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Smoothies for Golfers Recipes and Nutrition Plan for Supporting the Golfers Optimum Health, Focus and Performance Food for Fitness Series

By Lars Andersen

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 60 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. With his unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on the great taste that only smoothies can provide, Lars Andersen provides you with everything you need to have a tasty, varied, power-packed smoothie that is ready in moments. Tailored to your specific needs: Unlike other books which stop at simply providing a list of smoothie recipes, Lars includes the nutritional information and specifies when and why you should enjoy each smoothie - whether it be pre-or-post game. One size rarely fits all and Lars eliminates the guesswork for you. In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to: Improve your Mental Focus and Clarity Promote Optimal Eyesight through Nutrition Support Improved Strength and Flexibility Drastically reduce muscle fatigue, joint pain and recovery time Beat plateaus and achieve new levels of performance Feel fresh and energized all day, every day BONUS BOOK! If you buy Smoothies for Golfers! today, you will also get a FREE copy of the best-selling report: Coconut Oil - The Healthy Fat This bestselling ebook shows...



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Reviews

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