



Paleo Tennis Diet: A Guide to Becoming Stronger, Fitter, Healthier and Happier

Mariana Correa

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Paleo Tennis Diet is the best and most complete book out there for any tennis player who is looking for better performance through nutrition. With the perfect combination of knowledge, recipes and unique meal plans you will be on the road to success. The author Mariana Correa is a former professional tennis player 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. Look at how much Djokovic has improved with his new lifestyle. You can improve too! Win more 3 set matches, close out those tough tie breakers and feel faster, stronger and hitting the ball better on the court. After reading this book you will be on your way to becoming the ultimate performance machine. A year from now you will be wishing you had embarked in this journey today. Change takes time and sometimes it's not easy to see that transformation taking place on a day to day basis. But when you look back in time all those small improvements will add up to something amazing. Get started today, your future self will thank you.

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