



Juices for Golfers Juicer Recipes and Nutrition Guide to Achieving Maximum Focus, Performance and Drive for Today's Golfer Food for Fitness Series

By Lars Andersen

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 58 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. The ideal companion to Lars Andersen's Smoothies for Golfers 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 juice that is ready in moments. Tailored to your specific needs: Unlike other books which stop at simply providing a list of juicing recipes, Lars includes the nutritional information and specifies when and why you should enjoy each juice recipe - whether it be pre-or-post game. One size rarely fits all and Lars eliminates the guesswork for you. In this Book sports nutrition guru Lars Andersen provides shows you delicious ways to: Improve your Mental Focus and Clarity Promote Optimal Eyesight through Nutrition Support Improved Strength and Flexibility Drastically reduce muscle fatigue, joint pain and recovery time Beat plateaus and achieve new levels of performance Feel fresh and energized all day, every day BONUS eBOOK! If you buy Juices for Golfers! today, you also get a FREE BONUS copy of the best-selling report:...



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