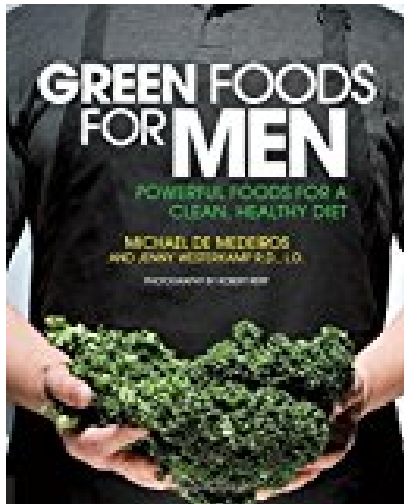


Green Foods for Men Powerful Foods for a Clean Healthy Diet



BOOK DETAILS

- Author : Michael de Medeiros
- Pages : 160 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592336329

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BOOK SYNOPSIS

Man up! No more feeding broccoli to the dog, or hiding your lettuce under your napkin-- Its time to get healthy and really improve your life. Want to boost your testosterone, improve sexual virility, promote prostate health, hair growth, and build muscle? Green Foods for Men offers 50 green easy-to-find superfoods, a green juicing and cleanse program, and a seven-day quick-start program for rapid weight loss and fast health and fitness improvements. Mens fitness expert Michael De Medeiros and registered dietician Jenny Westerkamp give you the facts along with macronutrient data of each green ingredient and an explanation for how to implement it into your healthy diet. Take the guess work out of eating healthy, man up and eat your greens.

GREEN FOODS FOR MEN POWERFUL FOODS FOR A CLEAN HEALTHY DIET

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