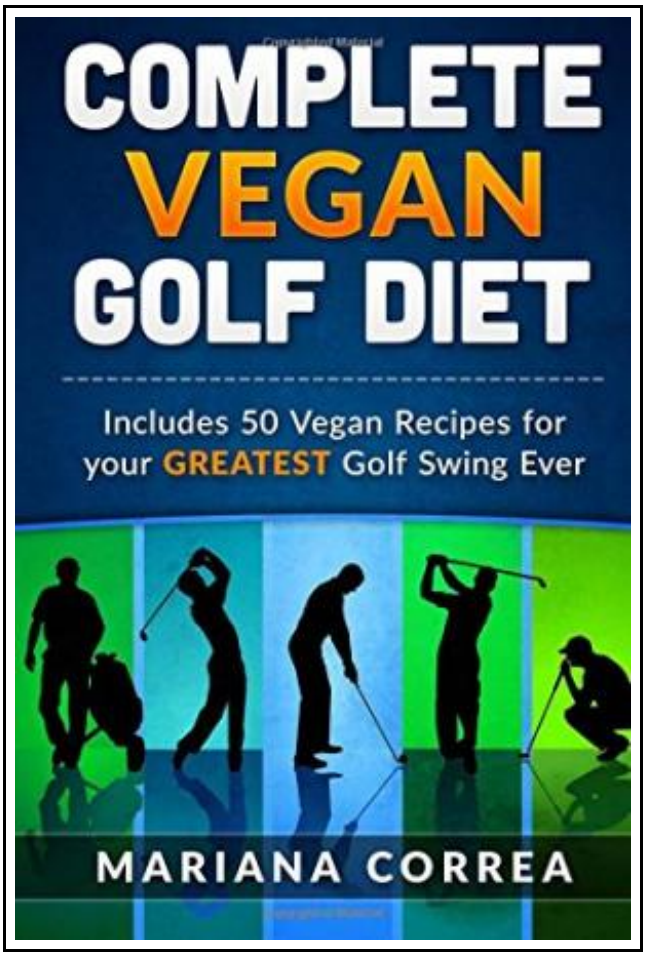
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Complete Vegan Golf Diet is the complete guide for any golfer looking to improve their game with the best vegan nutrition. After reading and applying what you have learned in this book you will: - Improve your Game - Increase your Stamina - Feel Healthier - Lose Unwanted body fat - Gain lean muscle You will only achieve your goals if your body is healthy from the inside out. You will improve your performance through eating the right foods for you. This book includes a clear explanation of what you need to succeed and includes over 50 easy vegan recipes that will set you on the path of your best performance. Enjoy this book with vegan desserts, vegan breakfasts, vegan dinners, vegan snacks, vegan lunches and more. Your connection with food is the biggest influence for your long-term well-being. The first thing to consider when you would like to make a change in your life is your diet. A healthy nutrition is the foundation of your training program and athletic development.

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