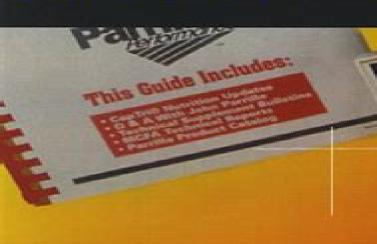
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NUTRITION PROGRAM



Includes

The Parrillo Performance

- -Nutritional Manual
- -Food Composition Guide
- -Diet Track Sheets
- -Cap Tri Manual
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- -Taylor Precision Food Scale



-Sports Nutrition Technical Reference Manual





Parrillo Performance Nutrition Manual

Dennis B. Weis

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