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**Loss Tips with Ben Greenfield**

**Downsizing to become a Better, Faster,**

**Healthier Cyclist!!!** *What I eat in a day to*

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*Stefanie*

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Mike Mutzel | Hacks To Boost Fat Loss

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Healthy Weight-loss From Riding Your  
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be Eating? Lyle McDonald on how  
women can improve fat loss *Racing  
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take control of your diet with the proven  
*Racing Weight* approach, practiced by the

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world's best endurance athletes and  
backed by scientific research. The fastest  
athletes tend to be the leanest, but every  
athlete needs to eat well to perform well.

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Light Recipes for Athletes (The Racing  
Weight Series) by Fitzgerald, Matt, Fear,  
Georgie (2014) Paperback by (ISBN: )  
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Recipes for Athletes ...*

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Acorn Squash. Oven-roasted vegetables  
offer great flavor if you have the time to  
cook them. In a crunch,... White Bean,  
Tomato & Cucumber Salad. This delicious



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high-fiber salad can be a delightful change  
of pace from... Oat Bran ...  
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*Racing Weight Cookbook: Lean, Light  
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" Racing Weight Cookbook is third in a series of guides by Matt Fitzgerald to help the endurance athlete lose your winter flab

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and get to be the lean, mean, cycling  
machine you imagine yourself to be. The  
cookbook includes 100 delicious-looking  
recipes, many of which can be prepared in  
under 15 minutes so you can hit the road."

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1 Combine all ingredients except peas in a slow cooker and stir. Cover and cook on low heat for 6 hours. Stir in peas when stew is done (the hot stew will cook them).  
Per serving: 319 calories, 6 g fat, 29 g total carbohydrate, 6 g dietary fiber, 37 g protein.

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*RACING WEIGHT - VeloPress*

Lean, Light Recipes for Athletes. 2014.  
The Racing Weight Series  
Racing Weight Cookbook delivers more than 100 flavorful, easy recipes for athletes that will help you hit your ideal weight without compromising your performance. Whatever your training demands, Racing Weight meals make it

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simple to dial in the right mix of carbs, fat,  
and protein and satisfy your appetite.

*Racing Weight Books*

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Weight Cookbook Lean  
Recipes for Athletes by Matt Fitzgerald,  
Georgie Fear (Paperback, 2014) 1 product  
rating. 5.0 average based on 1 product  
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1. 4.

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Recipes for Athletes (Racing Weight  
Series) by Matt Fitzgerald; Georgie Fear at  
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ISBN 13: 9781937715151 - VeloPress -  
2014 - Softcover

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# File Type PDF Racing Weight Cookbook Lean *Recipes for Athletes...*

Racing Weight Cookbook: Lean, Light  
Recipes for Athletes. Racing Weight  
Cookbook delivers more than 100  
flavorful, easy recipes for athletes that will  
help you hit your ideal weight without  
compromising your performance.

Whatever your training demands, Racing

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Weight meals make it simple to dial in the right mix of carbs, fat, and protein and satisfy your appetite.

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By Georgie Fear, Matt Fitzgerald. \$24.95.

Racing Weight Cookbook offers 100 recipes that follow the principles of

Racing Weight, Fitzgerald's best-selling weight loss program for athletes. Racing Weight Cookbook quantity. Add to cart.

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*Racing Weight Cookbook by Matt  
Fitzgerald and Georgie Fear*

"Racing Weight Cookbook is third in a  
series of guides by Matt Fitzgerald to help

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the endurance athlete lose your winter flab and get to be the lean, mean, cycling machine you imagine yourself to be. The cookbook includes 100 delicious-looking recipes, many of which can be prepared in under 15 minutes so you can hit the road."

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