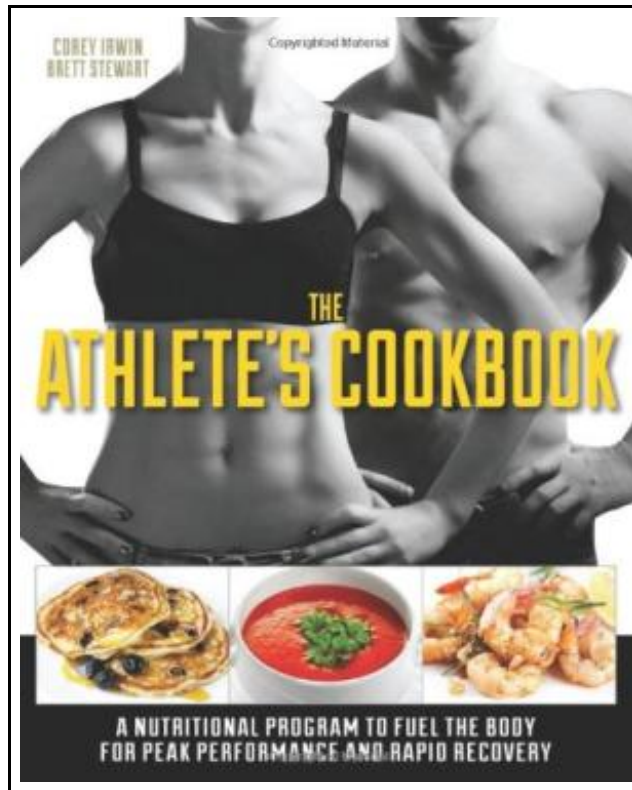


## The Athlete's Cookbook: A Nutritional Program to Fuel the Body for Peak Performance and Rapid Recovery



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