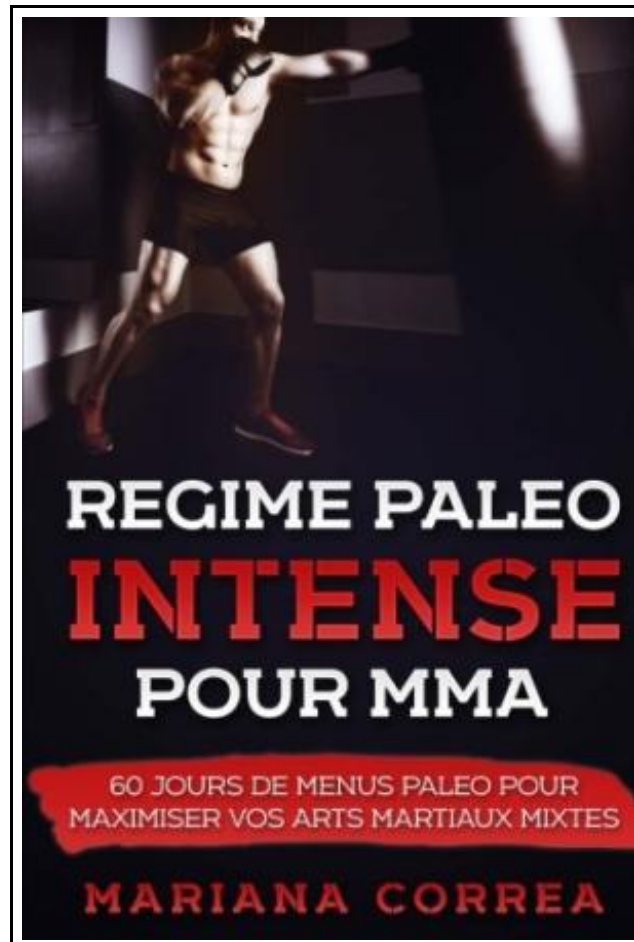


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****.LE REGIME PALEO INTENSE POUR ARTS MARTIAUX MIXTES est exactement ce que vous cherchez pour ameliorer votre combat. Tous les combattants de haut niveau savent a quel point la nutrition est importante pour leurs corps et leurs entrainements et avec le regime Paleo, vous vous concentrez sur des moyens simples et pourtant incroyablement efficaces pour obtenir un corps et une performance optimaux. En suivant ce plan, vous: -perdrez le gras indesirable -Gagnerez en masse musculaire -ameliorerez votre sante -recupererez plus rapidement -aurez plus d energie Ce livre comprend 60 jours de menus paleolithique pour accompagner votre entrainement ereintant du jour. Chaque repas comprend un descriptif nutritionnel des calories, proteines, glucides, lipides et fibres pour que vous puissiez suivre exactement ce que vous consommez. Avec des nourritures delicieuses et abordables, faciles a preparer, vous serez sur le chemin pour devenir plus sain, plus en forme et plus heureux.

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