

# The Paleo Athlete: A Beginners Guide to Real Food for Performance



Are you tired of being confused by performance nutrition? You want to know what to eat and when to eat it so you can train and compete at your best, but its hard to find a clear answer. Consider this THE manual for any athlete who wants to go Paleowhether your sport is power-, high intensity- or endurance-basedor anyone whos Paleo and wants to start training for a sport. In The Paleo Athlete youll learn Why athletes thrive on nutrient-dense, anti-inflammatory foods The basics of Paleo and understanding macronutrients All about carbswho needs them and why How to burn fat at rest What and how much to eat before, during and after a workout Why dietary hacks cant substitute for solid nutrition Practical cooking tips for your busy schedule How to get ready for competition How to improve sleep and recovery and deal with injuries and stress FAQs and troubleshooting guides Thirty stupid-easy, mouth-watering recipes and much more! If youre looking for a balanced approach to fueling, youre curious about how to apply Paleo to your sport, or youre a Paleo athlete already but youre wondering how to tweak your nutrition for better performance (while not sacrificing your health), The Paleo Athlete is for you.

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