



# **RECETAS VEGANAS De BATIDOS De PROTEINAS PARA CICLISMO: 50 recetas veganas de batidos saludables para disfrutar (Spanish Edition)**

*Mariana Correa*

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Disfruta de los mejores batidos veganos con alto contenido de proteínas para mejorar tu rendimiento en el ciclismo. Este libro contiene una clara explicación sobre lo que deben hacer los ciclistas para llegar al éxito e incluye 50 recetas veganas que te llevarán a estar en la mejor forma. Ya sea que estés entrenando para una carrera o solo disfrutando del ciclismo en tus fines de semana, puedes optimizar tu rutina de ejercicios con los mejores batidos veganos. Con estas 50 recetas estarás en el camino directo hacia el éxito. No importa que estés buscando un batido como sustituto alimenticio, como desayuno o para antes o después del entrenamiento, tienes 50 recetas para elegir. Estos son los mejores licuados proteínicos y veganos para cualquier ciclista que quiera desarrollar masa muscular, entrenar duramente y sentirse más saludable. La autora, Mariana Correa, es una ex deportista y una Nutricionista Deportiva Certificada que compitió con éxito alrededor del mundo. Comparte años de experiencia en ambos sentidos, tanto como atleta y así también como coach, brindándonos una perspectiva invaluable.

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