



RECETAS VEGANAS DE BATIDOS De PROTEINAS PARA CORREDORES: Incluye 50 recetas veganas de Batidos Saludables para lograr tu Mejor Maraton (Spanish Edition)

Mariana Correa

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Optimiza tus entrenamientos de carreras con los mejores batidos veganos. Incluye una clara explicación destinada a corredores acerca de lo que se necesita para tener éxito y tiene 50 sencillas recetas veganas que te pondrán en camino a estar en la mejor forma. Si estás interesado en incrementar tu ingesta de proteínas para mejorar tu rendimiento mediante una dieta vegana, este libro es perfecto para ti. Ya sea que estés buscando un batido como sustituto alimenticio, como desayuno o para antes o después del entrenamiento, te brindamos 50 recetas para elegir. Estos son los mejores licuados proteínicos y veganos para cualquier maratonista que quiera desarrollar masa muscular, rendir más y sentirse más saludable. Desarrolla un cuerpo fuerte y sano desde el interior hacia el exterior. Incrementarás tu desempeño atlético al beber todos los nutrientes que tu cuerpo necesita. La autora, Mariana Correa, es una ex deportista y una Nutricionista Deportiva Certificada que compitió con éxito alrededor del mundo. Comparte años de experiencia en ambos sentidos, tanto como atleta y así también como coach, brindándonos una perspectiva invaluable.

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