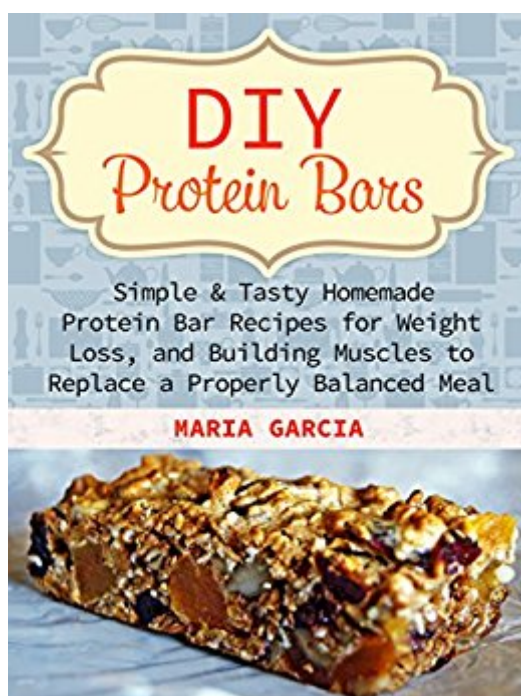


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# DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes For Weight Loss, And Build Muscles To Replace A Properly Balanced Meal (Protein Bars, DIY Protein Bars, Protein Bars At Home)



## Synopsis

In this fast-paced, health-conscious world, many of us are constantly on the go -- home, office, gym, social activities -- so sometimes there is just not enough time to grab a healthy meal. Many of us choose protein, energy or granola bars for a quick meal replacement; however, the cost of these nutritional snacks can be staggering. You'll be happy to know that you can make yummy, nutritious, money-saving protein bars at home. Homemade is always much better for you, because you know exactly what ingredients are in your goodies! In this book you will learn about healthy ingredients that are packed with protein. You will also get an extensive list of recipes and recipe variations so that you can make several flavors and types of protein, granola and energy bars that will make your mouth water. Several of the recipes are even no-bake -- AND there are even some protein bar recipes for you chocolate lovers! Ingredients can be found at grocery, specialty and health food stores, many of which you may already have in your pantry and refrigerator. So, if you are looking for some easy, fun, delicious and satisfying protein bar recipes, this book is for you! Thank you for downloading it! Here is what you will learn after reading this book: Protein-Packed Ingredients The Simplest: No-Bake Bars Nutty Bars Fruity Bars Chocolate Lovers Bars Sweet and Salty Bars Getting Your FREE Bonus Download this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion. Download your copy of "DIY Protein Bars" by scrolling up and clicking "Buy Now With 1-Click" button.

## Book Information

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## Customer Reviews

The author has included what are probably some very tasty recipes for CEREAL bars and GRANOLA bars, but none for protein bars. These recipes are high-CARB, not high-PROTEIN, if you're looking for genuine low-carb protein bars, this is not the book for you. Big hint: if it has more carbs than protein, it's a CARB bar, not a PROTEIN bar. Yes, Author, "protein bar" is a more common search hit than "granola bar" or "cereal bar," but that's no excuse for misrepresenting your product.

My wife has PanCan (pancreatic Cancer) and an insulin dependent diabetic. This book has wonderful bars that are full of protein and taste wonderful. They are easy to make and fun also. The kids love helping to make them and eat them as well. There are many options to fit everyone's taste.

An excellent diy book for the ones who want to invest their time and their energy for themselves. Sometimes, when you do it yourself, you might appreciate better what others do for you. As this book is.

I downloaded this book when it first came out. I have not actually done any of the recipes as yet, but what I like about this book is the simplicity of the recipes and the ingredients used which are so easily available. I have looked through this book and read the recipes, and I can actually taste the bars. They not only seem delicious, but by the ingredients, I know that they are healthy. I have always liked these kind of snacks, and would often purchase the ones done by Quaker, which are somewhat expensive and small. Now I can make my own - thanks to this book.

"Regardless of whether you try to lose weight, try to preserve your ideal weight, try to build your muscles or you simply want to have a healthy lifestyle to live longer and happier, this book will be ideal for you. The recipes are not time-consuming, they are inexpensive and extremely easy to cook, while healthy, nutritious and full of proteins and carbohydrates that will give your body the boost to perform your everyday duties, regardless of whether at work, at home, with the children,

when working out -- you name it! " Love this book. If it were paper, it would become dog-eared in a short time. The recipes are made with delicious ingredients and are varied there is surely something pleasing. I'd like to find one like this for smoothies. So simple and easy. Most of them require no baking. I received this book free for my honest review.

Format: Kindle Edition PDF Download This book contains 42 recipes with easy to ready instructions written in step- by- step instructions in the following categories: Simple to Make â “ No Bake Bars, Nutty Bars, Fruity Bars, Chocolate Lovers Bars, and finally Sweet and Salty Bars. Each recipe section contains a picture of a bar within giving the reader an ideal as to what your completed bar should resemble. I feel it would have been beneficial to have included a picture to go along with each recipe as well as it would have been a nice touch. I especially like that the author has taken the time to include informational information on the ingredients, along with substitutions that can easily be made, however, it would have been nice if the author would have also taken time to include nutritional information as well which they did not do. I was given this book for free in exchange for my honest review.

I think part of people's problems today are things like protein bars. They might not fill up a person and they then think they need more to eat. These are great for those who can handle just a bar for dinner, while most people need veggies, starches and proteins. I do think these make a great grab and go breakfast for busy people. The recipes are well written, and most of them sound good, but I still think people should eat more veggies and try for the rainbow of colors on their plates. These are still great for some people that maybe just don't like to eat a meal, these provide protein and other nutrients perfectly for those people. I was given a free copy in exchange for an honest review. I was not paid in any way and all opinions are my own.

Call me petty, but I was distracted by the inconsistencies in measurements and awkward page endings, uneven tone in narration (yes, I know it is a cookbook, but I READ cookbooks), and the obvious copy and paste nature of this book. Additionally, being health-conscious enough to make my own protein bars includes wanting to know the nutrition content of them once they are made. It would have been easy enough to run these recipes through an online analyzer and had a really valuable addition to the book. The recipes look nice enough but I doubt I'll make many of them as I'll have to figure out all that for myself. I did receive this book free of charge in return for my honest rating online, so I feel I have to say, this one could have been so much better with the help of an

editor.

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weight loss, and recipe books) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Low Carb Dump Meals: 30 Tasty, Easy and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb: Low Carb Dumb Meal Recipes For Weight Loss, Energy and Vibrant Health (Clean Eating) Mediterranean Diet: A Beginners Guide with The Most Tasty and Healthy Recipes for Weight Loss (Cookbook, For Beginners, Recipes, Meal Plan)

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