



The Smoothies for Runners Book: 36 Delicious Super Smoothie Recipes Designed to Support the Specific Needs Runners and Joggers (Achieve Your Optimum ... and Physique Goals) (Food for Fitness Series)

Lars Andersen

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With his unique, no-nonsense, no-filler approach to getting maximum nutrition and without sacrificing on the great taste that only smoothies can provide, Lars Andersen provides you with everything you need to have a tasty, varied, power-packed smoothie that is ready in moments.

Tailored to your specific needs:

Unlike other books which stop at simply providing a list of smoothie recipes, Lars includes the nutritional information and specifies when and why you should enjoy each smoothie - whether it be pre-run or post-run workout. **One size rarely fits all and Lars eliminates the guesswork for you.**

In this Book, distance runner and sports nutrition guru Lars Andersen shows you delicious ways to:

- **Run significantly further, faster and longer**
- Build muscle and tone up dramatically
- **Save time and money whilst supporting optimal health**
- Drastically reduce muscle fatigue, joint pain and recovery time
- **Beat plateaus and achieve new levels of fitness**
- Feel fresh and energized all day, every day

BONUS BOOK!

If you buy *Smoothies for Runners!* today, you will also get a FREE BONUS copy of the best-selling report:

Distance Running

This bestselling report shows you how to achieve your fitness goals using a little known way of achieving your weight loss and fitness goals. And before you ask, these fitness "tips" are backed by facts.

It's also yours free if you buy *Smoothies for Runners* today.

AND THE BEST PART?

This bonus ebook is also short, sweet and gets straight to the point - there is no added padding.

Get your report today as this is available only throughout this time-limited promotion!

Scroll Up and Hit 'Buy Now' to Improve Your Runs Today!

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From reader reviews:

German Montoya:

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the e-book untitled The Smoothies for Runners Book: 36 Delicious Super Smoothie Recipes Designed to Support the Specific Needs Runners and Joggers (Achieve Your Optimum ... and Physique Goals) (Food for Fitness Series) can be great book to read. May be it might be best activity to you.

Desmond Gorman:

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Hope Giles:

That guide can make you to feel relax. This kind of book The Smoothies for Runners Book: 36 Delicious Super Smoothie Recipes Designed to Support the Specific Needs Runners and Joggers (Achieve Your Optimum ... and Physique Goals) (Food for Fitness Series) was bright colored and of course has pictures around. As we know that book The Smoothies for Runners Book: 36 Delicious Super Smoothie Recipes Designed to Support the Specific Needs Runners and Joggers (Achieve Your Optimum ... and Physique Goals) (Food for Fitness Series) has many kinds or style. Start from kids until teens. For example Naruto or Investigation company Conan you can read and believe you are the character on there. Therefore not at all of book tend to be make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book for yourself and try to like reading in which.

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