



Gluten Free Fitness: 21 Recipe For and After the Workout (Fitness, Healthy food, Workout meals, Bodybuilding meal plan)

Eva Reinhard

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Gluten Free Fitness: 21 Recipe For and After the Workout

If you are into Fitness, Bodybuilding or other sports you know how important your food is. It's or fuel before your workout and your building block after it. This book will make sure you get your protein, fiber and vitamins.

Going Gluten Free means cutting out food that has the protein Gluten in it and was first suggested by doctors to treat celiac disease and gluten intolerance. Studies show that 1 in 250 people have celiac disease.

Each Gluten Free recipe in this cookbook is easy to prepare with step-by-step instructions. If you are an athlete and want to go gluten free this book is perfect for you as the recipes are high-quality and will benefit you for your workouts or after them.

This Gluten Free Beginners Recipe book comes with linked tables of content which makes finding your favorite Gluten Free Beginners Recipe easy.

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PALEO FREEZER: 11 Prepare-Ahead Paleo Freezer Meals

You are getting TWO EBOOKS for the price of ONE!!!

Paleo freezer meals can save you a lot of time on a weekly or monthly basis. Many people don't have time to cook every night and that makes it hard to follow the Paleo Diet. So why not freeze some Paleo Meals?

These meals can be made in big portions to be frozen so you get several meals from one effort.

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