



# Food Guide For Women's Soccer: Tips & Recipes From The

Gloria Averbuch, Nancy Clark

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## Food Guide For Women's Soccer: Tips & Recipes From The

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**Food Guide For Women's Soccer: Tips & Recipes From The** Gloria Averbuch, Nancy Clark This handy "how-to" food guide addresses the nutrition questions and concerns of soccer athletes of all ages and abilities to help them achieve success with energy to spare. Food Guide for Soccer offers practical tips, debunks nutrition myths and is a simple "how-to" resource for soccer players, their coaches and parents.



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