



# **VEGAN PROTEIN TRIATHLON SMOOTHIE**

## **Recipes: 50 Healthy Vegan Recipes for your best Ironman yet**

*Mariana Correa*

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# VEGAN PROTEIN TRIATHLON SMOOTHIE Recipes: 50 Healthy Vegan Recipes for your best Ironman yet

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## **VEGAN PROTEIN TRIATHLON SMOOTHIE Recipes: 50 Healthy Vegan Recipes for your best Ironman yet** Mariana Correa

Looking for your best ironman or ultraman time? This book includes a clear explanation for triathletes of what you need to succeed and includes over 50 easy vegan recipes that will set you on the path of your best performance. Maximize your Triathlon workouts with the best vegan protein smoothies. With over 50 healthy and delicious vegan protein smoothies you will be on the road to success. Whether you're looking for a meal replacement smoothie, a breakfast smoothie, a smoothie for before or after your workout you'll have 50 smoothie recipes to choose from. These are the best vegan protein shakes for any triathlete who is looking to build more muscle, perform better and feel healthier. Build a strong and healthy body from the inside out. You will enhance your performance by drinking all the nutrients your body needs. 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.

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