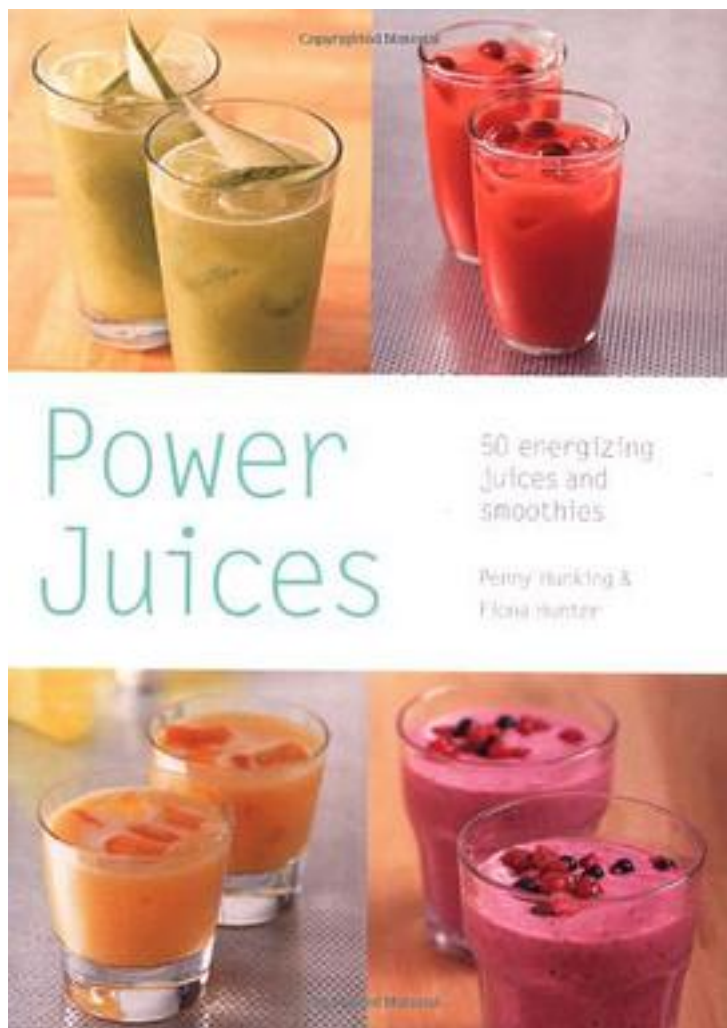


Power Juices



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出版者:Sterling Pub Co Inc

出版时间:2006-7

装帧:Pap

isbn:9780600614227

Juices can boost energy levels before exercise, aid fluid and electrolyte replacement

during workout, and provide invaluable carbohydrate to maintain stamina. Whether you are a marathon runner or a weekly gym visitor, these energy drinks will help you get more from your exercise routine. This book presents 50 delicious nutrient-packed juices and smoothies especially designed to rehydrate and boost energy levels for every type of exercise, from low-intensity to endurance sports. Each recipe has a detailed nutritional analysis to help you monitor your intake of valuable vitamins and minerals. Quick-reference symbols show which juices are right for your sport.

作者介绍:

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