



Vegan Protein Swimming Smoothie Recipes: Build Lean Muscle with 50 Vegan Healthy Smoothie Recipes

By Mariana Correa

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Power up your swimming performances with delicious and healthy vegan protein shakes. Whether you're looking for a meal replacement smoothie, a breakfast smoothie, a smoothie for before or after your workout you'll have 50 smoothie recipes to choose from. These are the best vegan protein shakes for any swimmer who is looking to: - Train Harder - Feel Healthier - Build lean muscle Build a strong and healthy body from the inside out. You will enhance your performance by drinking all the nutrients your body needs. A healthy nutrition is the foundation of your training program and athletic development. This book includes a clear explanation for swimmers of what you need to succeed and includes over 50 easy vegan recipes that will set you on the path of your best performance. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective.

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