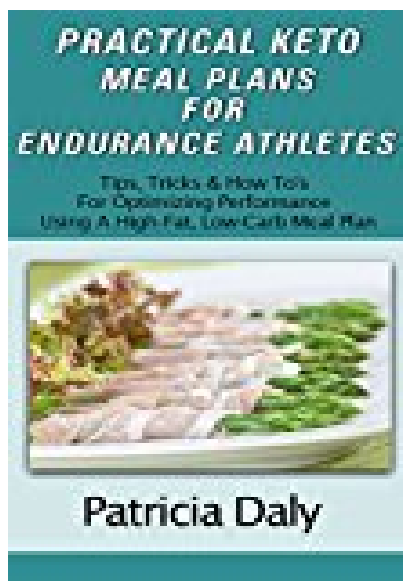


# **PRACTICAL KETO MEAL PLANS FOR ENDURANCE ATHLETES Tips Tricks And How Tos For Optimizing Performance Using A High Fat Low Carb Meal Plan**

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## **BOOK DETAILS**

- Author : Patricia Daly
- Pages : 260 Pages
- Publisher : Greenfield Fitness Systems
- Language : English
- ISBN :

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## **BOOK SYNOPSIS**

Presents a guide to achieving peak fitness capability by optimizing performance, fat loss, and brain function, covering such aspects of health as nutrition, training, recovery, stress and time management, sleep, and digestion.

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