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- Les bases de la nutrition du sportif - Un programme en fonction des périodes (prise de masse ou sèche), des jours et des moments de la journée - Des recettes adaptées et des conseils pour faire ses meal prep ! - Des recommandations sur les aliments à consommer et les compléments alimentaires.

Découvrez tous les outils, conseils et recommandations d'Idriss Heerah, nutritionniste spécialisé et pratiquant de Cross training.

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