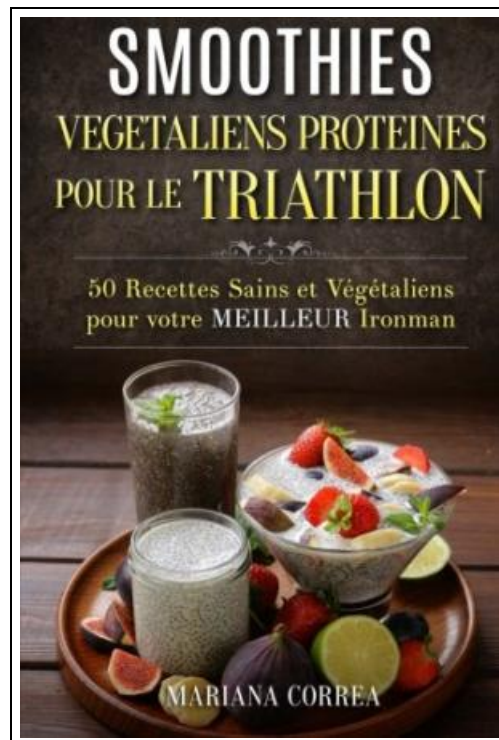


Smoothies Vegetaliens Proteines Pour Le Triathlon: 50 Recettes Sains Et Vegetaliens Pour Votre Meilleur Ironman (Paperback)



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Reviews

This book will be worth getting. Better then never, though i am quite late in start reading this one. Its been written in an extremely basic way which is only right after i finished reading this book through which actually altered me, alter the way i believe.
(Mr. Enrico Lesch)

SMOOTHIES VEGETALIENS PROTEINES POUR LE TRIATHLON: 50 RECETTES SAINS ET VEGETALIENS POUR VOTRE MEILLEUR IRONMAN (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.Vous cherchez a atteindre votre meilleur temps d ironman ou d ultraman ? Ce livre fournit une explication claire de ce dont a besoin tout triathlete pour reussir, y compris 50 recettes vegetaliennes faciles qui vous mettrons sur le chemin de la meilleure performance. Dynamisez vos entrainements de triathlon avec les meilleures recettes de smoothies vegetaliens. Avec 50 recettes de smoothies proteines vegetaliens, vous serez le sur chemin du succes. Que vous cherchez un smoothie pour remplacer un repas, pour le petit-dejeuner ou a consommer avant ou apres un entrainement, vous aurez le choix parmi ces 50 recettes de smoothie. Voici les meilleures recettes de boissons proteinees vegetaliennes pour tout triathlete qui cherche a developper sa masse musculaire, a s entrainer plus intensivement et a se sentir en meilleure sante. Developper un corps fort et sain de l interieur. Votre performance s ameliorera car vous apporterez tous les nutriments dont votre corps aura besoin. L auteure, Mariana Correa est athlete professionnelle et nutritionniste de sport certifiee qui a concouru avec succes partout dans le monde. Elle partage des annees d experience en tant qu athlete et coach et vous apporte une perspective inestimable.



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