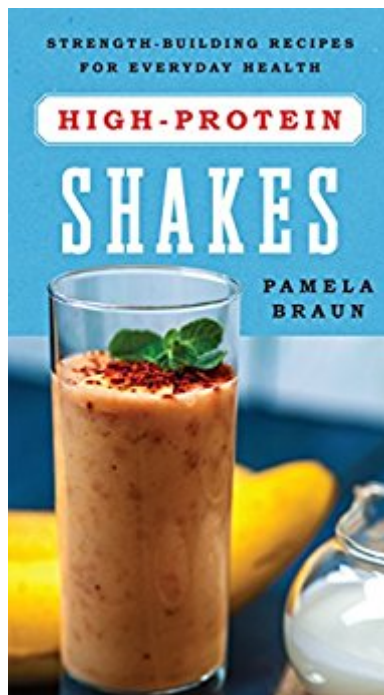




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High-Protein Shakes: Strength-Building Recipes For Everyday Health



Synopsis

With modern flavors and better texture, these are protein shakes everyone can love. Protein is the magic bullet to staying lean and strong as we age. Time and again, studies show that eating more protein can help with weight loss, strength building, and energy. Protein shakes are a classic way to consume this important nutrient, but they often get a bad rap for being chalky and hard to swallow. Until now. Pamela Braun has developed recipes for modern and fresh shakes that taste great and truly satisfy. With high-protein ingredients like almond butter, coconut milk, hemp hearts, and yogurt, these shakes will please every taste and budget. More than 50 recipes include: Orange Cream Shake, Mocha Shake, Mexican Chocolate Shake, Pumpkin Spice Shake. Start living better and longer, one protein drink a day.

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