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

By Brendan Brazier, Hugh Jackman

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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