



High Performance Shake and Juices Recipes for Volleyball Players: Increase Muscle and Reduce Fat to Become Quicker, Stronger, and Leaner

Joseph Correa (Certified Sports Nutritionist)

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High Performance Shake and Juices Recipes for Volleyball Players will help you to increase muscle and drop unwanted fat naturally and efficiently. These are not to replace meals but should complement your normal day to day meals. Being too busy to eat right can sometimes become a problem and that's why this book will save you time and help nourish your body to achieve the goals you want. This book will help you to: -Increase muscle and reduce fast. -Train longer and harder with more energy. -Look leaner and healthier. -Naturally accelerate Your Metabolism to become thinner. -Improve your digestive system.

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