

Download Parrillo Nutrition Manual

The Parrillo Nutrition Manual™ provides you with an outline, utilizing these nutrients, to accomplish your goals. The Nutrition Manual™ includes: Food composition guide, supplement guide, CapTri® cookbook, sample diets, a food scale and a one month supply of diet trac sheets. Bodybuilding supplements and sports nutrition products for bodybuilders and athletes used for bodybuilding and strength in athletes worldwide. Our protein powders, MCT oils, shakes, energy bars, drinks, diet plans and workouts are great for building muscle mass, losing fat and helping to create fitness champions. Product Description. The Parrillo Training Manual™ also gives you information on the importance of aerobic training and how it can help improve your physique. In addition to this, there are chapters on fascial stretching, a revolutionary way to stretch your muscles for maximum growth and a chapter on proper posing. Sport Nutrition Department FOOD IS FUEL. As a student athlete, you have the power to improve your performance through food. This manual will help guide you in making smart nutrition choices throughout your competitive year. The stress you endure through sport and school increases your nutrition needs. You must have plenty of the right food to