



Paleo For Athletes: The Sassy Cavewoman Pushes Limits with Paleo: 40 Restorative Paleo for Athletes Recipes to Build Muscle, Improve Speed, and Rev Metabolism

Megan White

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Are you a Paleo athlete looking for a diet to help you boost muscle, lose weight, and improve your exercise speed? Are you a wanna-be athlete searching for the appropriate nutrients to help you on your journey toward weight loss? Do you want to know how to live the Paleo exercise lifestyle, without making any dastardly nutritional mistakes? Are you looking for muscle-building, nutrition for athletes? This book is your answer. Paleo For Athletes: The Sassy Cavewoman Pushes Limits with Paleo Offers 40 Paleo Diet for Athletes Recipes with Enhanced Protein for Pre-Work Out and Post-Work Out Energy. This book includes: A Paleo diet plan for athletes. Paleolithic snacks, shakes, and healthy protein “bars” for post-work out muscle growth. Paleo diet CREATIVE stir fries. Paleo diet dinner recipes. Paleo for runners—recipes to rev your running speed and energy. And high-protein Paleo dessert recipes (so that when you cheat, you don’t really cheat). And so much more! Allow the Paleo diet to enhance your energy. Allow it to boost your muscle growth, and allow it to rev your metabolism. The Paleo diet was made for athletes. Now, the question is: will you make the appropriate choice for your health, today, to enhance your training? Work toward better health today.

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