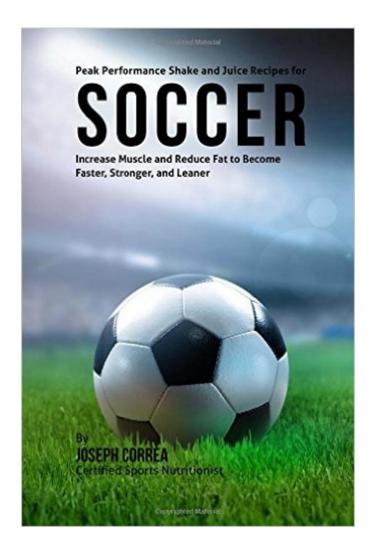
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# Peak Performance Shake And Juice Recipes For Soccer: Increase Muscle And Reduce Fat To Become Faster, Stronger, And Leaner





### **Synopsis**

Peak Performance Shake and Juice Recipes for Soccer will help you to increase muscle and drop unwanted fat naturally and efficiently. These are not to replace meals but should complement your normal day to day meals. Being too busy to eat right can sometimes become a problem and thatâ ™s why this book will save you time and help nourish your body to achieve the goals you want. This book will help you to: -Increase muscle and reduce fast. -Train longer and harder with more energy. -Look leaner and healthier. -Naturally accelerate Your Metabolism to become thinner. -Improve your digestive system. Joseph Correa is a certified sports nutritionist and a professional athlete.

#### **Book Information**

Paperback: 252 pages

Publisher: CreateSpace Independent Publishing Platform; First Edition edition (July 11, 2015)

Language: English

ISBN-10: 1515032450

ISBN-13: 978-1515032458

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.7 ounces (View shipping rates and policies)

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