



Paleo Diet for Athletes - Health Learning Series

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface SECTION I - Getting Started Chapter # 1: An Introduction Chapter # 2: Between the lines Chapter # 3: Added Benefits Chapter # 4: Switching to the Paleo Diet SECTION II - Paleo Specifics Chapter # 1: Importance of BCAAs Chapter # 2: Importance of Simple Carbs SECTION III - Diet Plan Chapter # 1: Basic Paleo Plan Chapter # 2: Pre-work out meals Chapter # 3: Post-work out meals Chapter # 4: Breakfast Chapter # 5: Lunch Chapter # 6: Dinner Conclusion References Try our diet and get leaner; try our diet and you ll lose 10 pounds in a week, try our diet and you ll never have to do cardio again; and the list goes on and on. In today s world dieting has become more of a business than a way to benefit people s lives. There are hundreds of diets out there and dozens making their way into the market, all cleverly advertised to target the core weakness of every consumer: A promise to make your life better. This...

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