



Limitless Nutrition Log: Nutrition Log for Crossfitters (Paperback)

By Brian Diez

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Elite CrossFitters know that a sound nutrition program is necessary for consistent progress. The Limitless Nutrition Log for CrossFitters will help you track your intake for maximized results. Includes 6 months worth of tracking, Paleo Challenge scoring to measure your progress, Paleo/Zone food blocks, lists of foods to avoid, tips for sticking to your plan, and more.



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