



## Trainer Chef: A Revision of the 4 Am Chef (Paperback)

By Piper C Harris

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Powered by Precision Nutrition, Piper Harris a Pn1 coach revises her cookbook, The 4AM Chef to include meals to add to your arsenal, guidelines for eating healthy, as well as workouts. Piper Harris is a chef, certified personal trainer (CPT) through NASM, and certified Precision Nutrition Level 1 (Pn1) coach.



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