



DIY PROTEIN BARS: Easily Make Delicious Protein Bars Packed with Energy! Healthy Homemade Grab and Go Snacks That Work! Protein, Fitness Diet Cookbook, ... Building, Energy Bars, DIY Protein Recipe

Simon Charboneau

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Create Delicious Protein Bars Packed with Energy!

Keep your energy up with the ultimate grab-and-go snack!

A diet that's high in protein and low in carbohydrates is an excellent way for many people to lose weight without even exercising. For people who do exercise, protein is a must for the building and repair of muscle.

If you've ever visited the protein bar section in your local market or convenience store, you will likely leave confused because of the extremely large selection. Some of them just look like candy bars and others are loaded with sugar.

One thing nearly all commercial protein bars have in common is that they are expensive! You can easily spend \$3.50 a pop.

DIY Protein Bars will teach you how to make your own protein bars at home so you can start getting slim and improve your health with convenient, inexpensive and delicious protein bars.

By creating your own protein bars, you'll be able to control the sugar and the protein source. The easy to read book format will provide everything you need to know, in a simple way:

- A protein 101 crash course
- Benefits of making your own protein bars
- The different kinds of protein powders

DIY Protein Bars also has lots of recipes for :

- Baked protein bars
- No-bake protein bars
- Low-calorie, low carb bars
- Vegan protein bars

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