

**Good Things To Eat, As Suggested By Rufus:  
A Collection Of Practical Recipes For  
Preparing Meats, Game, Fowl, Fish,  
Puddings, Pastries, Etc (Classic Reprint)  
By Rufus Estes**

**By Rufus Estes**

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Oct 12, 2011 Best Workout Foods: What to Eat Before a Workout and a good way to reap protein's benefits while adding carbs to stay energized.

<http://health.usnews.com/health-news/blogs/on-fitness/2011/10/13/best-workout-foods-what-to-eat-before-a-workout>

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Here, the best foods to eat before and after a workout, so you can fuel up the right way. Munch on these for your best sweat session yet. (the good kind!).

<http://www.fitnessmagazine.com/recipes/healthy-eating/nutrition/best-workout-foods/>

Q&A with an expert about foods to avoid when PMSing or on your period. The good news is that making minor Strategize How You Eat When you're on your period,

<http://www.womenshealthmag.com/nutrition/pms-foods-to-avoid>

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<http://www.yelp.com/biz/emilys-good-things-to-eat-santa-cruz>

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<http://www.ozon.ru/context/detail/id/29139667/>

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cultures (i.e., good bacteria)

<http://www.whattoexpect.com/pregnancy/eating-well/week-11/big-nutrition-small-packages.aspx>

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It s important to stick to regular eating schedules when  
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While spicy foods might be good

<http://greatist.com/health/best-foods-eat-when-sick>

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