

Are you an athlete looking to boost your endurance and power? Going Paleo is to avoid grains, legumes, dairies, animal fats, refined sweets or sugars, and all processed foods. It is to eat more lean meat, eggs, vegetable fat, nuts, fruits, and vegetables, which are all naturally grown, without the use of chemical feeds, fertilizers, herbicides, antibiotics, and genetic interventions. Athletes need their food to help them attain power and help recover from intense physical activity. They need carbohydrates and fats for fuel, and protein and essential minerals for physical development and recovery. Paleo Diet has all of this essential nutrition to support an active person. It is just a matter of choosing the right food sources. The Paleo diet is inherently for athletes, imitating the very active lifestyle of the cavemen a long time ago. If you compete in sports like triathlons, marathons, or any high persisting athletic activities, you should consider yourself an endurance athlete and therefore should be fuel accordingly. Even if you only do sports like rugby, basketball, or just building muscles, and therefore aim for power and strength, your needs are also quite different from others. This Paleo Diet recipes book contains 50 surprisingly simple Paleo Diet recipes specially for athletes. You can prepare and cook them on the same afternoon. In other words, it is so simple, even your lazy ass can cook! The recipes follow the Paleo Diet guidance and they are designed so you can mix and match them according to your preference. Do not think that you have sacrificed your enjoyment of food by giving up meals. Chances are, there are meals you enjoyed eating and you get to stick to the Paleo Diet plans. You can substitute them with a variety of appetizers, breakfast, lunches, dinners and desserts recipes. There are ample choices for those who want to stick strictly to Paleo Diet. This way, you will never get bored of eating the same meal over and over again. This reinforces your habit of sticking to the diet to a healthier you. Buy this Paleo Diet cookbook or athletes today and your Paleo Diet will be surprisingly simple to do!

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