



Paleo Diet for Triathletes: Delicious Paleo Diet Plan, Recipes and Cookbook Designed to Support the Specific Needs of Triathletes - From Sprint to Ironman and Beyond

By Lars Andersen

Createspace, United States, 2013. Paperback. Book Condition: New. 250 x 198 mm. Language: English . Brand New Book ***** Print on Demand *****.The ideal companion to Lars Andersen's Juices for Triathletes Smoothies for Triathletes 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 primal 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 delicious Paleolithic Diet-Friendly recipes, Lars includes the nutritional information and specifies when and why you should enjoy each recipe - whether it be pre-or-post training session. One size rarely fits all and so Lars eliminates the guesswork for you. In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to Utilize the Paleo diet to: Run Significantly Further, Faster and Longer for Improved Race Times Build Muscle and Tone Up Dramatically Save Time and Money whilst Supporting Optimal Performance Dramatically Reduce Muscle Fatigue, Joint Pain and Recovery Time Beat plateaus and...



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