



HIGH PROTEIN SNACK IDEAS



Protein Snacks Guide Ideas

**Jennifer Morris, California. Department
of Education**



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Family Fun Tricks and Treats Deanna F. Cook, 2001 **Nutrition to Grow on** Jennifer Morris, California. Department of Education, 2001 **Nancy Clark's Sports Nutrition Guidebook** Nancy Clark, 1997 Contains the latest sports nutrition tips and discusses how to reduce your body fat while maintaining energy Also includes 131 healthful recipes and menu ideas

Journal of Food & Nutrition, 1987 **1-2-3 Puppets** Jean Warren, 1989 Each puppet pattern is accompanied by a song or a poem *Play and Learn with Rubber Stamps* Elizabeth S. McKinnon, 1994 Contains activities for many areas of the

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