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The Best Muscle Building Meal Recipes for Basketball: High Protein Meals to Make You Stronger, Faster, and More Resistant

Joseph Correa (Certified Sports Nutritionist)

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The Best Muscle Building Meal Recipes for Basketball will help you increase the amount of protein you consume per day to help increase muscle mass in order to play better in basketball. These meals and the calendar will help increase muscle in an organized manner by having a schedule and knowing what you're eating. This book will help you to: -Gain muscle fast to improve your resistance and strength. -Have more energy before and after games. -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 athlete. © 2015 Correa Media Group

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