



The Low Carbohydrate Diet For Triathletes: Official Nutrition Guide To Optimum Performance for Endurance Athletes

Ben Greenfield

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Re-Invent Your Body, Health & Performance We've been brainwashed into believing that endurance athletes need carbohydrate in order to perform optimally. But nothing could be further from the truth. In this book, by triathlon coach, health blogger & sports nutritionist Ben Greenfield of BenGreenfieldFitness.com, you'll find out why you don't need as many carbohydrates as you think, and what you can do about it. Contents include: -Why Choose Low Carbohydrate? -Answering Objections to A Low Carb Diet -Diet Explanation & Overview -Easy-To-Use Grocery Shopping List; -Meal Plan for Regular Training Days -Meal Plan For Heavy Training Days -How to Fuel During Long Workouts -Full Race Week Meal Plan -Race Day Fueling -And Many Tasty Recipes! Get a breakthrough in performance, fat loss and health with a book that defies traditional sports nutrition madness!

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