



# Paleo TRIATHLON Diet: Make your Body The Ultimate Performance Machine

*Mariana Correa*

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## **Paleo TRIATHLON Diet: Make your Body The Ultimate Performance Machine** Mariana Correa

Description Paleo Triathlon Diet is the best and most complete book out there for any athlete who is looking for better performance through nutrition. With the perfect combination of knowledge, recipes and unique meal plans you will be on the road to success. 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. If you're looking to improve your time, to finish an ironman race, and become a super athlete you can do it! This book goes beyond the subject of Triathlon. It inspires you to push yourself, and dare to dream beyond your abilities. Every aspect to succeed is explained including hydration, nutrition and much more with a clear and easy way to understand. After reading this book you will be on your way to be healthier, fitter and happier. A year from now you will be wishing you had embarked in this journey today. Change takes time and sometimes it's not easy to see that transformation taking place on a day to day basis. But when you look back in time all those small improvements will add up to something amazing. Get started today, your future self will thank you.

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