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Paleo Diet for Strength: Delicious Paleo Diet Plan, Recipes and Cookbook Designed to Support the Specific Needs of Strength Athletes and Bodybuilders

By Lars Andersen

Createspace, United States, 2013. Paperback. Book Condition: New. 250 x 200 mm. Language: English . Brand New Book ***** Print on Demand *****.The ideal companion to Lars Andersen's Paleo Diet Smoothies for Strength Say goodbye to boring food fatigue with this unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on taste, Lars Andersen provides you with everything you need to have a tasty, varied, power-packed meal that is quick to prepare and delicious to eat - you'll look forward to your next meal! Tailored to your specific needs Unlike other books which stop at simply providing a list of recipes, Lars includes the nutritional information and specifies when and why you should enjoy each meal - whether it be pre-or-post training session. One size rarely fits all and Lars eliminates the guesswork for you. In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to: Dramatically Build Muscle and Shed Unsightly Fat Save time and money whilst supporting optimal health Stop Eating the Same Repetitive Foods Day-In, Day-Out in an Attempt to Meet Your Protein Requirements Significantly Reduce Muscle Fatigue, Joint Pain and Recovery Time Bust Plateaus and Reach new levels of...



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