



# Eat to Win: The Ultimate Nutritional Blueprint to Sports Domination

By Roy Taylor

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**Eat to Win: The Ultimate Nutritional Blueprint to Sports Domination** By Roy Taylor

Winners Train...Losers complain. That's a great quote, but what if you feel like you've legitimately put in your share of practice on the field and sweat equity in the weight room but are still coming up short come game time? Do your opponents just have better genetics or more natural ability than you do? Maybe, maybe not, but regardless, what if you found a way to level the playing field...a way to make all of your time and effort pay off to the highest degree...and secret weapon to become an unstoppable force in sports and fitness? We're talking... • Cobra-like Reflexes • Lightening Speed • Bone-crushing Strength • Never-ending Stamina • Iron-clad Willpower • Bullet-proof Health and Vitality Average athletes usually posses 2 of these traits with good athletes possessing 3-4 of them. But the great ones...the best of the best, possess 5-6 of them. The secret sauce that puts them over the edge? A Bullet-Proof Nutritional Blueprint. The best athletes in the world understand this, which is why every one of them has their own personal nutritionist to set up every aspect of their nutrition. In this book, Master Trainer Roy Taylor will share all of his secrets from 37 years of training everyone from professional athletes, to elite military, from first responders to FBI, the secrets on how to eat to build muscle, lose fat and become an unstoppable force of nature in whatever you choose to do!

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## **Eat to Win: The Ultimate Nutritional Blueprint to Sports Domination By Roy Taylor Bibliography**

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