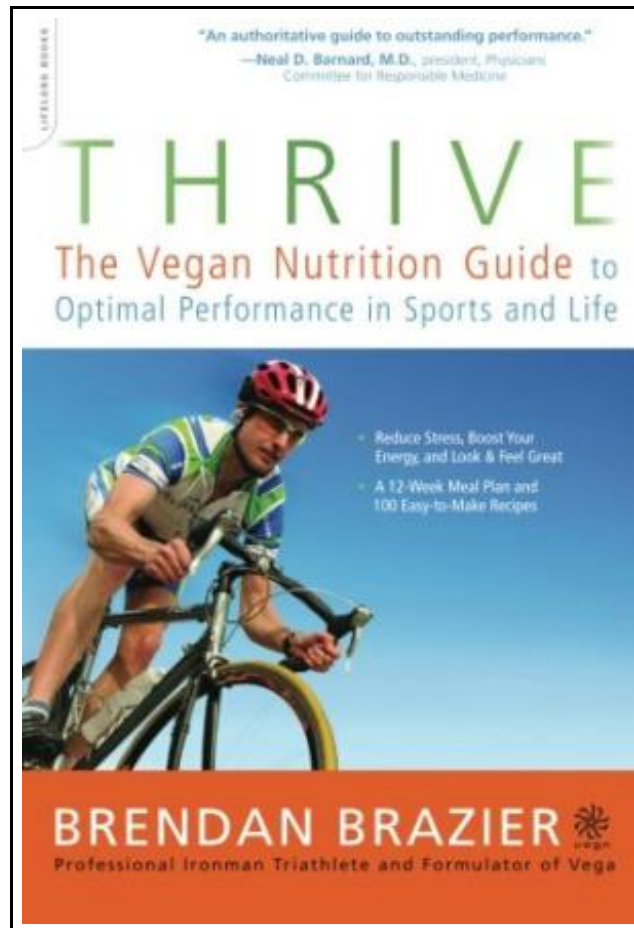


Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life (First Trade Paper Edition)



Filesize: 2.07 MB

Reviews

*It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Tierra Kunde)*

THRIVE: THE VEGAN NUTRITION GUIDE TO OPTIMAL PERFORMANCE IN SPORTS AND LIFE (FIRST TRADE PAPER EDITION)



The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life (First Trade Paper Edition), Brendan Brazier, Hugh Jackman, The thrive diet is a long-term eating plan to help all athletes (professional or not) develop a lean body, sharp mind, and everlasting energy. As one of the few professional athletes on a plant-based diet, Brendan Brazier researched and developed this easy-to-follow program to enhance his performance as an elite endurance competitor. Brazier clearly describes the benefits of nutrient-rich foods in their natural state versus processed foods, and how to choose nutritionally efficient, stress-busting whole foods for maximum energy and health. Featuring a 12-week meal plan, over 100 allergen-free recipes with raw food options--including recipes for energy gels, sport drinks, and recovery foods--and a complementary exercise plan, The Thrive Diet is "an authoritative guide to outstanding performance" (Neal D. Barnard, M.D., Physician's Committee for Responsible Medicine).



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