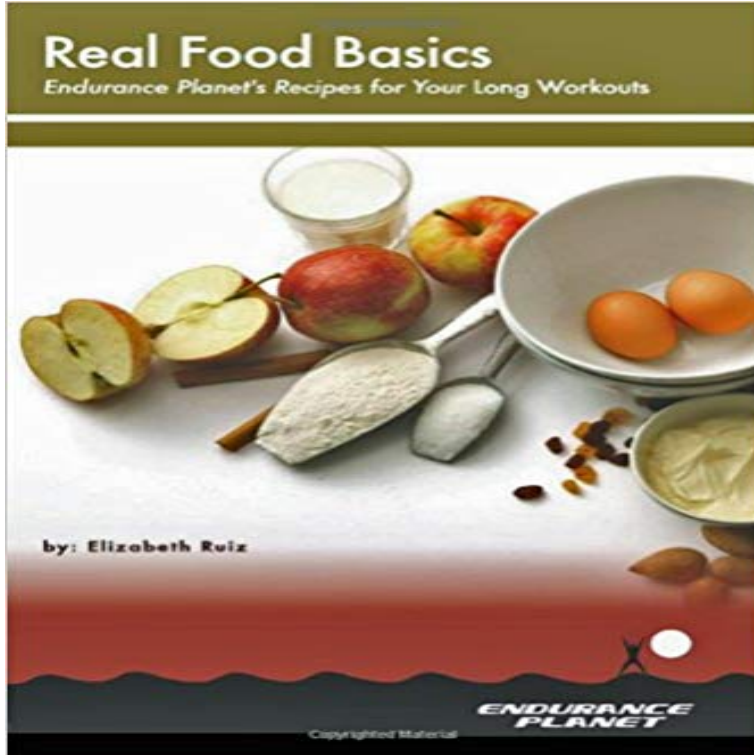


# Real Food Basics: Endurance Planet's Recipes For Your Long Workouts



Tired Of Eating Gels All Day Long? Do you ever wish you didn't have to eat gels, bars and sports drinks during all those long training sessions, but you don't quite know what actually works? Then get ready for Real Food Basics: Endurance Planet's Recipes For Your Long Workouts. This book is jam-packed with amazing recipes to fuel your long workouts. All made from real food that is actually healthy for you and won't destroy your body, your gut or your teeth while you're out on those long hikes, bike rides, runs and other endurance training sessions! Through fabulous recipes, anecdotes and practical instruction, you'll learn: Why you should eat real food, even during workouts; The logistics of carrying and eating real food on training sessions; Mouth-watering pre-workout breakfast dishes; Portable real food recipes to fuel your long workouts; Nourishing and nutrient-packed soups and appetizers; Tempting side dishes & sauces to dress up your post-workout meals; Main dishes that will top off your energy stores for the next workout; And everything else you need to ensure you don't have to damage your body with the typical fake, engineered and funny tasting fuel! When you make the switch to real foods to fuel your body you will find increased energy and stamina are in abundance and your recovery times are much shorter. This book is a must have for every serious endurance athlete's quest for optimal performance. Get ahead of the competition and grab this comprehensive guide by clicking the Buy now with 1-Click button on the right! You'll be happy you did! P.S. SUPER BONUSES with each book! With each copy, you will receive a free 10 minute audio book summary read by Ben Greenfield as well as a free copy of Ben's Superhuman Resource Guide, a book jam-packed with Ben's top tips, tricks and tools for optimizing your performance, recovery, fat loss, digestion, brain, sleep

and hormones! ADDED BONUSES! With your book will also receive...Super Insider Discount Coupons as well as a SECRET BONUS from Ben that you will surely enjoy!About the AuthorElizabeth Ruiz, CSCS is a strength and conditioning specialist who coaches athletes across a wide array of disciplines. With over 20 years racing experience as an elite road and track cyclist, Elizabeth garnered 11 Florida state cycling championship titles, as well as podium finishes in triathlon, duathlon, road and trail running events. While running training camps, Elizabeth realized the importance of having athletes properly fueled and wound up provisioning food and preparing meals for the cyclists and triathletes she trained. During her time living in Miami she incorporated the diverse tastes from the Caribbean, Middle East, and Latin America into her cooking repertoire.

How the trail-running community rallied around two runners and their dream of . from Real Food Basics: Endurance Planets Recipes for your Long Workouts Ive decided to offer SIX books from me and other Endurance Planet . Then get ready for Real Food Basics: Endurance Planets Recipes For Your Long Workouts. -Portable real food recipes to fuel your long workoutsElizabeth Ruiz is the author of Real Food Basics (3.33 avg rating, 3 ratings, 0 reviews Real Food Basics: Endurance Planets Recipes For Your Long WorkoutsMastering Endurance, Health & Life Ben Greenfield Real Food Basics: Endurance Planets Recipes for Your Long Workouts Through recipes, anecdotes, andAmazon?Elizabeth Ruiz?Real Food Basics: Endurance Planets Recipes For Your Long Workouts????????????????????Elizabeth Ruiz?????Get ready for amazing recipes to fuel your long workouts - all made of real food that is actually healthy for you, and wont destroy your body, your gut or yourBeyond Training: Mastering Endurance, Health & Life NEW! The Ultimate Guide Shape 21: The LeanBody Manual Endurance Planets Guide to Real Food Basics: Recipes For Your Long Workout How To Qualify For Kona EnduranceTired Of Eating Gels All Day Long? Get ready for amazing recipes to fuel your long workouts - all made of real food that is actually healthy for you, and wontTired Of Eating Gels All Day Long? Get ready for amazing recipes to fuel your long workouts - all made of real food that is actually healthy for you, and wont An excerpt from Real Food Basics: Endurance Planets Recipes for your Long Workouts. alt. As athletes, improving performance in sportReal Food Basics: Endurance Planets Recipes For Your Long Workouts (\$1.20)In Real Food Basics: Endurance Planets Real Food Recipes For Your Long Workouts, youll get workout meal ideas and a book that is jam-packed withSo what would an exercise program look like if you do just want to look good naked . Basics: Endurance Planets Real Food Recipes For Your Long WorkoutsTired Of Eating Gels All Day Long? Do you ever wish you didnt have to eat gels, bars and sports drinks during all those long training sessions, but you dontReal Food Basics: Endurance Planets Recipes For Your Long Workouts eBook: Elizabeth Ruiz, Ben Greenfield: : Kindle Store.In Real Food Basics: Endurance Planets Real Food Recipes For Your Long Workouts, youll get workout meal ideas and amazing recipes to fuel long workouts.