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50 Recettes Proteines Pour Cyclisme: Pedalez Au Meilleur Rythme Avec Ces Aliments Proteines (Paperback)

By Mariana Correa

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.50 Recettes Proteines pour Cyclisme qui vous permettront de pedaler jusqu au succes en ajoutant plus de proteines a votre diete. Ce livre fournit une explication claire sur l importance de la proteine dans votre diete, ainsi que l importance des recettes a haute teneur en proteine. Vous serez en route pour atteindre de nouveaux records. La proteine est extremement importante pour les athletes visant de hautes performances, surtout pour les cyclistes. La proteine va booster votre Cyclisme sur plusieurs niveaux. -Ameliore votre temps de recuperation -Repare et fortifie vos muscles -Vous reviendrez, plus Vif, Sain et Rapide. -Augmentez votre Masse Musculaire -Vous aurez le corps dont vous avez toujours reve! Ce livre contient 50 Recettes a Haute Teneur en Proteines pour que vous puissiez profiter de delieux shakes de proteines, petits dejeuner proteines, repas proteines, collations proteines et diners proteines. Prenez plaisir a ravitailler votre corps avec les delieux repas proteines apres votre entrainement. Ameliorer votre diete va vous aider a relever d incroyables defis. Commencez des aujourd hui, plus tard, vous vous remercirez.



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