



Complete Idiot's Guide to Sports Nutrition (The Complete Idiot's Guide)

Dawn Weatherwax, Sonia Weiss

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A sought-after sports nutritionist offers recreational and competitive athletes alike the secrets to improved performance in any sport through specialized nutrition. From explaining how to tweak the protein, fats, and carbs in your diet to enhance performance to taking readers through pre- and post-game planning, this book offers the complete, inside track on sports nutrition.

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