



Paleo Diet for Strength: Delicious Paleo Diet Plan, Recipes and Cookbook Designed to Support the Specific Needs of Strength Athletes and Bodybuilders (Food for Fitness Series)

Lars Andersen

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The ideal companion to Lars Andersen's *"Paleo Diet Smoothies for Strength"*

Say goodbye to boring "food fatigue" with this unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on taste, Lars Andersen provides you with everything you need to have a tasty, varied, power-packed meal that is quick to prepare and delicious to eat - you'll look forward to your next meal!

Tailored to your specific needs

Unlike other books which stop at simply providing a list of recipes, Lars includes the nutritional information and specifies when and why you should enjoy each meal - whether it be pre-or-post training session. One size rarely fits all and Lars eliminates the guesswork for you.

In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to:

- Dramatically Build Muscle and Shed Unsightly Fat
- Save time and money whilst supporting optimal health
- Stop Eating the Same Repetitive Foods Day-In, Day-Out in an Attempt to **Meet Your Protein Requirements**
- Significantly Reduce Muscle Fatigue, Joint Pain and Recovery Time
- Bust Plateaus and Reach new levels of strength
- Maintain Optimal Nutrition Throughout the Day for Improved Gains
- Feel Fresh and Energized all day, Every Day

BONUS eBook!

If you buy *Paleo Diet for Strength!* today, you are also entitled to a FREE BONUS copy of the best-selling ebook:

Packing on the Muscle: Bodybuilding Manual

This #1 selling book helps you to reach your fitness goals through a little known method for achieving your weight loss and fitness goals. And before you ask, these fitness "tricks" are backed up by hard facts.

It's also yours ABSOLUTELY FREE if you buy *Paleo Diet for Strength* today.


AND THE BEST PART IS:

This bonus ebook is also short, simple and straight to the point - no added filler.

Get your gift today as it is available only during this limited time "Publisher special Offer" promotion!

Scroll Up and Hit 'Buy Now' to Improve Your Strength Gains Today!

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