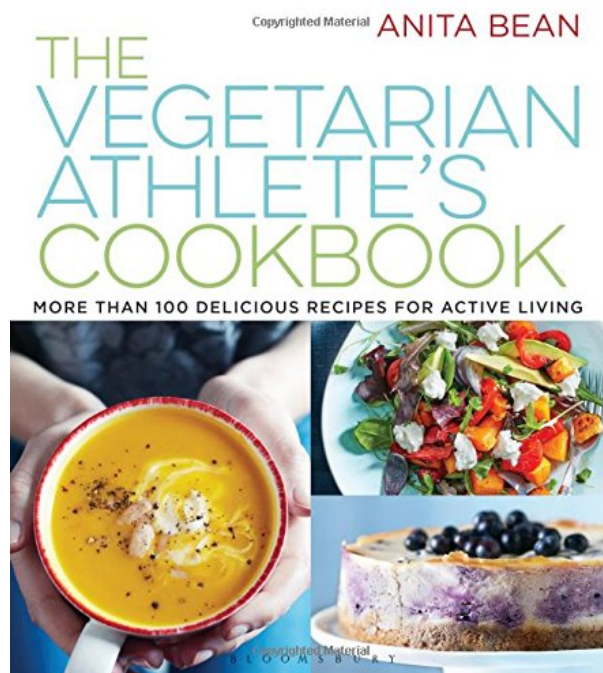


THE VEGETARIAN ATHLETE'S COOKBOOK: MORE THAN 100 DELICIOUS RECIPES FOR ACTIVE LIVING BY ANITA BEAN



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Review

Best-selling author and nutritionist Anita Bean has created a fresh-faced, informative guide for athletes who look to replace meat with equivalent nutritious foods...Well-designed with enticing images, this is a must for any athlete's bookshelf, whether you eat meat or not *Running Magazine* the go-to book, packed with 100 delicious and easy-to-follow recipes *Athletics Weekly* The overriding concern for many who are interested in adopting a meat-free diet is that they will not get the right nutrients to build muscle or perform well, and don't know exactly what they should be eating in place of meat and other animal products. This is the go-to book for such advice. *Athletics Weekly* *The Vegetarian Athlete's Cookbook* shows why vegetarianism could actually boost your health, sports performance and longevity. *Outdoor Fitness* *The Vegetarian Athlete's Cookbook* demonstrates how to achieve maximum strength and muscle-building potential without relying on meat... contains more than 100 vegetarian and vegan recipes, from shakes to puddings, each of which comes with a full nutritional analysis *The Scotsman Magazine* Worried a veggie diet won't support your training regime? Anita Bean's latest book *The Vegetarian Athlete's Cookbook* will convince you otherwise *Women's Running* For years, vegetarian athletes were the exception rather than the norm, but not anymore, says Anita Bean *Athletics Weekly* A vegetarian bodybuilder might have seemed like an oxymoron before athletes such as Anita Bean... After a brief myth busting, Bean gives more than 100 vegetarian and vegan ideas from walnut burgers and black bean tacos to simple hummus and "recovery shakes" *Toronto Star Touch*

About the Author

Anita Bean is a bestselling author and nutritionist, known for *Complete Guide to Sports Nutrition*, *Food for Fitness* and *Sports Supplements*, among other Bloomsbury titles. A former natural bodybuilder and a lifelong vegetarian, Anita is a respected health and nutrition journalist and author.

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Outstanding **The Vegetarian Athlete's Cookbook: More Than 100 Delicious Recipes For Active Living By Anita Bean** book is always being the most effective friend for spending little time in your workplace, night time, bus, and everywhere. It will certainly be a great way to just look, open, and also read the book *The Vegetarian Athlete's Cookbook: More Than 100 Delicious Recipes For Active Living By Anita Bean* while because time. As understood, experience and skill don't consistently come with the much money to obtain them. Reading this publication with the title *The Vegetarian Athlete's Cookbook: More Than 100 Delicious Recipes For Active Living By Anita Bean* will allow you recognize more things.

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Written by bestselling author and nutritionist Anita Bean, packed with 100 delicious, easy to prepare recipes. and featuring attractive food photography, this book is for anyone who works out regularly and is looking to exclude meat from their diet. The way we eat is changing. More and more of us are opting to eat less meat. And this includes people interested in sport - either vegetarians, or those of us simply looking to cut down on our meat intake. Eating well to support a training regime presents its own challenges - but you can eat healthily and reach your sporting potential without eating meat. This book shows you how to achieve your goals. Many athletes interested in adopting a meat free diet are worried about not getting the right nutrients to build muscle or perform well, and don't know exactly what they should be eating in place of meat. Read this book to discover over 100 fast, healthy, tasty vegetarian and vegan recipes for breakfast, main meals, desserts, snacks and shakes - and all featuring nutritional analysis.

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