



## Paleo Golf Nutrition: Improve Your Swing and Game with the Best Paleolithic Diet

By Mariana Correa

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Paleo Golf Nutrition is the best and most complete book out there for any golf player who is looking to improve their game with the best nutrition. Complete with 50 paleo recipes for any time of day your body will respond positively to these changes becoming fitter and healthier. This book goes beyond the subject of Golf with the perfect combination of knowledge, recipes and unique meal plans you will be on the road to success. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective. After applying what you have read in this book you will: - Lose excess body fat - Have a Smoother swing - Gain Lean Muscle - Improve your Game and Health A year from now you will be wishing you had embarked in this journey today. Change takes time and sometimes its not easy to see that transformation taking place on a day...



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