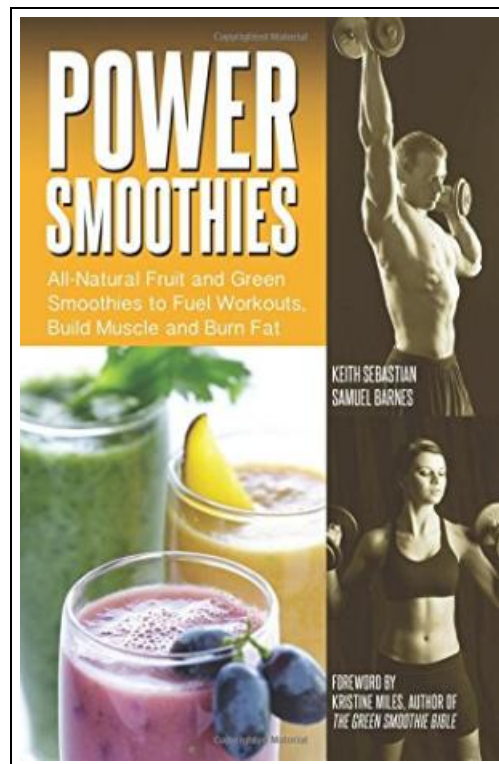


Power Smoothies Incredible Fruit and Green Smoothies to Fuel Workouts, Build Muscle and Burn Fat



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Ulysses Press. Paperback. Condition: New. 200 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. FEATURES 165 PROTEIN-PACKED, ENERGY-BOOSTING SMOOTHIES THAT TAKE EVERYDAY WORKOUTS AND ATHLETIC PERFORMANCES TO THE NEXT LEVEL Green smoothies, which combine leafy green superfoods and antioxidant-rich fruits, have quickly become a wildly popular basis for healthy, effective dieting. But this book shows how these wonder drinks are good for much more than losing weight. Each recipes helps provide the perfect nutritional base to fuel workouts that build muscle, burn fat, and boost athletic endurance. Power Smoothies shows how simple additions like beans, nuts, and seeds can transform carb-heavy green smoothies into balanced protein-packed beverages complete with macronutrient essentials. In addition to detailing the calories, protein, fat, and carbs in each recipe, the authors lay out the cutting-edge science of how the body fuels itself before workouts and recovers after the session is finished. These delicious recipes range from refreshing, electrolyte-rich sports drinks to hardcore, high-calorie, protein-dense recovery smoothies. Tips on nutrient timing help readers determine when to have a smoothie to maximize the benefits, and nutritional facts show how each ingredient contributes to muscle-building, fat-burning, increased energy, and better endurance. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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