



Paleo Diet for Athletes Guide: Paleo Meal Plans for Endurance Athletes, Strength Training, and Fitness

Rockridge Press

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From the Publisher of *New York Times* Bestsellers Paleo Slow Cooker and Paleo for Every Day

PALEO DIET FOR ATHLETES is the ultimate guide for adopting the Paleo diet to maximize your workout and transform the way you exercise. A Paleo diet for athletes will help you lose weight, build muscle, and boost stamina with easy-to-prepare, delicious recipes that are low carb, high protein, and full of nutritious, unprocessed ingredients. Paleo is the diet that humans were intended to eat--and the best diet for increasing your workout success.

Paleo Diet for Athletes will show you how to change your diet to get the most out of your workouts with:

- Easy recipes to properly fuel your body during and after training sessions
- Meal plans designed to effectively build muscle mass and reduce body fat
- Scientific research behind using the Paleo diet for athletes, especially your specific sport and workout goals.
- Flexible, healthy meals no matter your weight loss goal or current athletic ability

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