



The Paleo Athlete: A Beginner's Guide to Real Food for Performance

Stephanie Gaudreau

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Are you tired of being confused by performance nutrition? You want to know what to eat and when to eat it so you can train and compete at your best, but it's hard to find a clear answer. Consider this THE manual for any athlete who wants to go Paleo—whether your sport is power-, high intensity- or endurance-based—or anyone who's Paleo and wants to start training for a sport.

In The Paleo Athlete you'll learn...

Why athletes thrive on nutrient-dense, anti-inflammatory foods

The basics of Paleo and understanding macronutrients

All about carbs—who needs them and why

How to burn fat at rest

What and how much to eat before, during and after a workout

Why dietary hacks can't substitute for solid nutrition

Practical cooking tips for your busy schedule

How to get ready for competition

How to improve sleep and recovery and deal with injuries and stress

FAQs and troubleshooting guides

Thirty stupid-easy, mouth-watering recipes

...and much more!

If you're looking for a balanced approach to fueling, you're curious about how to apply Paleo to your sport, or you're a Paleo athlete already but you're wondering how to tweak your nutrition for better performance (while not sacrificing your health), The Paleo Athlete is for you.

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