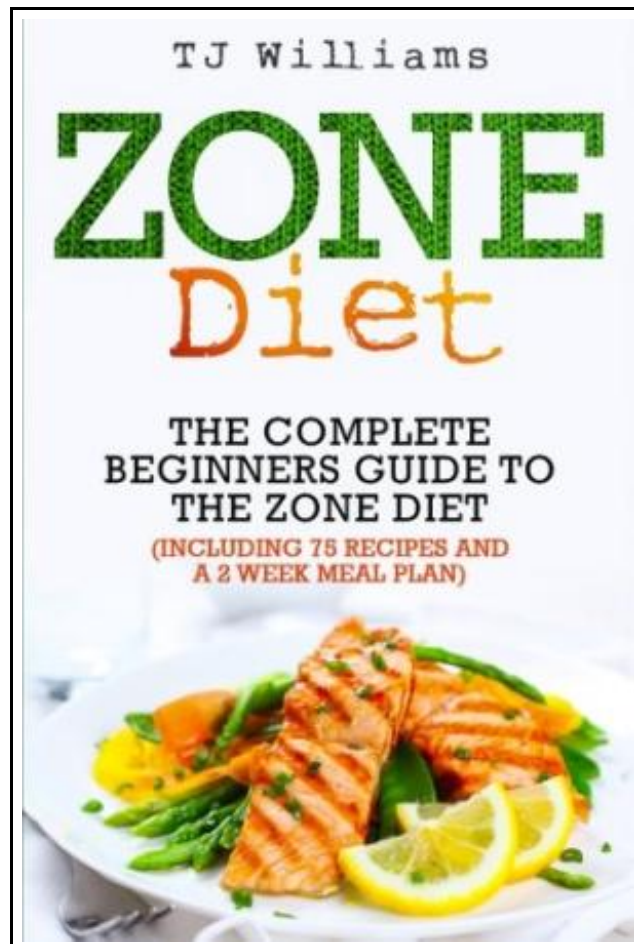


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Zone Diet - The Ultimate Beginners Guide To The Zone Diet (includes 75 recipes and a 2 week meal plan) As you spend your first few days at your Cross Training gym, you may be very excited to find out more about the various exercises that are involved, weekly training plans, clothing and equipment. A well balanced diet plan can be overlooked at times, but it s a crucial component to providing you with the fuel to get the fitness, performance and the physique of your dreams. I ve worked with hundreds of clients over the last couple of years who misinterpret the meaning of training hard as many of them used to think that bodybuilding or fitness is done only at the gym. But that is not true. There is a popular saying across the fitness industry that states 30 of the fitness you gain is from the gym and 70 from the kitchen. The exact percentage is likely to fluctuate based on the individual and their goals for training, but the premise is accurate. Most of your gains (approx. 2/3 to 3/4) will be made from nutrition alone. Yes, you heard it right! While your personal trainer may have talked to you about Paleo Diet , which is a very popular nutrition strategy, they may have omitted another useful dietary routine going by the name of the Zone Diet . What is the Zone Diet? This is a diet form that primarily consists of consuming foods with high protein and low carbohydrates on 5 equally balanced meals that span throughout the day. This book will introduce you to the Zone Diet, it s...



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