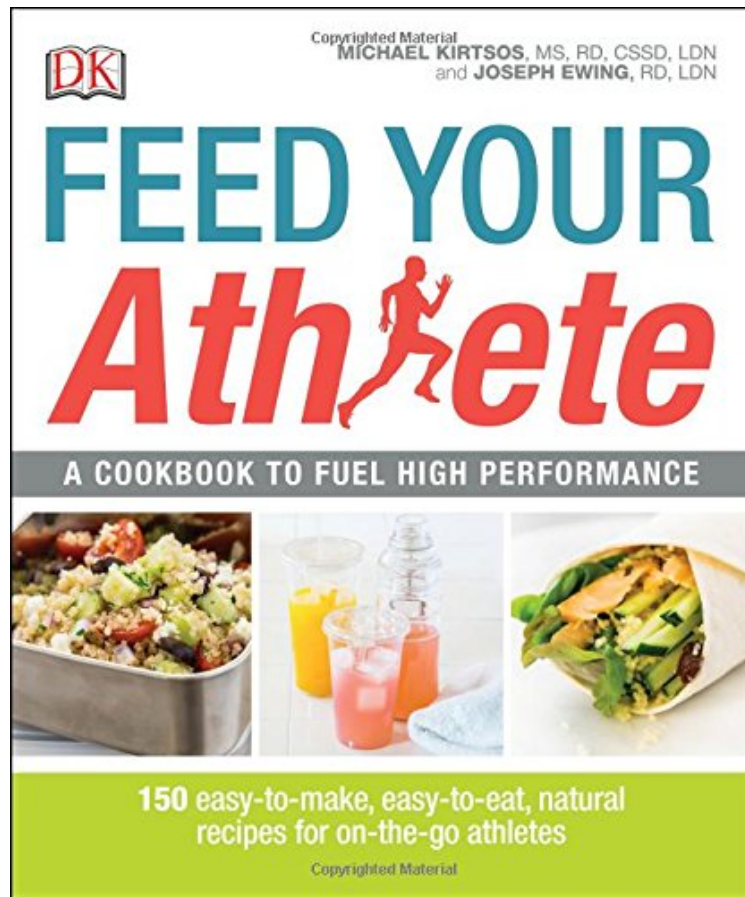


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Feed Your Athlete: A Cookbook to Fuel High Performance

Michael Kirtsos, Joseph Ewing

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Michael Kirtsos, Joseph Ewing : Feed Your Athlete: A Cookbook to Fuel High Performance before purchasing it in order to gage whether or not it would be worth my time, and all praised Feed Your Athlete: A Cookbook to Fuel High Performance:

0 of 0 people found the following review helpful. My thought on this bookBy CustomerThe book Feed your Athlete was a very helpful book for my passion project. It helped answer my question and it gave an explanation of what different nutrients athletes would benefit the most from. It shows how to balance your energy and I found that very helpful to answering my question .I liked this book because it mentions some ways to get energy to improve your physical activity and it shows some recipes that I can try. When I picked out this book I was looking for something that explained the importance of an athlete eating healthy. This book was very helpful and I really enjoyed reading it. There was certain things that didn't help my project but they were interesting and helpful for real life situations. Overall this book was interesting and I would recommend it for other athletes.1 of 1 people found the following review helpful. DisappointedBy BrandiVery disappointed by this book. If you have any idea of proper eating (whether you're an athlete or not), you do not need this book. You will not learn anything new.0 of 3 people found the following

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Feed Your Athlete features 150 nourishing whole-food meals and snacks for training, competition, and recovery for both endurance and strength athletes, plus fast and easy preparation tips and nutritional information. Athletes know how important it is to get the right fuel for their workouts and events. Feed Your Athlete makes it simple to fuel yourself or your athlete before, during, and after sporting events and training with 150 all-natural, real-food recipes for meals, snacks, portables, sports drinks, and more. Icons and assessments help determine optimal nutrition for any type of sport, and include high-carb, high-protein, low-calorie, low-fat, or high- or low-fiber options. Created for endurance and strength athletes (but great for athletes of all kinds), Feed Your Athlete shows how to cook easy meals and take-alongs that taste good and make active bodies feel great by delivering the fuel that they need to perform at their peak.