



# High Performance Meal Recipes for Triathletes: Increase Muscle and Drop Excess Fat to Become Faster, Stronger, and Leaner

*Joseph Correa (Certified Sports Nutritionist)*

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## **High Performance Meal Recipes for Triathletes: Increase Muscle and Drop Excess Fat to Become Faster, Stronger, and Leaner** Joseph Correa (Certified Sports Nutritionist)

High Performance Meal Recipes for Triathlons will help you increase the amount of protein you consume per day to help increase muscle mass and drop excess fat in order to perform better in triathlons. These meals and the calendar will help increase muscle in an organized manner by having a schedule and knowing what you're eating. This book will help you to: -Gain muscle fast to increase your speed. -Have more energy during difficult conditions. -Naturally accelerate Your Metabolism to build more muscle. -Improve your recovery time and reduce injuries. Joseph Correa is a certified sports nutritionist and a professional athlete. © 2015 Correa Media Group

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