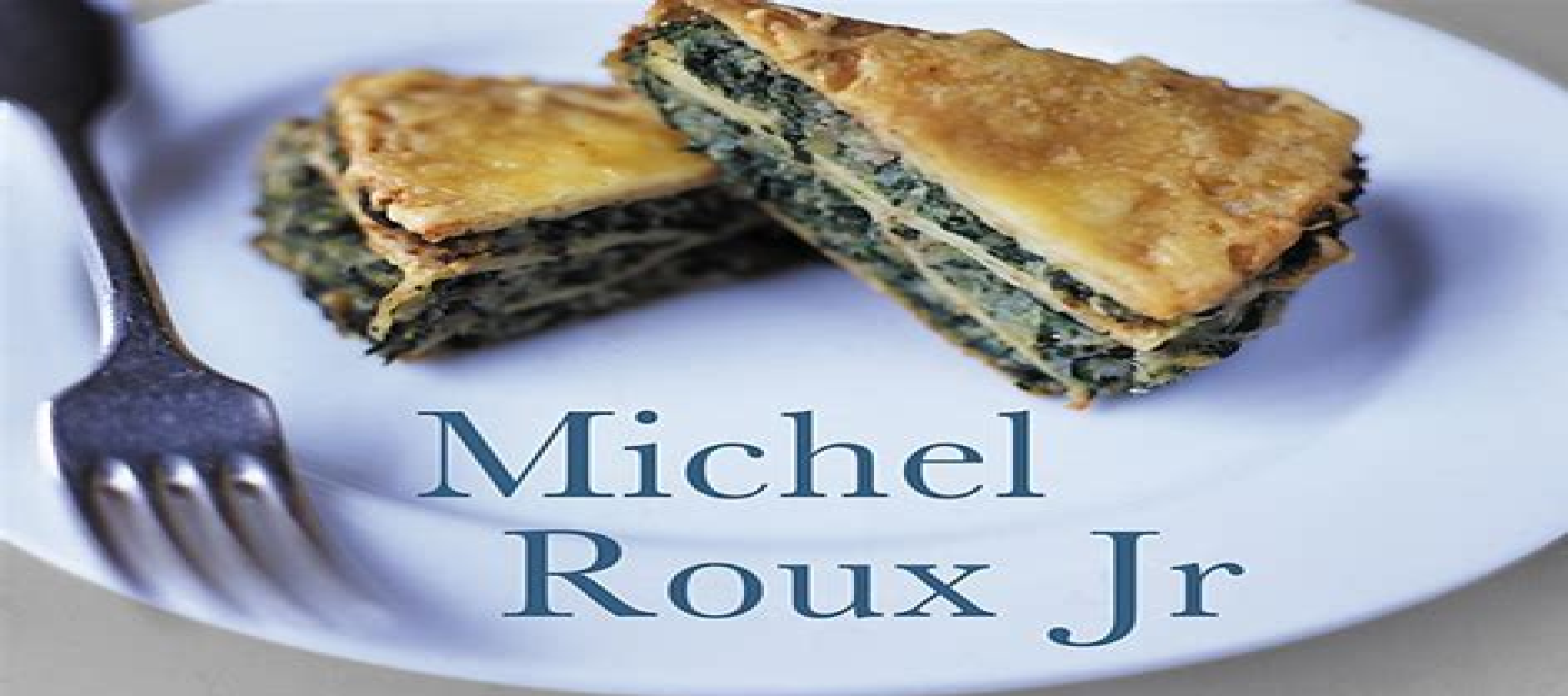




Michel
Roux Jr

The
Marathon
Chef

food for getting fit



Marathon Chef Food For Getting Fit

Ed Bowker Staff, Staff Bowker, Ed

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The Marathon Chef Michel Roux, 2004 Created by a master chef and marathon runner a collection of one hundred recipes demonstrates the vital link between food and the body's ability to perform at its peak and includes information on diet and what not to eat before a marathon run Reprint

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The Publishers Weekly, 2005 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 **American Book Publishing Record**, 2003 **Forthcoming Books** Rose Army, 2004

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