



The Athlete's Cookbook: A Nutritional Program to Fuel the Body for Peak Performance and Rapid Recovery

By Brett Stewart, Irwin Corey

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Athlete's Cookbook: A Nutritional Program to Fuel the Body for Peak Performance and Rapid Recovery, Brett Stewart, Irwin Corey, FUEL YOUR FITNESS This book shows how to perform at the top of your ability by combining its carefully constructed nutrition plan with your personal training and conditioning. Build the ideal diet to power a lean, strong physique with over 100 delicious recipes, like: * Mussels Marinara Spaghetti for Increased Glycogen * Walnut-parmesan Chicken for Maximum Protein * Peanut Butter Crunch Bars for Healthy Fats With day-by-day meal plans and advice on the best pre and post-workout nutrition, The Athlete's Cookbook details everything you need to maintain energy and build muscle, keeping you at the top of your game.



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