



VEGANE TRIATHLON Diät: Genie 50 vegane Rezepte ideal für Hochleistungs-Triathleten (German Edition)

Mariana Correa

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Vegane Triathlondiät ist das beste Buch für jeden Triathlet, der schneller schwimmen, schneller laufen und zügiger Rad fahren möchte. Um deine Ironman Traumzeit zu verwirklichen, muss dein Körper rundum gesund ist. Du wirst nur dann deine Leistung steigern, indem du das richtige Essen zu dir nimmst. Dieses Buch beinhaltet eine klare Erklärung was du für den Erfolg brauchst und außerdem 50 einfache vegane Rezepte, die du auf dem Weg zur deiner besten Leistung bringen wird. Dein Körper ist dein Tempel und dein Essen dein Antrieb. Deine Beziehung zum Essen ist der größte Einfluss auf dein langfristiges Wohlbefinden. Das Erste, was du bedenken solltest, wenn sich was in deinem Leben ändern soll, ist deine Ernährung. Gesunde Ernährung ist das Fundament für deinen Lebensstil und athletische Entwicklung. Die Autorin Mariana Correa ist eine ehemalige professionelle Athletin und zertifizierte Sporternährungsberaterin, die weltweit erfolgreich an Wettbewerben teilgenommen hat. Sie teilt viele Jahre Erfahrung sowohl als Athletin als auch als Trainerin, die eine unbezahlbare Perspektive bietet. Genieße das Buch mit veganen Nachspeisen, veganem Frühstück, veganen Mahlzeiten, veganen Snacks, vegane Mittagessen und vieles mehr.

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