



# Protein-Rich NUTRiBULLET Recipes

*Celeste Jarabese*

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## **Protein-Rich NUTRiBULLET Recipes** Celeste Jarabese

If you are a fitness enthusiast or a body builder, this book is for you! This book is full of delicious smoothie recipes that contain high amount of protein and other essential nutrients to help you recover from heavy workouts or trainings. The recipes in this book are very easy to prepare and make use of common ingredients such as fruits, vegetables, seeds, nuts, dairy or non-dairy liquid bases together with protein supplements to give you variety and also for added nutrition. To help you further, the recipes in this book calls for an astonishing machine called the “NUTRiBULLET Superfood Extractor”. This machine is really incredible, it will help you get the most out of your smoothie ingredients.

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