

**The Navy SEAL Nutrition Guide By Patricia A. Duester,  
Anita Singh**

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Synopsis. "The Navy SEAL Nutrition Guide "was developed originally for the U.S. Navy to provide sound guidance on nutrition to a new generation of Navy

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In addition, the 2007 publication of “The U.S. Navy SEAL Guide to Fitness and Nutrition,” edited by Patricia A. Deuster, et al., recommends that the Navy SEAL

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international meetings. Dr. Singh has published extensively in scientific journals and she co-authored “The Navy SEAL Nutrition Guide”. She runs and plays

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Dr. Singh has published extensively in scientific journals and she co-authored "The Navy SEAL Nutrition Guide", She runs and plays tennis. LDCR Kevin C\*

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The nutritionist who helped me with this diet is also a body builder who really Stew Smith is a former Navy SEAL and fitness author certified as a Strength and

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