



# **The Cyclist Kitchen: Create The Cyclist Kitchen Equipped With High Volume Foods, Juice Recipes, & Supplements To Boost Performance**

*Brian Pace*

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Improve your Cycling Performance from the Kitchen

Pro Athlete Brian Pace has created the perfect approach to improving your cycling performance with "The Cyclist Kitchen".

This book has over 120 recipes that cover every type of way you can improve your cycling performance from the kitchen. There is a series recipes to improve cycling performance that will increase speed, boost power, extend endurance, at the same time speed up your recovery time. There is a series of recipes that improves your performance by creating healthy smoothies. There is also a series recipes that are meatless with the focus on maintain weight, or boosting weight loss. There is also a supplement section that has the absolute supplements that has to be in your kitchen to improve cycling performance.

If you are a competitive cyclist looking for the edge, you can gain that competitive edge right in your kitchen. Training in cycling will improve your on bike performance, but if you haven't master what to do in your kitchen, then your cycling performance is missing an important element.

### About the Author

Brian Pace is a Professional Table Tennis Player, Certified Coach, and has worked as a Sports Nutritionist for Metr-x. Brian used cycling as his cross-training sport, and become an Elite Cyclist on his way to winning 11 Junior Titles, 9 National Titles, 4 Collegiate Titles, as well as going on to be the highest ranked African-American in the history of US Table Tennis. Brian is now an Elite Cyclist in the cycling disciplines of Mountain Bike and Road Bike.

Brian has created a Series called "The Cyclist Kitchen" that show you how to expand your kitchen to improve your cycling performance on all levels.

You can find out more about Brian at [www.pacecycletraining.com](http://www.pacecycletraining.com)

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