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# High Performance Shake and Juice Recipes for Basketball: Grow More Muscle and Reduce Fat to Become Faster, Stronger, and Leaner

*Joseph Correa (Certified Sports Nutritionist)*

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*Joseph Correa (Certified Sports Nutritionist)*

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High Performance Shake and Juice Recipes for Basketball will help you to increase muscle and drop unwanted fat naturally and efficiently. These are not to replace meals but should complement your normal day to day meals. Being too busy to eat right can sometimes become a problem and that’s why this book will save you time and help nourish your body to achieve the goals you want. This book will help you to: -Increase muscle and reduce fast. -Train longer and harder with more energy. -Look leaner and healthier. -Naturally accelerate Your Metabolism to become thinner. -Improve your digestive system. Joseph Correa is a certified sports nutritionist and a professional athlete.

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