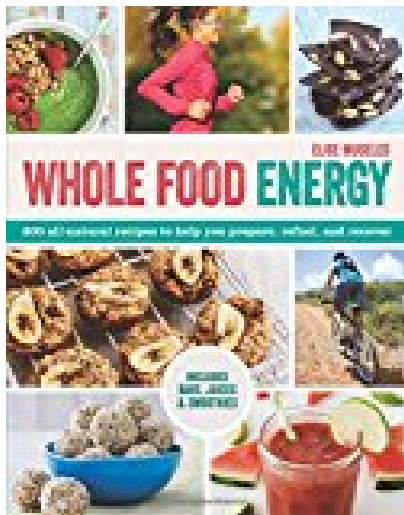


# Whole Food Energy 200 All Natural Recipes to Help You Prepare Refuel and Recover



## BOOK DETAILS

- Author : Elise Museles
- Pages : 176 Pages
- Publisher : Barrons Educational Series
- Language : English
- ISBN : 1438007523

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## BOOK SYNOPSIS

The nutritionist and popular voice behind the Kale and Chocolate blog helps readers make the best food choices for optimal health. Learn what to eat before you exercise, during workouts, and after you train in order to reach the next level of fitness--or to look and feel better than ever before.

### **WHOLE FOOD ENERGY 200 ALL NATURAL RECIPES TO HELP YOU**

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