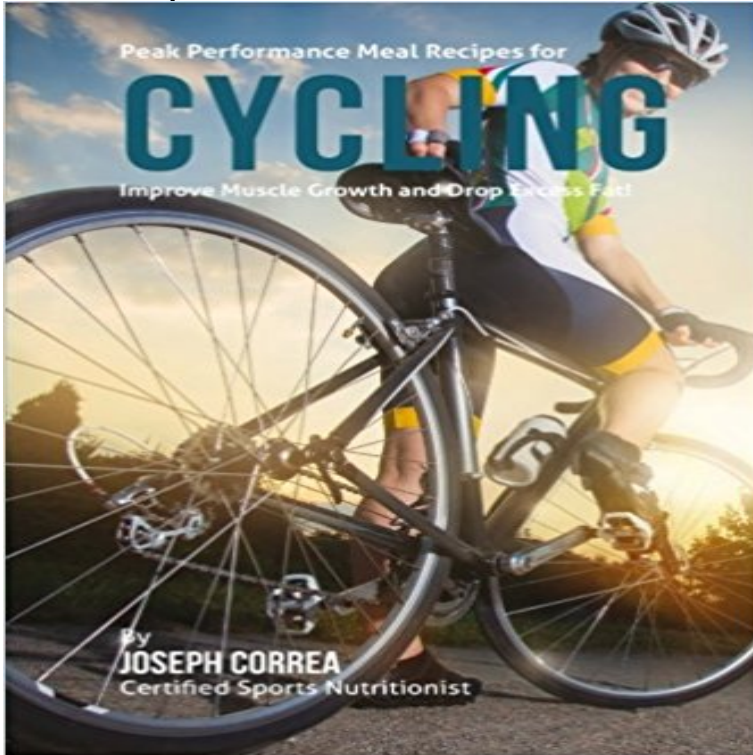


# Peak Performance Meal Recipes for Cycling: Improve Muscle Growth and Drop Excess Fat!



Peak Performance Meal Recipes for Cycling will help you increase the amount of protein you consume per day to help increase muscle mass and drop excess fat in order to perform better when cycling. These meals and the calendar will help increase muscle in an organized manner by having a schedule and knowing what you're eating. 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. Make sure you know what you're eating by preparing it yourself or having someone prepare it for you. This book will help you to: -Gain muscle fast to increase your speed and resistance. -Have more energy during difficult climatic conditions and prevent cramps. -Naturally accelerate Your Metabolism to build more lean muscle. -Improve your recovery time and reduce injuries. Joseph Correa is a certified sports nutritionist and a professional athlete. 2015 Correa Media Group

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Sharon Groh-Wargo, PhD,

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