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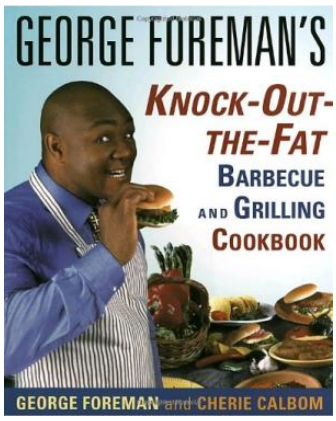


Random House USA Inc, United States, 1996. Paperback. Book Condition: New. 171 x 108 mm. Language: English . Brand New Book. George Foreman knows a good meal when he sees one. And today, the world s most successful senior citizen athlete also knows that a good meal has got to be a healthy one. Smart nutrition has played a big part in George s amazing championship comeback, and it should also contribute to any other American s battle of the...

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- Authored by George Foreman, Cherie Calbom
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