



Gluten-Free Cycling Diet: Live Gluten-Free to Reach Your Ultimate Potential

Mariana Correa

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Gluten-Free Cycling Diet: Live Gluten-Free to Reach Your Ultimate Potential Mariana Correa

Gluten-Free Cycling Diet is the best book for any cyclist who is looking to feel stronger, faster, and fitter when performing. You'll only feel this way if your body is healthy from the inside out. You'll improve your performance through nutrition.

This book includes a clear explanation of what you need to succeed and includes more than 50 recipes that'll set you on the path to greatness. Your connection with food is the biggest influence for your long-term well-being. The first thing to consider when you would like to make a change in your life is your diet. Nutrition is the foundation of your lifestyle and athletic development.

The author, Mariana Correa, is a former professional athlete and certified sports nutritionist who competed successfully all over the world. She shares years of experience, as an athlete and a coach, bringing a priceless perspective.

Healthy eating and dieting is a lifestyle, not a set of rules set in stone that we need to follow. Nutrition is 80 percent habit. You most likely have had the same nutritional habits for years and years. It will take time, discipline, and constant support to change your habits and reach your potential. A year from now, you'll be wishing you had started today.

The journey to greatness is not easy, but every step you take forward brings you one step closer to your goals. Get started today, and you'll be on your way to be healthier, fitter, and happier.

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