



High Performance Meal Recipes for Tennis: Increase Muscle and Reduce Fat to Become Faster, Stronger, and Leaner

Joseph Correa (Certified Sports Nutritionist)

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High Performance Meal Recipes for Tennis will help you increase the amount of protein you consume per day to help increase muscle mass in order to perform better in Tennis. These meals and the calendar will help increase muscle in an organized manner by having a schedule and knowing what you're eating. 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. Make sure you know what your eating by preparing it yourself or having someone prepare it for you. This book will help you to: -Gain muscle fast to increase your hitting power and get to more shots. -Have more energy during long matches. -Naturally accelerate Your Metabolism to build more muscle. -Improve your recovery time after training or competing. Joseph Correa is a certified sports nutritionist and a professional tennis player and coach. © 2015 Correa Media Group

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