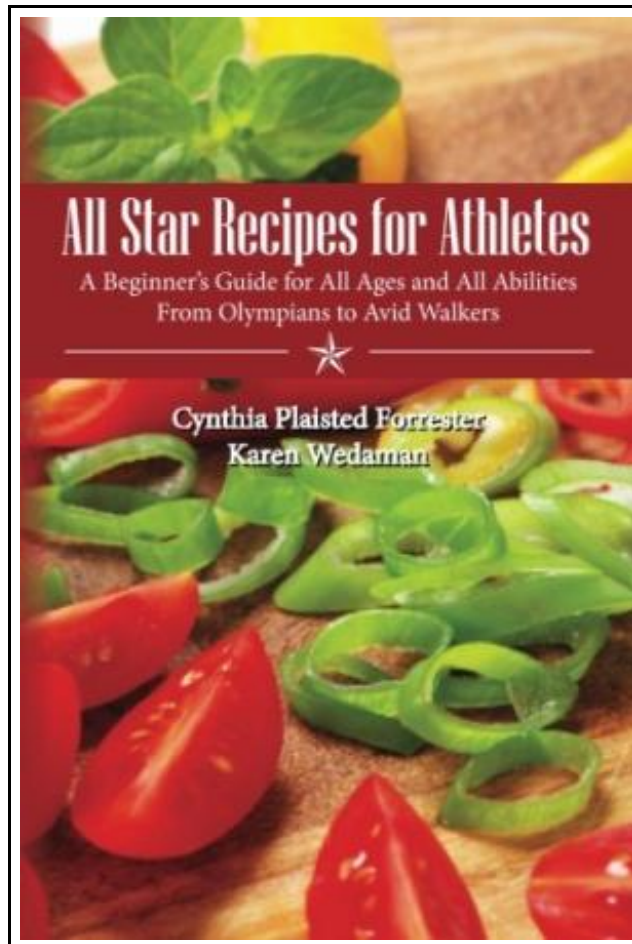


## All Star Recipes for Athletes: A Beginner s Guide for All Ages and All Abilities from Olympians to Avid Walkers



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