



## Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal (Paperback)

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By Tara Mardigan, Kate Weiler

FAIR WINDS PRESS, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book. Upgrade your performance and diet. Get real and break free from the packaged bars and powders. Admit it, your idea of sports nutrition needs an upgrade. Are you still reaching for low-fat cheese sticks and peanut butter bagels for pre-event meals? Let's get real and break free from the packaged bars and powders. Active people, fitness lovers and athletes need practical guidance and proper knowledge about nutrition. Real Fit Kitchen is just what you're craving. Nutrition experts Tara Mardigan and Kate Weiler prove that the foods, supplements and beverages, that many think are aiding performance, are actually hindering and can be easily replaced with healthy, real, clean food. For example: - Instead of consuming chemical-laden and performance-hindering additives in packaged recovery drinks, make your own performance-boosting chocolate protein recovery drink. - Replace liver-damaging pain-relief medications that dehydrate and disrupt electrolyte absorption, try a tart cherry juice smoothie. - Substitute peanut butter laden with inflammatory trans fat and added sugar for muscle-rebuilding pecan cashew maca butter. More nutritious than store-bought products, Real Fit Kitchen provides 100 healthy meals, snacks, smoothies, and more, including new...



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