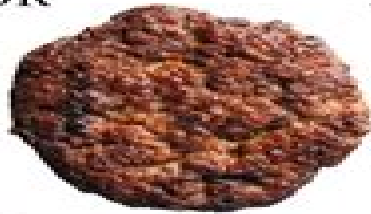


Breakfast Proteins

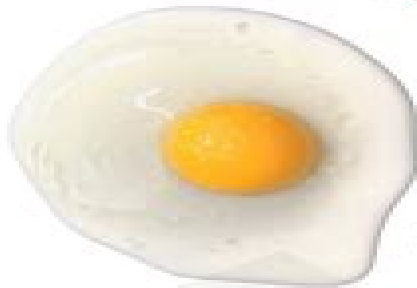
SAUSAGE OR
GROUND
MEAT



PROTEIN POWDER
(in smoothie or
oatmeal)



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



QUALITY
DAIRY



LEFTOVER
MEAT OR FISH



NUT BUTTER



NUTS & SEEDS



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**Food and Nutrition Information Center
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Ernährung und Wasserball César González Andrade, 2025-02-05 Sind Sie bereit Ihre Wasserballleistung auf die nächste Stufe zu heben Wasserball ist ein Sport der Kraft Ausdauer und Explosivität erfordert und gleichzeitig dem Druck des Spiels in einer hochintensiven Umgebung ausgesetzt ist Aber ernähren Sie Ihren Körper auf die beste Art und Weise um Ihre Leistung zu optimieren In diesem Buch entdeckst du wissenschaftlich fundierte Strategien um deine Körperzusammensetzung zu verbessern deine Energie zu steigern deine Regeneration zu beschleunigen und deine Ausdauer im Wasser zu steigern Dies ist kein Buch mit leeren Theorien oder generischen Empfehlungen Jede Strategie wird durch wissenschaftliche Beweise gestützt und speziell für die Bedürfnisse eines leistungsstarken Spielers entwickelt Was finden Sie in diesem Buch Wie Sie Ihre Ernährung strukturieren um Ihre Leistung zu verbessern ohne Ihre Muskelmasse zu beeinträchtigen Die beste Zeit um vor und während und nach einem Spiel zu essen um Energie und Regeneration zu maximieren Wie oft am Tag sollten Sie essen um Kraft und Leistung zu erhalten Vegetarische und vegane Ernährung im Wasserball Können sie alle Ernährungsbedürfnisse abdecken Wie Sie Fett verlieren können ohne Ihre Ausdauer und Kraft zu beeinträchtigen Die wirksamsten Nahrungsergänzungsmittel Kreatin Beta Alanin HMB Backpulver und mehr Die Bedeutung von Eisen Vitamin B12 und Vitamin D für deine Leistungsfähigkeit Energy Drinks Kaffee und Rote Bete Saft Helfen sie wirklich oder sind sie nur Mode Strategien zur Stärkung des Immunsystems und zur Vermeidung von Krankheiten während der Saison Wichtige Lebensmittel wie Milch Mandeln Oliven und Fisch für die Verbesserung der Regeneration und Leistung Ein praktisches Buch für Spieler und Trainer Dieses Buch ist so konzipiert dass Sie jedes Kapitel unabhängig voneinander lesen können und die Informationen die Sie benötigen zur richtigen Zeit finden Egal ob du deine Kraft Ausdauer Regeneration oder Körperzusammensetzung verbessern möchtest hier findest du klare Strategien die vom ersten Tag an angewendet werden können Egal ob Sie ein Wasserballspieler ein Trainer oder einfach nur eine Leidenschaft für Sporternährung sind dieses Buch ist Ihr ultimativer Leitfaden um Ihre Ernährung zu optimieren und Ihre Leistung im Wasser zu steigern verlassen Sie Ihre Ernährung nicht dem Zufall Beginnen Sie noch heute mit der Umgestaltung Ihrer Ernährung mit wissenschaftlich fundierten Strategien und maximieren Sie Ihre Leistung in jeder Trainingseinheit und jedem Spiel Kaufen Sie jetzt Ihr Exemplar und bringen Sie Ihr Spiel auf die nächste Stufe

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