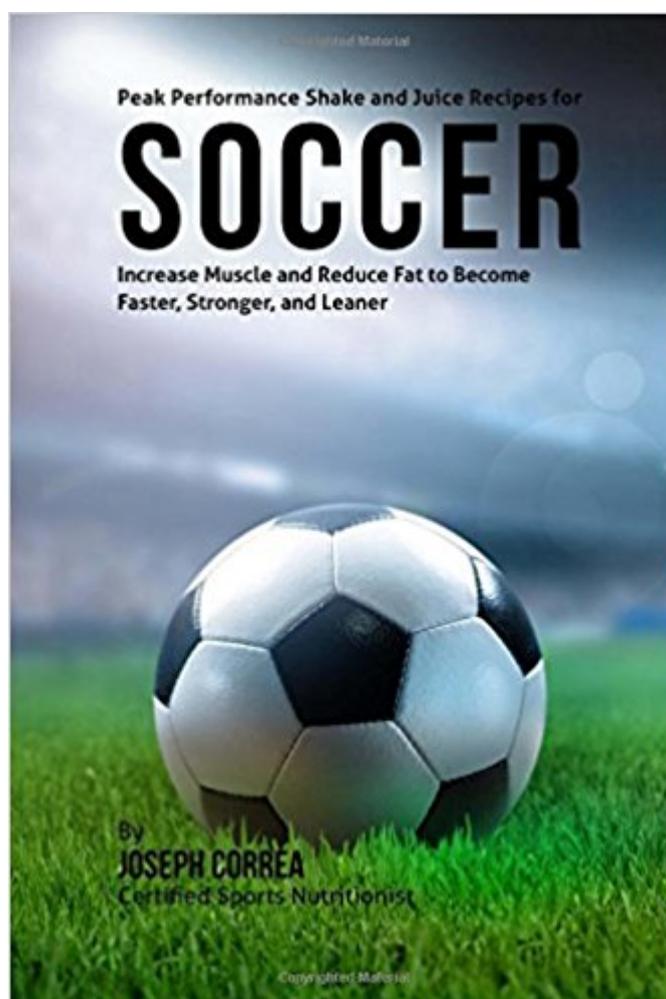


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# Peak Performance Shake And Juice Recipes For Soccer: Increase Muscle And Reduce Fat To Become Faster, Stronger, And Leaner



## Synopsis

Peak Performance Shake and Juice Recipes for Soccer will help you to increase muscle and drop unwanted fat naturally and efficiently. These are not to replace meals but should complement your normal day to day meals. Being too busy to eat right can sometimes become a problem and that's why this book will save you time and help nourish your body to achieve the goals you want. This book will help you to: -Increase muscle and reduce fat. -Train longer and harder with more energy. -Look leaner and healthier. -Naturally accelerate Your Metabolism to become thinner. -Improve your digestive system. Joseph Correa is a certified sports nutritionist and a professional athlete.

## Book Information

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Book 1) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Juicing for Prostate Health: Juice Recipes to Help Reduce BPH Symptoms and the Risk of Cancer Based on the Latest Research (Juice Away Illness Book 4) Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead Target Keto: The Targeted Ketogenic Diet for Low Carb Athletes to Burn Fat Fast, Build Lean Muscle Mass and Increase Performance Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Speed Reading: Seven Speed Reading Tactics To Read Faster, Improve Memory And Increase Profits (Speed Reading Techniques, Read Faster, Speed Reading For Professionals, Entrepreneurs) Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy and Player Focus Ultramodern Nutrition for Squash Teachers: Teaching Your Students Advanced RMR Techniques to Improve Hand Speed, Reduce Muscle Soreness, and Accelerate Muscle Recovery Juicing For Diabetics: Discover Powerful Juice Recipes that Fight Diabetes Based on the Latest Nutritional Research (Juice Away Illness Book 2) Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body

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