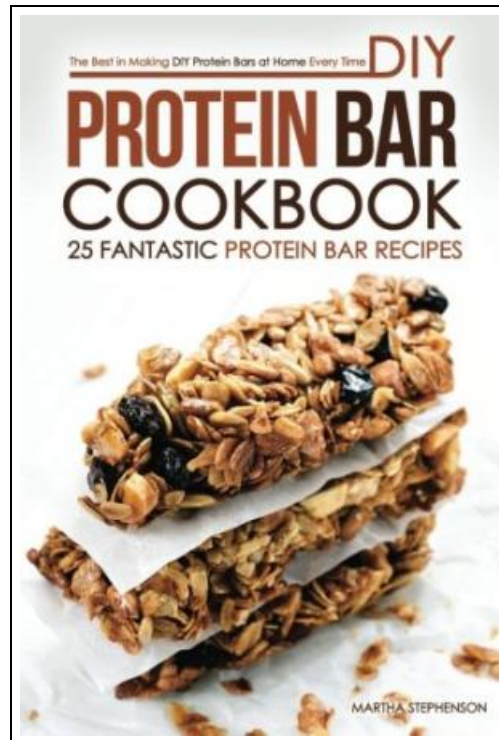


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Food stores always propose you such a choice of different protein bars with more and more amazing tastes but can we really trust them that they will do the job you expect them to do for your diet and your health! The advantage of the protein bar is that it is convenient to slip into your gym bag or pocket. It is you who decides whether the protein bar is a simple snack for you or a replacement for your meal. So it is very important to know what exactly you are eating and whether what you chose for your meal will do exactly what your body needs. So, be careful not to fall into the trap of some brands who bet everything on the marketing rather than on the composition of their bars. It is important to read the nutritional values of protein bars because they don t always seem to be what they are. Even with a healthy and varied list of ingredients, the sugar content should not be more than 30gr, which is the equivalent of two tablespoons, especially if there are other ingredients like dried fruits that add more sugar without being noticed. Similarly, a very long list of ingredients is unnecessary and is more deceitful than anything else. So, if you are careful and read nutrition labels and ingredients lists, it is possible that you will discover that actually you are not consuming what you think you do. The best in this case is to make your own homemade protein bars. For the purpose to avoid all confusions with ingredients and trust you are really following your protein diet get this DIY Protein Bar Cookbook...

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