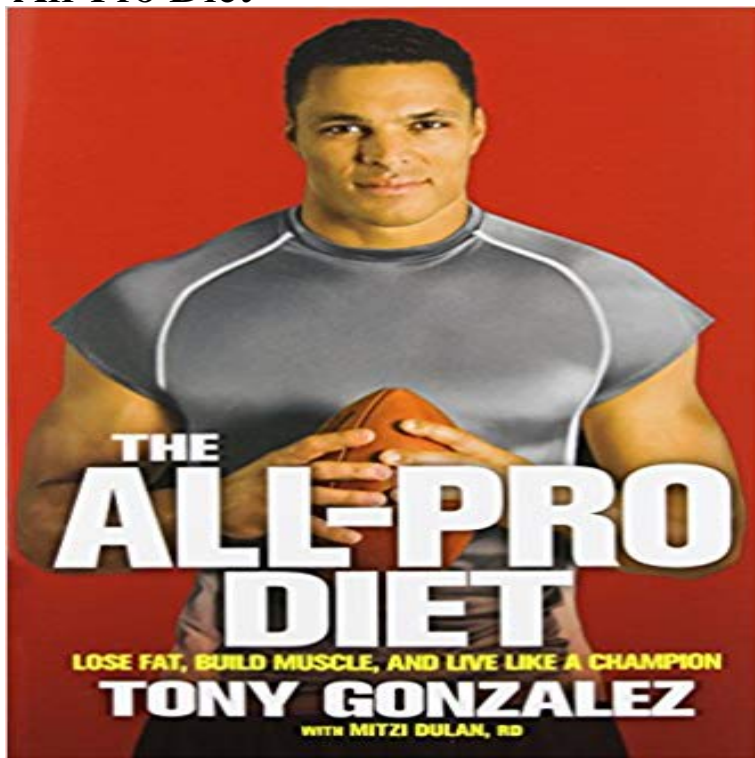


All-Pro Diet



Gain strength, stamina, and energy like a pro! For years, professional football player Tony Gonzalez fueled his game-day performances and workouts with a host of popular (and unhealthy) foods like burgers with bacon and cheese, deep-fried chicken wings, shrimp drenched in butter, and steak at least three times a week. When you're constantly active dodging tackles, sprinting for touchdowns, or in the gym training nearly every day, it doesn't matter what you eat if you are just going to burn it all off anyway, right? Wrong. What Tony Gonzalez has discovered over the course of his NFL career is that the food choices he makes have a tremendous impact on his performance, energy levels, and long-term health. Faced with a soaring risk for high blood pressure caused, in part, by a subpar diet, Gonzalez overhauled his eating plan and learned how to properly fuel his body with the right foods. The result was a diet that caused a dramatic improvement in his performance on the field and the way he felt off it. By shifting the balance of his diet more toward plant-based and unprocessed foods, Gonzalez has displayed turbocharged strength, stamina, and energy that have made fans, other athletes, and the media sit up and take notice. Now in *The All-Pro Diet*, with the help of renowned nutritionist Mitzi Dulan, Gonzalez shares the philosophy and strategies that will help you gain the same strength, stamina, and energy of a pro. Packed with delicious recipes, simple strategies for adhering to your new diet, and the muscle-building exercises the pros use to beat out the competition, *The All-Pro Diet* is the ultimate guide to fueling your body for optimal performance. Insert disc 4 into your PC to access PDF material of sample menus, recipes, Tony's fitness program and more!

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always valued the **All-Pro Diet: Tony Gonzalez and Mitzi Dulan share their nutrition tips** Editorial Reviews. Review. As a person and a professional athlete I pride myself on a great work ethic and a healthy diet. This philosophy led me to a 23 year