



Juices for Runners Juicer Recipes, Diet and Nutrition Plan to Support Optimal Health, Weight loss and Performance Whilst Running and Jogging Food for Fitness Series

By Lars Andersen

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 56 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. The ideal companion to Lars Andersen's Original Bestselling Smoothies for Runners With his unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on the great taste that only juices can provide, Lars Andersen provides you with everything you need to have a tasty, varied, power-packed juice that is ready in moments. Tailored to your specific needs: Unlike other books which stop at simply providing a list of juicing recipes, Lars includes the nutritional information and specifies when and why you should enjoy each juice recipe - whether it be pre-run or post-run workout. One size rarely fits all and Lars eliminates the guesswork for you. In this Book, distance runner and sports nutrition guru Lars Andersen provides shows you delicious ways to: Maintain Hydration for Increased Performance Run significantly further, faster and longer Build muscle and tone up dramatically Save time and money whilst supporting optimal health Drastically reduce muscle fatigue, joint pain and recovery time Beat plateaus and achieve new levels of fitness Feel fresh and energized all day, every day BONUS eBook! If you...

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