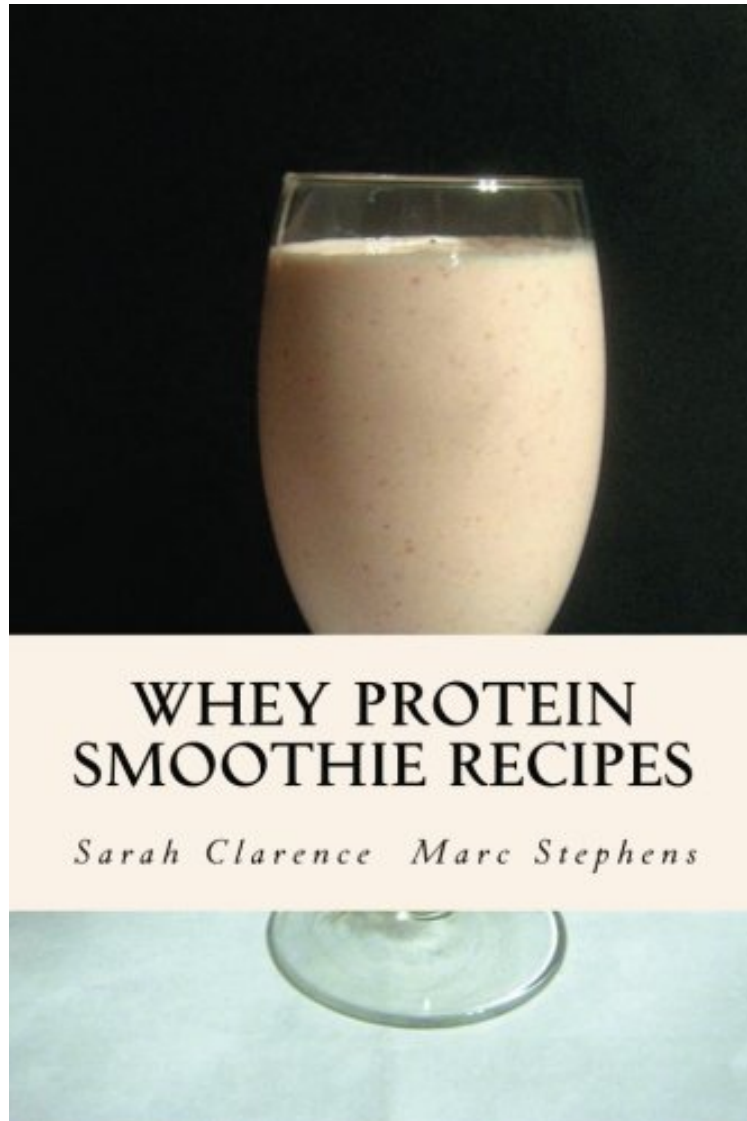


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Whey Protein Smoothie Recipes: Improve Health the Whey Way

Sarah Clarence, Marc Stephens
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Sarah Clarence, Marc Stephens : Whey Protein Smoothie Recipes: Improve Health the Whey Way before purchasing it in order to gage whether or not it would be worth my time, and all praised Whey Protein Smoothie Recipes: Improve Health the Whey Way:

3 of 3 people found the following review helpful. Solid Information about Whey Protein and You Get Recipes Too!By Sandy BI've been eating in a healthier way lately but since I reduced my intake of meat, I often feel I'm not getting enough protein. So I picked up this book and found a wealth of information about whey protein. The authors explain what whey is, how it works, why it's good for you and how it can help with weight loss and good health.What caught

my attention was that whey is an appetite suppressant and it boosts metabolism. So in addition to getting a great protein source, whey can also help with weight loss. The authors discuss the benefits to average people, new Moms, vegetarians, seniors and others. They also point out when whey might not be good for you. For example if you're lactose intolerant or if you're taking Levodopa. In addition to all of the excellent information about whey there are also 15 recipes for fruit smoothies with whey and 8 specialty smoothies with whey. I love smoothies and they will now be a great way for me to get more protein through whey. If you're thinking about including whey in your diet I would suggest not just getting a book of whey smoothie recipes. This book provides the information you need to decide if whey is a good and healthy option for you. And it also includes a lot of yummy whey smoothie recipes. 0 of 0 people found the following review helpful. Any protein powder will work By Crystal E Very versatile book! There are a lot of different kinds of protein powders that will work well with these recipes. I got overwhelmed at the health food store! Even using instant breakfast powders will work, if you are into that. I have even replaced the protein powder with Almond flour or Coconut flour when I ran out of my protein powder before my paycheck came in. Personally, I had to give up on whey because it is dairy and not very arthritis friendly. Once I switched to soy protein, I have been able to walk with very little pain and no cane. Not so with whey protein. But there is a lot of good information in this book! 0 of 0 people found the following review helpful. Great smoothies before my workouts By Richard Sipos Started using this app for making whey smoothies before going to the gym. Gives me better workouts with plenty of energy.

Whey protein is known to help muscles recover faster after exercise. However, it has also been shown to help with weight loss and boost the immune system. Whey protein can help athletes, vegetarians and seniors.