



Football Fuel: Recipes for Before, During, and After the Big Game (Football Cookbooks)

Katrina Jorgensen

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It's game day! Players need to fuel up if you want to be at the top of their game from the first snap to the final whistle. And, as most athletes know, it's not all about game time. These healthful recipes will set you up for success before and after the big event. From peanut butter-banana muffins to fish tacos, these nutritious and delicious recipe ideas will help you focus on the game and play your best!

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