

Eating to Win with America s #1 Food Coach (Paperback)



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Reviews

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(Ms. Linnea Medhurst I)

EATING TO WIN WITH AMERICA S #1 FOOD COACH (PAPERBACK)

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Createspace, United States, 2012. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.In this book, celebrated chef Majid Magic Noori shows you how to take your athleticism to the next level. EATING TO WIN does for every athlete what Magic did for the likes of Chicago Bears quarterback Jay Cutler, Tampa Bay Rays pitcher David Price, and golfer Brandt Snedeker - enhance athletic performance through his winning formula of FREE -Food/Fluids, Rest, Exercise, and Education (education meaning awareness of the approximate calories and grams of carbohydrates, protein, and fat ingested each day). The practical application of FREE is the Training Table, consisting of three full meals and two snacks daily. Magic is at your side as you . . . Set your goals, be they to lose weight, maintain, or gain Base weekly menus on expected athletic activity and the adjustment of carb, protein, and fat intake Incorporate exercise and rest into your game plan Twelve chapters cover all the bases, and enlightening sidebars and unique charts serve to surprise. HYDRATION, HYDRATION, HYDRATION explains how much of our daily requirement of 64 ounces of water comes from food (a radish is 92 water, with cantaloupes and oysters close behind). FIGHTING ILLNESS, HEALING INJURIES tells you which foods or dietary supplements help fight off 20-plus maladies that lay athletes low. Who knew a guava has four times more vitamin C than an orange; oily fish and tofu can relieve hay fever; and lean beef helps prevent both osteoporosis and muscle cramps? Once you approach food and drink by way of your own Training Table, you're home free - so go for it with EATING TO WIN!.

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