



Soulmate Food Fitness Gourmet: Delicious recipes for peak performance at any level

Christian Coates

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Fitness Gourmet's straight-talking approach combined with nutritional know-how is proven with elite athletes and sportspeople, as well as celebrities. And now their system of creating tailored menus is available to everyone.

The book has two parts: the first section provides in-depth nutritional information; the second part offers a wealth of vibrant, mouthwatering recipes.

Each recipe can be done in one of three ways: for losing weight (Burn), for vitality (Balance) and for building lean muscle/training (Build). The main part of the recipe is the same for all versions, with different serving suggestions given depending on your ultimate goal.

The healthy and easy-to-make recipes have been designed so that every tasty mouthful delivers a nutrient-dense punch.

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Clemencia Torres:

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try point that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Soulmate Food Fitness Gourmet: Delicious recipes for peak performance at any level, it is possible to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout folks. What? Still don't obtain it, oh come on its called reading friends.

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