



# **GLUTEN-FREE TRIATHLON Diet: Make each bite an opportunity to improve your performance**

*Mariana Correa*

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## **GLUTEN-FREE TRIATHLON Diet: Make each bite an opportunity to improve your performance**

Mariana Correa

Gluten-free Triathlon Diet is the best book for any athlete who is looking to fine tune their body to achieve their best results yet. Get started today you will be on your way to be healthier, fitter and happier. You will improve your performance through the right nutrition. This book includes a clear explanation of what you need to succeed and includes over 50 recipes that will set you on the path of greatness. A year from now you will be wishing you had started today. The journey to greatness is not easy, but every step you take forward brings you one step closer to your goals. Your connection with food is the biggest influence for your long-term well-being. The first thing to consider when you would like to make a change in your life is your diet. Nutrition is the foundation of your lifestyle and athletic development. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective.

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