

[PDF] The No Meat Athlete Cookbook: Whole Food, Plant-Based Recipes To Fuel Your Workouts—and The Rest Of Your Life

Matt Frazier, Stephanie Romine, Rich Roll - pdf download free book



Books Details:

Title: The No Meat Athlete Cookbook:

Author: Matt Frazier, Stephanie Romi

Released:

Language:

Pages: 288

ISBN: 1615192662

ISBN13: 9781615192663

ASIN: 1615192662

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Description:

A Sports Illustrated Best Health and Wellness Book of 2017

Plant-powered recipes to power you—perform better, recover faster, feel great!

A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods.

Now *The No Meat Athlete Cookbook*—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with:

- **Morning meals to power your day** (Almond Butter-Banana Pancakes, Harissa Baked Tofu)
 - **Homemade sports drinks to fuel your workouts** (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink)
 - **Nutrient-packed mains to aid recovery** (Naked Samosa Burgers, Almost Instant Ramen)
 - **Sweets that work for your body** (Two-Minute Turtles, Mango Sticky Rice)
 - **Oil-free options for every recipe; gluten-free and soy-free options throughout**
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