



Homemade Protein Bars: 15 No-Bake Recipes To Help Your Diet (Fitness & Protein Power)

Marjorie Evans

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Homemade Protein Bars: 15 No-Bake Recipes to Help Your Diet, aims to properly introduce the consumption of homemade protein bars and their inclusion in one's everyday diet, for the purposes of staying fit and healthy. The book will also give readers an idea on how protein infused, all-natural food supplements can benefit their bodies in so many ways.

Health and fitness have both become such important aspects of every person's life, which means that achieving both a healthy and a really active lifestyle can now be achievable through the increase in the availability of local produce and all natural diet supplements in the market. And although the growing demand for protein bars increases every day, it does not mean that consumers like you can easily find brands that are not laced with chemicals or preservatives that could eventually harm your body. This is the reason why this book aims to encourage people to take on the practice of making their very own protein bars at home.

Here is a preview of what you will learn from this book:

- Understand the value and importance of protein in the body.
- Learn the difference between commercially produced and homemade protein bars
- Find out the truths behind the protein bar myths
- Discover why protein bars are healthy through the benefits that one can get out of making their own protein bars at home.
- Learn different recipes that are healthy and really easy to make.

This book, altogether, would like to call on readers who are looking for healthier alternatives to their usual powdered protein shakes and energy bars that are available at their local health or workout stores. It also aims to encourage everyone, from health buffs to students, from nursing moms to those with the unhealthiest lifestyles, to join the homemade protein bars bandwagon.

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