



**382**

Calories

**73g**

Carbohydrate

**21g**

Protein

**23**

Vitamins & Minerals



**MYPRO**  
SPORT NUTRITION

NET WT. 4.4 LBS (2000 g)

**PRO**  
**MASS**  
**GAINER**

**BUILD MASS & STRENGTH**

High Quality Whey Protein

- Rich Source of BCAA, Glutamine & Minerals
- With Creatine Mono Hydrate

# Pro Nutrition Guide

**Jicheng Xie**



## Pro Nutrition Guide:

**Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information Center (U.S.),1976

**The All-Pro Diet** Tony Gonzalez,Mitzi Dulan,2009-08-18 A perennial Pro Bowler NFL tight end Tony Gonzalez has been an unstoppable force for all of his 12 years in the NFL But for a long time he ate like an average American red meat pizza fast food whatever was plentiful and convenient Concerned about his long term post career health Tony decided to change his diet With the help of Mitzi Dulan nutritionist for the Kansas City Chiefs and the Kansas City Royals Tony embarked on a revolutionary new clean eating and exercise regimen that changed his life elevated his physical and mental performance and resulted in dramatic measurable improvements on and off the field It was this dietary change that led him to break two NFL records most touchdowns and receptions by any tight end in NFL history in a single season Now in The All Pro Diet Gonzalez reveals the program low in animal protein and high in whole organic plant based and unprocessed foods that has given him more strength stamina and energy than ever before The first ever diet and fitness plan from an NFL player this book will show you how to make simple lifestyle changes and dietary adjustments so you can feel stronger healthier and more energetic than ever before The All Pro Diet includes Meal plans designed to take the guesswork out of making smart food choices An array of delicious and wholesome recipes for every meal Tony s Ultimate Fitness Program no weight machines required The 8 Point Plan of Attack for achieving the All Pro Mindset You don t have to be a pro player to get the insider nutrition advice The All Pro Diet is an eating plan for anyone who wants to live a longer healthier life Get started today

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