



Low Carb For Athletes: A Simple Guide For Peak Performance: Low Carb Diet, Athletic Performance, Gain Muscle, Loss Fat, (Low Carb Diets for Health & Performance Book 1)

Alan Lawrence

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Do you want to know how to properly fuel your exercise performance with a LOW CARB Diet!

Want to start a Low Carb Diet but think your athletic performance will suffer. Don't want to read through a 300-page book full of scientific terms and charts! Are you tired of reading through endless blogs and forums for good advice! Look no further this guide will explain everything about becoming a successful Low Carb Athlete in a SHORT and EFFECTIVE way!

In Low Carb for Athletes: A Simple Guide for Peak Performance you will learn:

- How to properly do a Low Carb Diet (ketogenic diet)
- How to become TRULY fat Adapted
- How Macro nutrients can be manipulated to make you a beast on the mats, field or gym!
- How Nutrient timing and partitioning can benefit you
- The Differences in nutrient requirements between power and endurance athletes
- Fat loss secrets
- Gaining Muscle quickly and effectively
- Pre-Competition nutrition done right!
- 5 of the most mouth-watering Low Carb recipes that are JET FUEL for the body!
- My 7+ experience as an athlete, Low-Carb dieter and scientist.

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