

# Eat Clean, Play Dirty: The Ultimate Guide to Clean Eating for Athletes

As an athlete, you know that what you eat plays a vital role in your performance. But with so much conflicting information out there, it can be difficult to know what to eat and what to avoid.



## Eat Clean, Play Dirty: Recipes for a Body and Life You Love by the Founders of Sakara Life by Rachel Holtzman

★★★★☆ 4.4 out of 5

Language	: English
File size	: 42836 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 354 pages
Lending	: Enabled



*Eat Clean, Play Dirty* is the ultimate guide to clean eating for athletes. In this book, you'll learn:

- The importance of clean eating for athletes
- How to fuel your body for optimal performance and recovery
- The best foods to eat and the foods to avoid
- How to create a clean eating plan that fits your lifestyle

*Eat Clean, Play Dirty* is written by Dr. John Berardi, a world-renowned expert in sports nutrition. Dr. Berardi has worked with some of the world's top athletes, including Olympians, professional football players, and bodybuilders. He knows what it takes to fuel the body for peak performance, and he shares his secrets in *Eat Clean, Play Dirty*.

This book is a must-read for any athlete who wants to improve their performance and overall health. With *Eat Clean, Play Dirty*, you'll learn how to eat like a champion.

**Here's what people are saying about *Eat Clean, Play Dirty*:**

"*Eat Clean, Play Dirty* is the definitive guide to clean eating for athletes. Dr. Berardi has done a masterful job of distilling the latest research on sports nutrition into an easy-to-follow plan that can help athletes of all levels improve their performance and recovery." - **Mark Sisson, author of *The Primal Blueprint***

"*Eat Clean, Play Dirty* is a must-read for any athlete who wants to take their performance to the next level. Dr. Berardi provides a wealth of practical advice on how to fuel your body for optimal performance and recovery." - **Tim Ferriss, author of *The 4-Hour Body***

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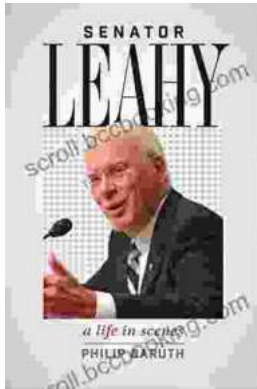


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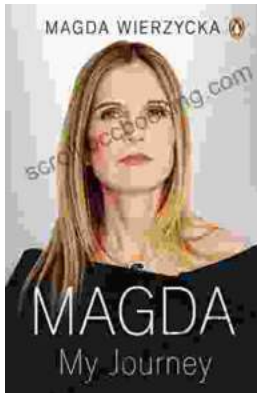
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