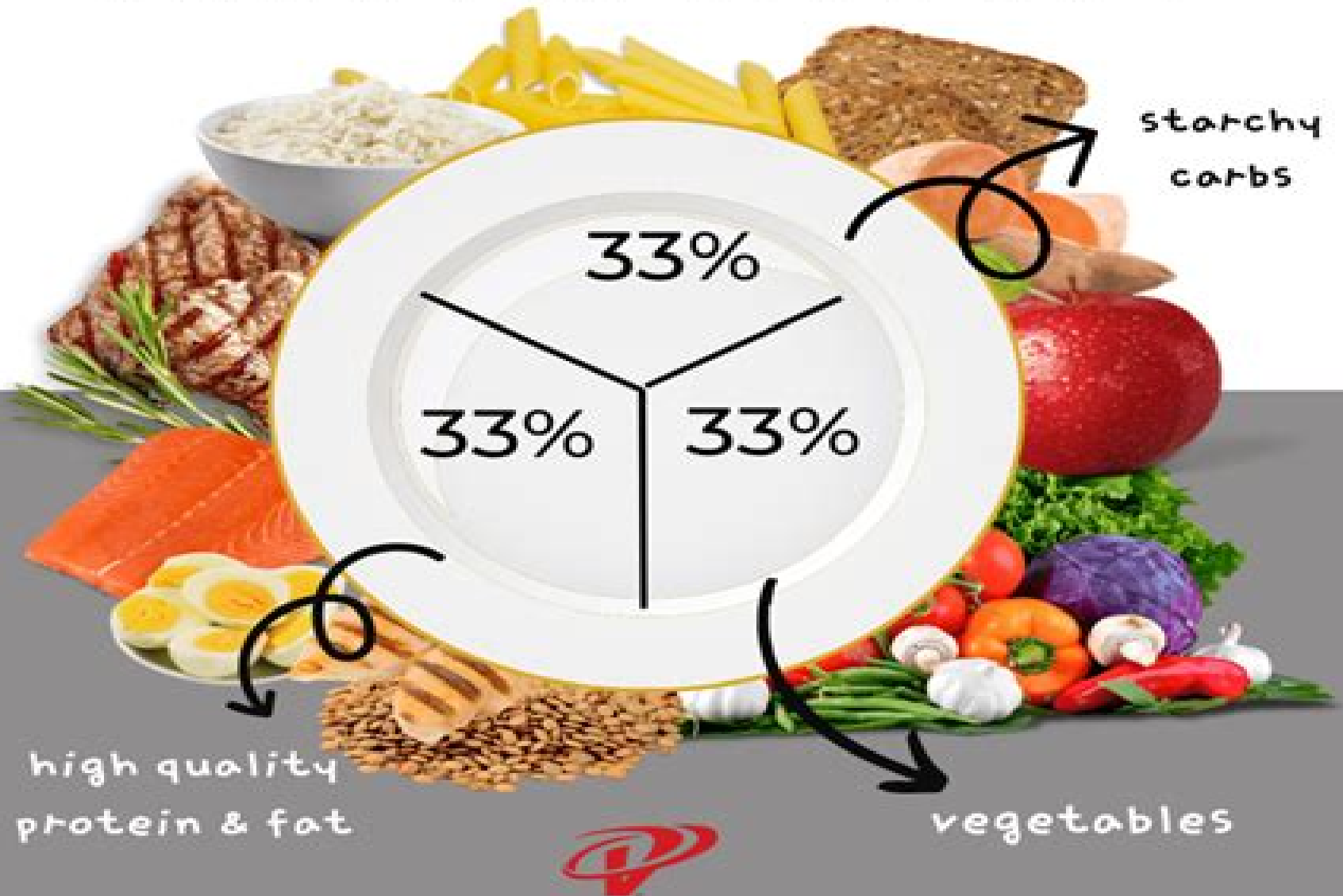


# DAILY EATING ATHLETES MEAL



# Fuel Up Using The Principles Of Sports Nutrition To Perform Like A Pro

**Thomas Griffiths**



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