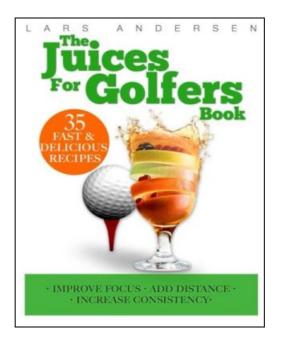
Juices for Golfers Juicer Recipes and Nutrition Guide to Achieveing Maximum Focus, Performance and Drive for Todays Golfer Food for Fitness Series



Filesize: 5.74 MB

Reviews

This publication is very gripping and interesting. We have go through and so i am confident that i am going to planning to read through yet again again in the foreseeable future. You are going to like how the blogger write this ebook. (Dr. Thaddeus Turner PhD)

JUICES FOR GOLFERS JUICER RECIPES AND NUTRITION GUIDE TO ACHIEVEING MAXIMUM FOCUS, PERFORMANCE AND DRIVE FOR TODAYS GOLFER FOOD FOR FITNESS SERIES



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 58 pages. Dimensions: 10.0in. x 8.0in. x 0.1in.The ideal companion to Lars Andersens Smoothies for Golfers With his unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on the great taste that only smoothies 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-or-post game. One size rarely fits all and Lars eliminates the guesswork for you. In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to: Improve your Mental Focus and Clarity Promote Optimal Eyesight through Nutrition Support Improved Strength and Flexibility Drastically reduce muscle fatigue, joint pain and recovery time Beat plateaus and achieve new levels of performance Feel fresh and energized all day, every day BONUS eBOOK! If you buy Juices for Golfers! today, you also get a FREE BONUS copy of the best-selling report: Crossfit to Drop Fat This 1 selling report shows you how to achieve your fitness goals by using a little-known method for achieving your overall health and weight loss goals. And naturally, these fitness tips are based on scientific research. Its also yours free if you buy Juices for Golfers today. THE BEST PART: This bonus book is also short and gets straight to the point - no unnecessary padding. Pick up your copy today as it is available for a limited time only! Scroll Up and Hit Buy Now to Improve Your Golfing Performance Today! This item ships from...

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