmeal, the fast vanilla protein cheesecake and the almond snack bars. I can hardly wait to make the high-protein cinnamon bread. Many thanks to this author for conceptualizing this idea and putting it to paper. 1 of 1 people found the following review helpful. Ultimate Whey Protein Alternatives! By Big Daddy Sometimes you need a book like this to think outside the Protein Box. Yeah, those of us who use Whey Protein usually just shake it up. But this book opens a new world to me. I guess I never thought about it. But why not refresh your "Whey Routine" and grab a couple "No Bake Peanut Butter Cookies... Or Some "Almond Snack Bars" This book was an eye opener and the recipes make your mouth water just reading them. Thanks Again Dan for a great book. Should have read it sooner.

If you're burned out on green smoothie recipes and juice detox diets, or you're looking for whey protein recipes that fit into a low-carb, high-protein diet, Beyond Smoothies is for you! Fruit smoothies and protein shakes can get old fast. Beyond Smoothies comes to the rescue, delivering easy ways you can utilize nature's perfect protein that are far more interesting than boring fruit smoothie recipes! Beyond Smoothies also uncovers the different types of whey protein, explains some of the many health benefits of using whey protein in your diet, and teaches you what kind of whey protein you should use. Whether you're looking to get more protein in your diet, improve your health, lose weight, or supplement your detox diet, Beyond Smoothies will make it easy to add delicious ways to use whey protein.