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Pre and Post Competition Muscle Building Recipes for Mixed Martial Arts: Recover faster and improve your performance by feeding your body powerful muscle building and fat shredding meals

Joseph Correa (Certified Sports Nutritionist)

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Pre and Post Competition Muscle Building Recipes for Mixed Martial Arts will help you increase the amount of protein you consume before and after competing which will allow you muscles to recover and grow. These meals will help increase muscle in an organized manner by adding healthy portions of protein to your diet. Not feeding your body properly before competition and cause you to perform negatively simply because of lack of strength and energy which are vital to do your best. Eating and nourishing your body after competition can have an even greater effect on your future performances and to your muscles healthy development. This book will help you to: -Gain muscle fast naturally when you need it the most. -Improve muscle recovery right after training or competing. -Have more energy. -Naturally accelerate Your Metabolism to build more muscle. -Improve your digestive system. Joseph Correa is a certified sports nutritionist.

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