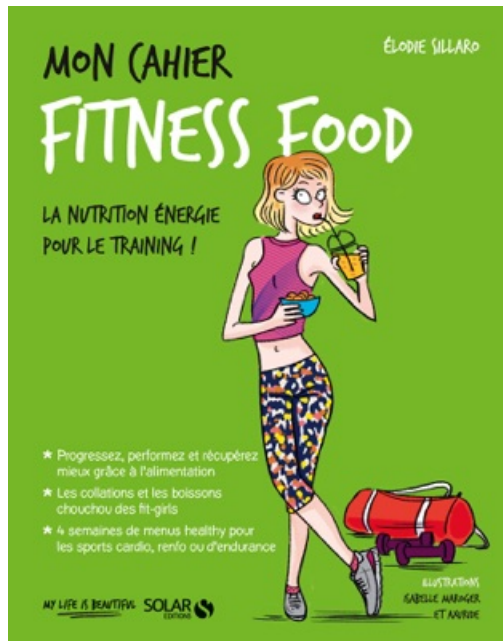


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La fit food healthy pour plus d'énergie, plus de performance, et plus de minceur !

#youarewhatyoueat : toutes les fitgirls le savent, un bon training = une bonne nutrition ! Pour booster sa forme, gagner en force et se sentir pleine de peps, *Mon cahier Fitness food* a concocté des menus équilibrés, healthy et ultra-gourmands qui répondent aux besoins des sportives pour les rendre encore plus performantes ! Repas, collations, boissons énergisantes... on adopte la powerfood !

Au programme :

- **Les principes de la Fit Food pour comprendre les besoins de l'organisme** afin de lui apporter énergie, force et vitalité.

- **3 x 2 semaines de menus fit food** pour : se remettre en forme, avec une nutrition healthy, acido-basique et détox ; mincir avec les IG bas ; ou se muscler avec un programme

food + sport spécifique.

- **Tous les sports et leurs besoins nutritionnels** selon l'intensité, leurs aliments stars, et la nutrition pour les jours off.

- **Les meal prep** (le planning sport + food) pour bien gérer son alimentation et savoir quoi manger avant, pendant et après la séance quel que soit le moment de la journée.

Title	:	Mon cahier Fitness food
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