



The Cheer Diet (Female Edition): A 60 Day Plan Designed to Help You Stunt Stronger, Tumble Harder Look Absolutely Fierce at Competitions (Paperback)

By Sahil Mulla

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Going Full Out Just Got Easier! Say goodbye to feeling bloated, having low energy and getting cramps while doing the sport you love. Everything about The Cheer Diet has been designed to meet the demanding needs of today's All-Star and Varsity athlete. Inside, you'll learn: What to eat before practice to avoid energy crashes What you should be drinking during practices to keep you going for hours (Hint: it's not Gatorade!) How to prime your body to burn fat as fuel instead of sacrificing your muscles as the energy source How to prepare simple, delicious and easy to cook meals that require almost no cooking skills Exactly what to eat after practice so that your body goes into repair mode almost immediately! And much, much more. So while other girls are suffering by fueling their bodies with basic, low quality foods, you can give yourself the edge by being able to perform like a champion and look Instagram worthy from every angle! Free nutrition tips: Follow us on Twitter and IG:



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