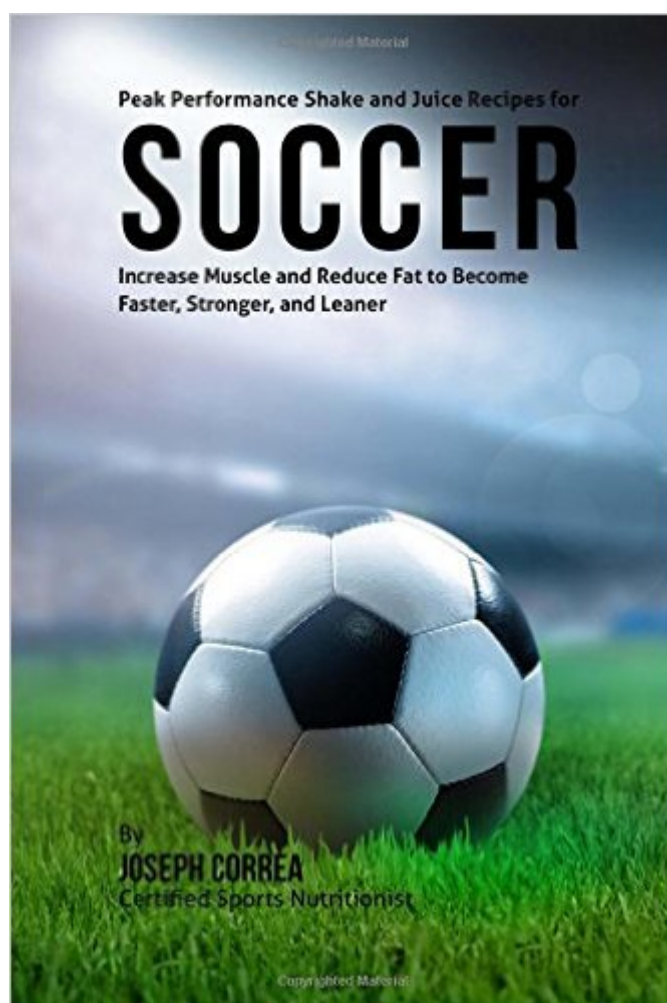


The book was found

# Peak Performance Shake And Juice Recipes For Soccer: Increase Muscle And Reduce Fat To Become Faster, Stronger, And Leaner



## Synopsis

Peak Performance Shake and Juice Recipes for Soccer will help you to increase muscle and drop unwanted fat naturally and efficiently. These are not to replace meals but should complement your normal day to day meals. 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. This book will help you to: -Increase muscle and reduce fat. -Train longer and harder with more energy. -Look leaner and healthier. -Naturally accelerate Your Metabolism to become thinner. -Improve your digestive system. Joseph Correa is a certified sports nutritionist and a professional athlete.

## Book Information

Paperback: 252 pages

Publisher: CreateSpace Independent Publishing Platform; First Edition edition (July 11, 2015)

Language: English

ISBN-10: 1515032450

ISBN-13: 978-1515032458

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.7 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #6,557,979 in Books (See Top 100 in Books) #95 in Books > Sports & Outdoors > Racket Sports > Squash #7018 in Books > Sports & Outdoors > Soccer

[Download to continue reading...](#)

Peak Performance Shake and Juice Recipes for Soccer: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner E JUICE RECIPES: 51 Awesome E Juice Recipes (e juice, e juice recipes, e juice cookbook, vaping, vaping juice, vaping started kit, vape recipes, vaping juice) Soccer: The Ultimate Guide to Mastering Soccer for Life! (soccer tips, soccer coaching, soccer drills, soccer books, how to play soccer, soccer game) What The Fat? Sports Performance: Leaner, Fitter, Faster on Low-Carb Healthy Fat. Soccer: Soccer Strategies: The Top 100 Best Ways To Improve Your Soccer Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Soccer) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat

Book 1) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program  
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program  
Juicing for Prostate Health: Juice Recipes to Help Reduce BPH Symptoms and the Risk of Cancer Based on the Latest Research (Juice Away Illness Book 4)  
Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series)  
The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead  
Target Keto: The Targeted Ketogenic Diet for Low Carb Athletes to Burn Fat Fast, Build Lean Muscle Mass and Increase Performance  
Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness)  
Speed Reading: Seven Speed Reading Tactics To Read Faster, Improve Memory And Increase Profits (Speed Reading Techniques, Read Faster, Speed Reading For Professionals, Entrepreneurs)  
Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy and Player Focus  
Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making)  
Ultramodern Nutrition for Squash Teachers: Teaching Your Students Advanced RMR Techniques to Improve Hand Speed, Reduce Muscle Soreness, and Accelerate Muscle Recovery  
Juicing For Diabetics: Discover Powerful Juice Recipes that Fight Diabetes Based on the Latest Nutritional Research (Juice Away Illness Book 2)  
Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body

[Dmca](#)