



## Fitness Cookbook (Energy) (Paperback)

By Heviz s

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table Of Content: -Spinach and Artichoke Quiche Cups -Chili-Lime Spiced Pumpkin Seeds -Fruit Energy Bars -Skinny Berry Parfait - Tex-Mex Salsa -Chocolate Peanut Butter Energy Bites -Bell Pepper Candy -Zucchini Hummus - Sweet Potato Fries -Almond Protein Smoothie -Chocolate Coconut Almond Balls -Chocolate Meal Replacement Shake -Classic Cucumber Tomato Salad -No-Bake Workout Bars -Blueberry Breakfast Cookies -Sweet and Salty Chocolate Covered Pretzels -Cranberry Pumpkin Seed Granola - Watermelon and Red Onion Salad -Carrot Zucchini Whole Grain Muffins -Avocado Breakfast Toast - Creamy Pesto Pasta Salad -Quinoa Almond Joy Bars -Deviled Eggs -Sweet and Spicy Nuts Recipe - Sweet Potato Crunchies -Chocolate Covered Peanut Butter Banana Pops -Skinny Peanut Butter-Yogurt Dip -Herby, Juicy Watermelon, Tomato and Feta Salad -No-Bake Strawberry Mug Cakes - Roasted Red Pepper Hummus -Snack Pretzel Stack -Chocolate Coconut Almond Balls -Chocolate Peanut Butter Energy Bites -Almond Butter and Banana Sandwiches -Sweet and Spicy Nuts Recipe - Blueberry Chia Seed Pudding -Super food Chia Energy Bites -Peanut Butter Banana Cups -Sweet Potato Hummus -Peanut Butter Yogurt Honey Dip -Blueberry Banana Smoothie -Almond Protein Smoothie -No-Bake Workout Bars -Quinoa Protein Bars -Skinny Berry Parfait -Chili-...



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