



Gluten-Free Tennis Diet: Play and Live at Your Maximum Potential

Mariana Correa

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Gluten-Free Tennis Diet: Play and Live at Your Maximum Potential Mariana Correa

From Novak Djokovic's secret gluten-free diet comes this fantastic book. *Gluten-Free Tennis Diet* is the best book for any tennis player who is looking to fine tune their body to play their best tennis yet. If you'd like to win more matches and feel better on the court this book is for you. Get started today, and you'll be on your way to being healthier, fitter, and happier - a year from now, you'll wish you had. The journey to greatness is not easy, but every step you take forward brings you one step closer to your goals.

Your connection with food is the biggest influence for your long-term well-being. The first thing to consider when you would like to make a change in your life is your diet. Nutrition is the foundation of your lifestyle and athletic development. You'll improve your performance through the right nutrition. This book includes a clear explanation of what you need to succeed and includes more than 50 recipes that'll set you on the path to greatness.

The author, Mariana Correa, is a former professional athlete and certified sports nutritionist who competed successfully all over the world. She shares years of experience, as an athlete and a coach, bringing a priceless perspective.

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