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Loren Cordain wrote the Paleo Diet based Paleo Diet For Athletes. Cordain The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic

### **Loren cordain - wikipedia, the free encyclopedia**

The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance American Journal of Clinical Nutrition 81:341-54. Cordain L,

### **Paleo diet for athletes | livestrong.com**

Feb 07, 2014 Diet pans for athletes are synonymous with high-carbohydrate foods like rice cakes, bread, pasta and bagels, as well as manufactured sports drinks and

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8 Paleo Principles for Athletes. Eat whole, natural foods instead of the processed kinds. Enjoy plenty of fruits, vegetables and nuts, and limit refined grains and

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Introduction. There are many different versions of a Paleo diet. From no-carb, to low-carb to a high-carb Kitavan-esque diet, there are many different ways to eat

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The Paleo Diet for Athletes: A Nutritional Formula for Peak Athletic Performance. Loren Cordain, Ph.D.,

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Paleo Diet for Athletes: The Ancient Nutritional Formula fo Peak Athletic Performance by Loren Cordain, PhD, and Joe Friel, MS Rodale Books, softcover, 288 pages at

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Endurance Athlete Sample Menu for Off-Day from Training. 6:00 AM Breakfast Poached Cod (or Barramundi) on bed of saut ed spinach (with garlic & olive oil), fresh

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The Basic Paleo Plan. Effective, lifelong fat loss is easy with Paleo foods. We recommend the majority of your meals look something like this: 4-8 oz of lean protein