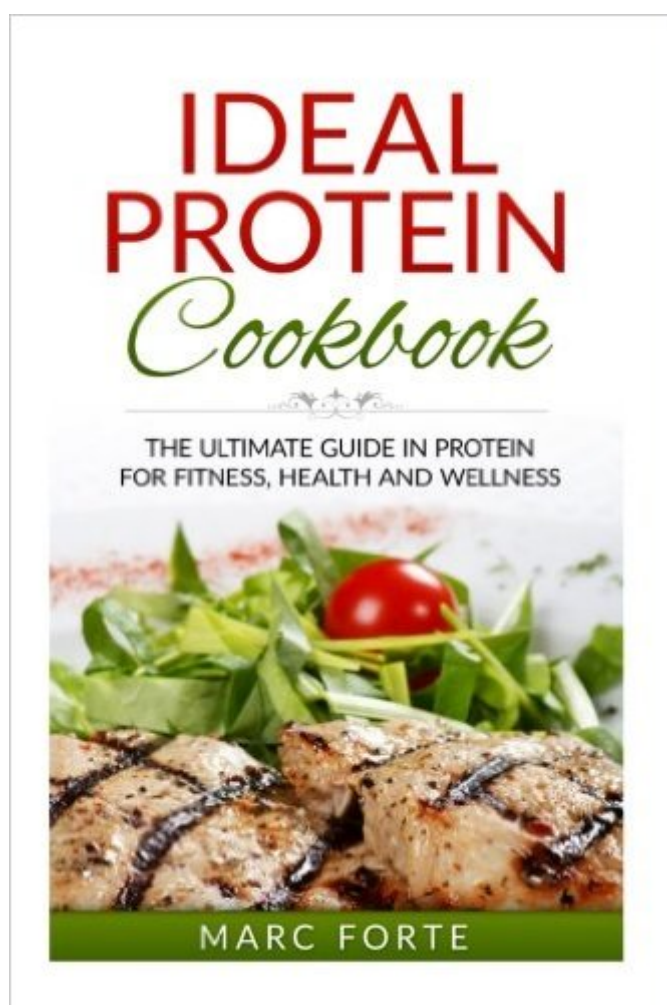


The book was found

Ideal Protein Cookbook - The Ultimate Guide In Protein For Fitness Health And Wellness: The Ultimate Guide In Protein For Fitness Health And Wellness



Synopsis

This book contains recipes to help you jumpstart a protein-oriented diet, which will help you utilize the benefits of consuming of high-quality protein food for fitness and overall wellness. Most people are not aware of the real power of protein to promote good health. What we know is that if you want to lose weight and be one step to being healthy, you have to cut back your sugar and starch consumption. Another tried and tested formula is to of course add exercise along with your diet to further boost the health benefits that you can reap from having a healthier lifestyle. Those two (cutting back sugar+ exercise combo) are indeed proven effective; however, the third and crucial step to a healthier you is consuming quality PROTEIN. What is protein? We probably have underestimated what protein really is. In reality, you will not be able to execute normal functions in life without this macro nutrient. Protein acts as one of the main building blocks in the bodyâyour muscles, organs, tendons, and even your hair and nails uses protein. Our body also uses protein to make hormones, neurotransmitters, enzymes and even other essential body chemicals. In comparison with carbohydrates and fats, which can be stored in the body, proteins cannot generally be stored in the body, so we need to consume high quality proteins. So why do you need this cookbook? I will be giving you some protein-rich recipes that you can prepare daily. These recipes will provide quality protein and the bonus is, they are fairly easy to do and wonât be a heavy on the pockets. The best sources of protein can be found in meats, eggs, dairy product, fish and even some plants like nuts, legumes and quinoa. So our recipes will be mostly playing around these ingredients. As you try some mouth-watering dishes, you will soon realize that being healthy can be really delicious! And to further convince you why protein is important, here are some guaranteed benefits of consuming quality protein: 1.It helps burn fats 2.It promotes muscle growth and repair 3.It reduces the absorption of sugar 4.You burn more calories while processing protein compared with carbs and fats 5.Protein can make you feel fuller for a longer period of time, thus lower consumption of calories

Book Information

Paperback: 46 pages

Publisher: CreateSpace Independent Publishing Platform (January 13, 2016)

Language: English

ISBN-10: 1523397470

ISBN-13: 978-1523397471

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 2.9 ounces (View shipping rates and policies)

Average Customer Review: 1.5 out of 5 stars Â Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #103,863 in Books (See Top 100 in Books) #29 inÂ Books > Cookbooks, Food & Wine > Special Diet > High Protein

Customer Reviews

Waste of money. 10 recipes.

It doesn't appear like the pic.

[Download to continue reading...](#)

Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Die-cutting and Tooling: A guide to the manufacture and use of cutting, embossing and foiling dies, anvils and cylinders Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition Low-Dimensional and Nanostructured Materials and Devices: Properties, Synthesis, Characterization, Modelling and Applications (NanoScience and Technology) Zionism: The Birth and Transformation of an Ideal Wired for Dating: How Understanding Neurobiology and Attachment Style Can Help You Find Your Ideal Mate Hacking: The Ultimate Beginners Guide (Computer Hacking, Hacking and Penetration, Hacking for dummies, Basic security Coding and Hacking) (Hacking and Coding Book 1) Atkins: Atkins Diet: The Complete Atkins Diet Guide And Low Carb Recipe Plan For Permanent Weight Loss And Optimum Health (36 Delicious,Quick And Easy, Low Carb Recipes for Every Meal) Data Analytics: Practical Data Analysis and Statistical Guide to Transform and Evolve Any Business Leveraging the Power of Data Analytics, Data Science, ... (Hacking Freedom and Data Driven Book 2) Programming and

Automating Cisco Networks: A guide to network programmability and automation in the data center, campus, and WAN (Networking Technology) Mosaics for the Home and Garden: Creative Guide, Original Projects and instructions (Art and crafts) (Volume 1) Ham Radio for Beginners: Quickstart Guide for New Hams and Amateur Radio Enthusiasts (Get your license and go from beginner to expert in survival communication and self reliance) RV : Rv Living And Rv Boondocking Guide For Beginners: Discover Tips, Tricks And Space Hacks To Live Free And Happy In A Van, Car Or Any Other Motorhome ... Living,Off the Grid) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Astrology, Yoga, and the Chakras: A Basic Guide to Astrology and the 7 Chakras: Healing and Harnessing the Power from Within

[Dmca](#)