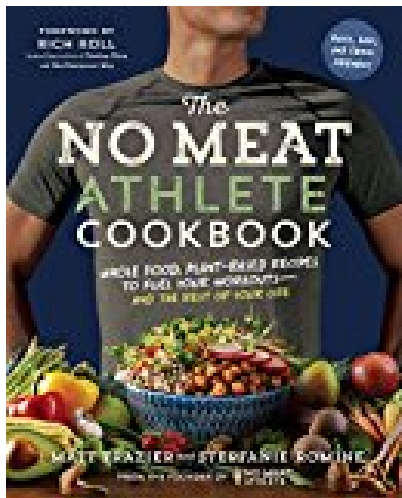


# The No Meat Athlete Cookbook Whole Food Plant-Based Recipes to Fuel Your Workouts\_and the Rest of Your Life

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## BOOK DETAILS

- Author : Matt Frazier
- Pages : 288 Pages
- Publisher : The Experiment
- Language : English
- ISBN : 1615192662

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## BOOK SYNOPSIS

A Sports Illustrated Best Health and Wellness Book of 2017 From the founder of No Meat Athlete: plant-based recipes packed with nutrition to help athletes perform better and recover faster A fast-growing global movement, No Meat Athlete (NMA) is inspiring everyone from weekend joggers to world-class competitors to be healthier and fitter and perform better on whole plant foods. Written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and nutrition writer Stephanie Romine, The No Meat Athlete Cookbook features 150 whole food, vegan recipes that are affordable and quick to get on the table, even on busy nights. Here are: Breakfasts to power you up (Almond Butter-Banana Pancakes), mains that aid recovery (Beet Bourguignon), and natural sports drinks, portables, energy bites, and bars (V9, Umeboshi Electrolyte Drink, Calorie Bomb Cookies) to take you further and help you get the most from every workout Minimal gluten, soy, and sweeteners, plus oil-free options throughout (ideal for followers of the Forks Over Knives diet) Meal-planning guidelines, nutritional info, adaptable “blueprint” recipes—and more!

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