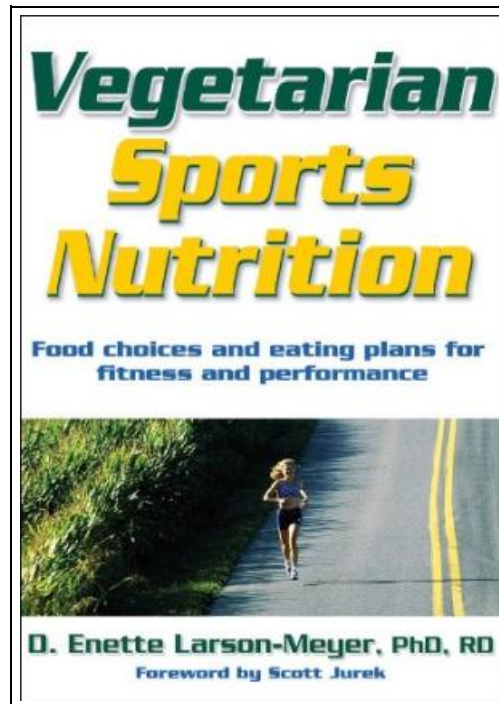


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VEGETARIAN SPORTS NUTRITION



Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Vegetarian Sports Nutrition, Enette Larson Meyer, Aimed at vegetarian athletes, fitness enthusiasts, coaches and nutritionists, this work enables the reader to maximise nutritional benefits to boost performance, through eating strategies, recipes and plans. It is the ideal guide if the reader is interested in trying vegetarian dishes or wants to know how to put together a comprehensive vegetarian eating plan. If the reader is already a vegetarian, they can find out how to improve diet, add variety to meals and match intake to activity level. It includes sample meal plans for before, during and after exercise, protein and iron recommendations for muscle growth and repair, tips on how to fight inflammation with food choices instead of over-the-counter medications and how to lose or gain weight the right way with healthy food choices. There are over 3 million vegetarians in the UK alone.



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