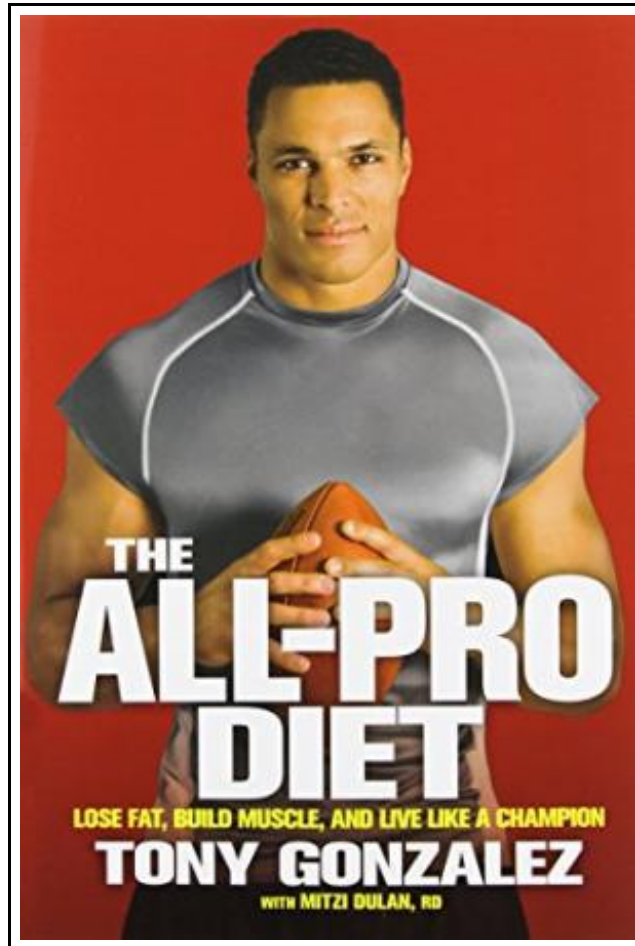


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RODALE PRESS, United States, 2014. Paperback. Book Condition: New. 251 x 173 mm. Language: English . Brand New Book ***** Print on Demand *****.A perennial Pro-Bowler, NFL tight end Tony Gonzalez has been an unstoppable force for all of his 12 years 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...



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