



## Paleo Diet Smoothies for Strength: Smoothie Recipes and Nutrition Plan for Strength Athletes Bodybuilders - Achieve Peak Health, Performance and Physique (Paperback)

By Lars Andersen

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 200 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ideal companion to Lars Andersen s Paleo Diet 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 primal smoothie 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 Smoothie recipes, Lars includes the nutritional information and specifies when and why you should enjoy each smoothie - 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: Train Significantly Harder and For Longer Build muscle Whilst Reducing Body-fat Improve Mental Focus for Improved Gains Save Time and Money Whilst Supporting Optimal Muscle Growth Drastically Reduce Muscle Fatigue and Soreness, Joint Pain and Recovery time...



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