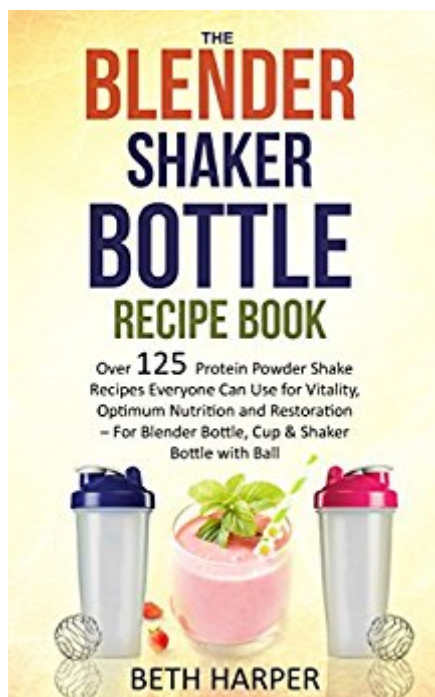


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# The Blender Shaker Bottle Recipe Book: Over 125 Protein Powder Shake Recipes Everyone Can Use For Vitality, Optimum Nutrition And Restorationâ€™for Blender Bottle, Cup & Shaker Bottle With Ball



## Synopsis

Shake up your life â” Get strong, energized and healthy! Need some interesting shake recipes for your blender shaker bottle? Author Beth Harper shares her inspiring story and new recipes in The Blender Shaker Bottle Recipe Book. With over 125 shake recipes for everyone, her book caters for different health goals. Whether youâ™re a muscle builder, an athlete, a busy mom, or you simply lead an active lifestyle, youâ™re sure to find some delicious shakes, just for you. Youâ™ll easily find nutrient-dense blender shaker bottle recipes for: â ¢ Muscle Building and Weightlifting â ¢ Weight Loss â ¢ Brain Health â ¢ Womenâ™s Health â ¢ Kidâ™s Health â ¢ Menâ™s Health â ¢ Low Sugar and Low Carb Diets â ¢ Weight Gain â ¢ Overall Good Health Now you can experience optimum protein nutrition by using specially selected ingredients that works well with your shaker bottle mixer. Moreover, the shakes are the perfect combination of active nutrients and delectable taste in an assortment of natural flavors. These quick and easy recipes are convenient enough for busy people who want to get optimum nutrition every day. Get your copy today and experience strength from within. Ready, set, shake!

## Book Information

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## Customer Reviews

I've made a couple of shakes and they're really tasty. However, many recipes rely on flavored yogurt or juice, which aren't actually part of my diet. So I'm trying to find workarounds. Would love to see more plain yogurt recipes and less sugary methods of flavoring. Hemp hearts would be a good addition too.

The recipes are simple and work perfect with the shaker bottle tumbler. The book and tumbler bought together are a must!

Great creative ways to liven up a protein drink. Recipes for everyone!

GREAT ideas

Very good recipe book!!!

Good book

Easy to close for no leak shaking and easy to get the top open to drink!

I have been looking into other ways to improve my diet, general health and energy level. This book offers an incredible variety of tasty ways to do so. The book doesn't only contain a mix of recipes, but the author explains the benefits of protein shakes, the different types of protein powders and some tips and pointers. The author is obviously passionate about the recipes throughout the book and is also very knowledgeable about the ingredients within and how they benefit the body. This is a great a delicious way to get your daily vitamins and nutrients!

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for Blender Bottle, Cup & Shaker Bottle with Ball  
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Green Smoothie) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Ninja Blender Recipe Book: Lose Weight And Shred The Pounds Fast With These Delicious And Healthy Ninja Blender Recipe Book Recipes You Can Make ... Recipes, Ninja Blender Cookbook) (Volume 1) DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Ninja Recipe Book: Quick, Easy And Delicious Ninja Smoothies For Your Ninja Professional Blender (Ninja Bullet Recipe Book, Ninja Blender Recipe Book, ... and Smoothies for Weight Loss Book 1) Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes (VITAMIX RECIPE COOKBOOK, 90+ PAGES, VITAMIX RECIPE BOOK) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Volkswagen Bay Transporter Restoration Manual: The Step-by-Step Guide to the Entire Restoration Process (Restoration Manuals) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness E-Juice Recipes: Shake and Vape E-Liquid Recipes For Your Electronic Cigarette, E-Hookah G-Pen: Quick and tasty E-liquid recipes that you can enjoy today. ... E-liquid recipes for DIY E-juicers. Book 3) Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes Air Fryer Cookbook: 450 Amazingly Healthy & Delicious Air Fryer Recipes. (With Nutrition Facts of Each & Every Recipe) (Air fryer Cookbook, Air fryer Recipes, Air fryer Recipe Book) Mug Recipe Book: Your Guide to Quick and Easy Mug Recipes: Mug Recipes for Beginners (Mug Recipes, Mug Recipe Cookbook, Quick and Easy Meals, Delicious Recipes) Chicken Pot Pie Recipe : 50 Delicious of Chicken Pot Pie Cookbook (Chicken Pot Pie Recipe, Chicken Pot Pie Recipe Book, Chicken Pot Pie Cookbook) (Karen Gant Recipes Cookbook No.4) Plant-Protein Recipes That You'll Love: Enjoy the goodness and deliciousness of 150+ healthy plant-protein recipes!

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