

**Smoothies For Triathletes: Recipes And Nutrition Plan
To Support Triathlon Training From Sprint To
Ironman And Beyond (Food For Fitness Series) By Lars
Andersen**

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She is the co-author of The Athlete's Food Guide to Metabolic Efficiency and the Fuel4mance Smoothie Recipe Book the practices of USA Triathlon.

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Shakes and smoothies for triathlete nutrition

When I use shakes and smoothies for triathlon nutrition, I ll be posting a few of my favorite smoothie recipes soon! What s your favorite smoothie or add in?

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