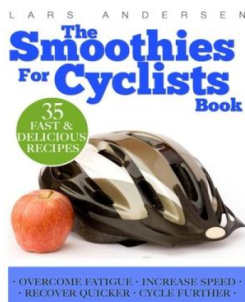


## Smoothies for Cyclists: Optimal Nutrition Guide and Recipes to Support the Cycling Athlete s Training



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