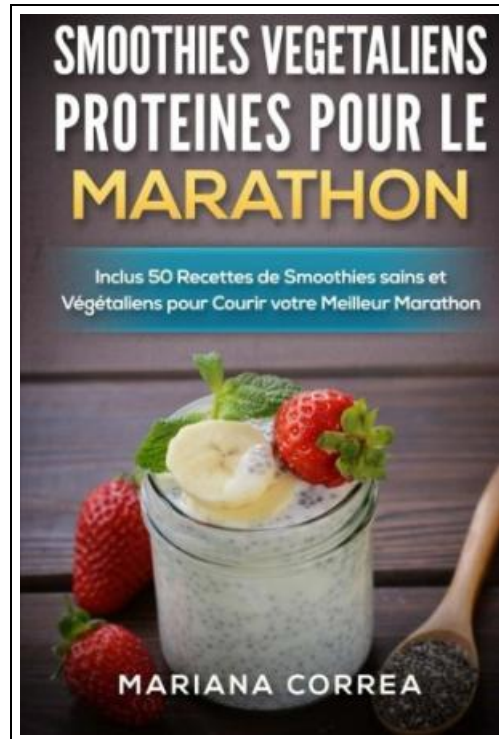


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Si vous cherchez a augmenter votre consommation de proteines vegetaliens afin d ameliorer votre performance, ce livre est pour vous. Ce livre fournit une explication claire de ce dont a besoin tout coureur pour reussir, y compris 50 recettes vegetaliennes faciles qui vous mettrons sur le chemin de la meilleure performance. Dynamisez vos entrainements de course a pied avec les meilleures recettes de smoothies vegetaliens. Avec 50 recettes de smoothies proteines vegetaliens, vous serez le sur chemin du succes. Que vous cherchez un smoothie pour remplacer un repas, pour le petit-dejeuner ou a consommer avant ou apres un entrainement, vous aurez le choix parmi ces 50 recettes de smoothie. Voici les meilleures recettes de boissons proteinees vegetaliennes pour tout coureur qui cherche a developper sa masse musculaire, a s entrainer plus intensivement et a se sentir en meilleure sante. Developper un corps fort et sain de l interieur. Votre performance s ameliorera car vous apporterez tous les nutriments dont votre corps aura besoin. L auteure, Mariana Correa est athlete professionnelle et nutritionniste du sport certifiee qui a concouru avec succes partout dans le monde. Elle partage des annees d experience en tant qu athlete et coach et vous apporte une perspective inestimable.

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