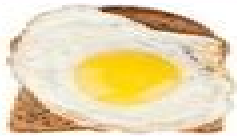


PRE-WORKOUT SNACKS

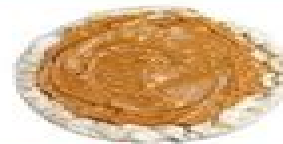
HIGH CARB



Wheat Toast
w/ Eggs



Organic
Popcorn



Rice Cakes w/ Honey
& Almond Butter



Oatmeal w/
Assorted Fruit



Greek Yogurt
w/ Fresh Berries



Fruit
Smoothie



Hummus &
Veggies



Banana Chips



Protein
Bar



Dried Fruits w/
Unsalted Nuts



Quinoa

POST-WORKOUT SNACKS

HIGH PROTEIN



Hard Boiled Egg
w/ Dried Fruit



Orange Slices
w/ Pistachios



Protein Pancakes



Veggie
Omelet



Protein
Bar



Trail Mix



Chocolate
Milk



Chocolate
Pudding



Rice Cakes w/
Tomato &
Cottage Cheese



Green
Smoothie

PERFECT BAR

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Zhe Xu



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Local Food Environments Kimberly B. Morland,2014-09-02 Local Food Environments Food Access in America provides information on the complex nature of food delivery systems as well as the historical and political trends that have shaped them over time The book presents the empirical evidence demonstrating disparities in access to healthy affordable foods across the United States and how these disparities

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The Word of Wisdom Food Plan Kenneth E. Johnson,1993 Discusses the medical benefits of following the food plan laid out in the Word of Wisdom

New York ,1999 *Documentación de la FAO.* ,1979 **Nutrition Education Resources & Bibliography** ,1994 **McCall's** ,1996 **City Limits** ,2001 **Documentación de la FAO; Bibliografía Corriente** Food and

Agriculture Organization of the United Nations. Documentation Center,1979 *The New York Times Index* ,1981

Fitness and Sports Medicine David C. Nieman,1995 State Charities Aid Association Annual Report State Charities Aid Association (N.Y.),1886 Reports for 1909 10 1920 21 include the association s 18th 29th Annual report to the State Hospital Commission varies slightly

Rowing News ,1996-12-15 **National Guide to Funding for Women and Girls** ,1995 *Food Technology* ,1969 **Normal Instructor and Primary Plans** ,1926 Rowing News ,1998-03-28

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