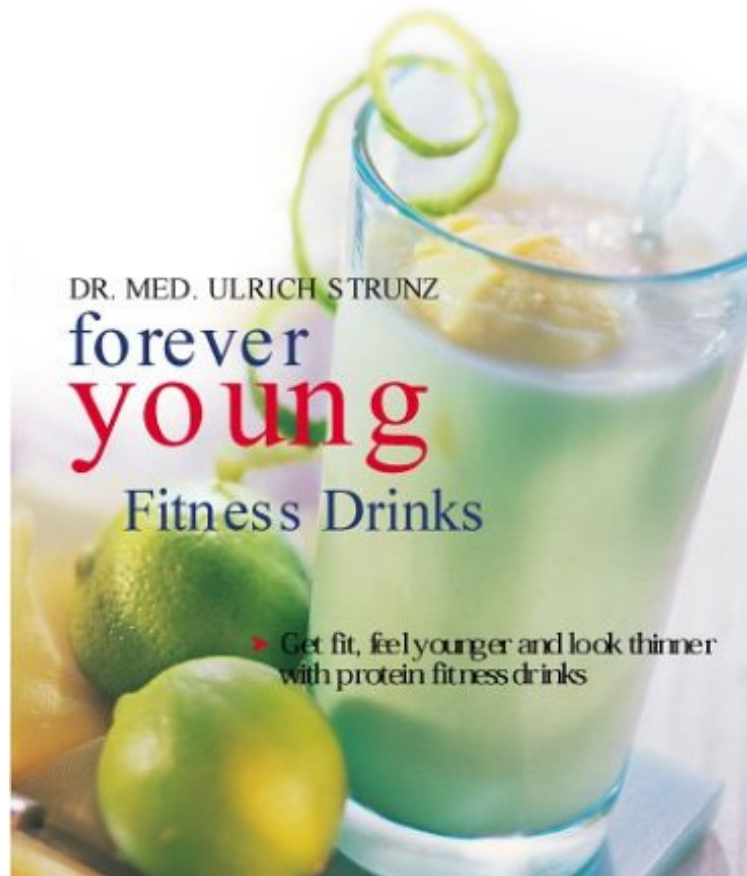


(Mobile ebook) Forever Young Fitness Drinks (Powerfood)

## Forever Young Fitness Drinks (Powerfood)

*Ulrich Strunz*

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**Ulrich Strunz : Forever Young Fitness Drinks (Powerfood)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Forever Young Fitness Drinks (Powerfood):

2 of 2 people found the following review helpful. Great Recipes, No nutritional Content Per Recipe By Lover of Art  
The book is very small. I estimate it contains only about 25 recipes or so. The recipes are very good, however, they don't give nutritional value per drink. For instance how many calories are in the smoothie, how much fiber, carbs, protein, etc. So I'm hesitant to make the drinks if I can't speculate how many calories may be in each drink or if I'm not in the mood to tally it up myself, which is very time consuming. I figured with it being a book about nutritional fitness drink, this type of information would be a given. The pictures of the drinks are very colorful and crisp. Overall, I wish the book contained more recipes, more nutritional info. I probably wouldn't not buy it at full price, it is not worth it. You can probably find these recipes online if you search and it would probably contain more info, than provided in the book. If you can find this book very cheap for maybe a penny or a buck, then maybe it's worth it. But even still, I

would've passed if I had known ahead of time, because it's honestly not worth the shipping and handling.0 of 1 people found the following review helpful. Good BookBy DBBook is very helpful. Seller was great to work with fast and easy to work with, would use them again.1 of 1 people found the following review helpful. great recipesBy Rouba El-AliI have a lot of recipe books but I use this one as a reference quite often... the recipes are delicious and most importantly they are loaded with protein (well powdered protein anyway)... it is also small enough to carry in my suitcase all the times... I also love the colors :)

How to incorporate fish, poultry, beans, quality protein powders into a low-fat diet.

Language NotesText: English (translation) Original Language: German