

High Performance Meal Recipes for Basketball will help you increase the amount of protein you consume per day to help increase muscle mass and drop excess fat in order to run faster, jump higher, and become more resistant 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 increase your speed and resistance. -Have more energy during difficult climatic conditions and prevent cramps. -Naturally accelerate Your Metabolism to build more lean muscle. -Improve your recovery time and reduce injuries. Joseph Correa is a certified sports nutritionist and a professional athlete. © 2015 Correa Media Group

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