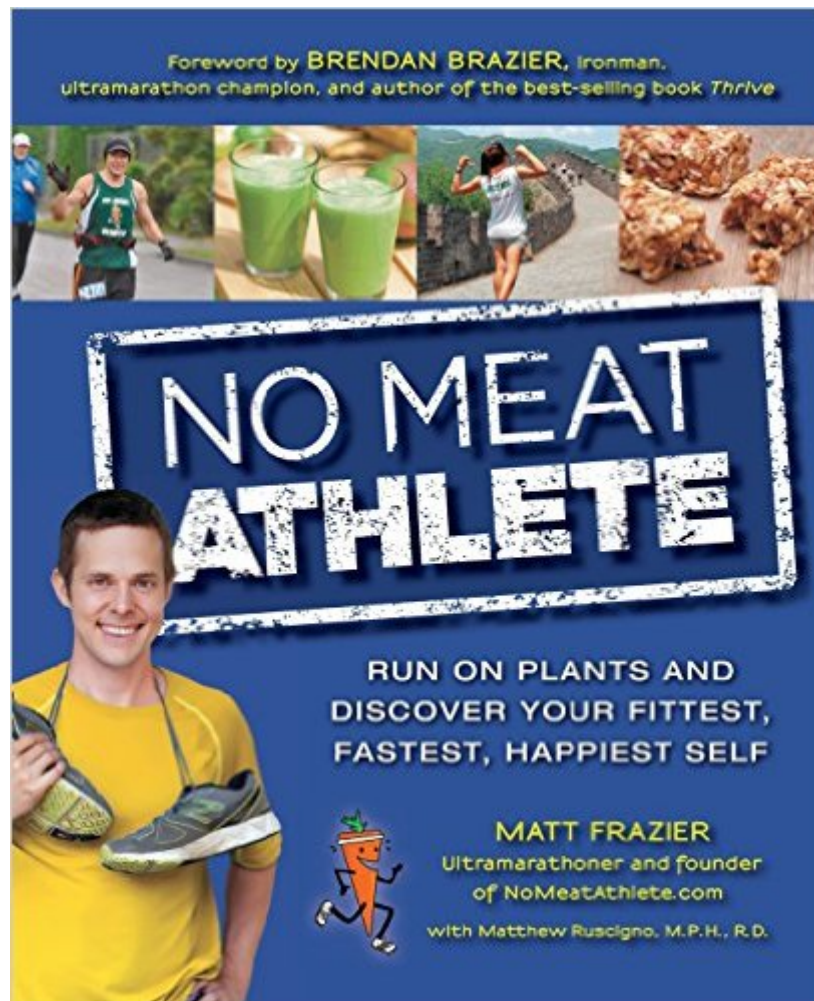


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No Meat Athlete: Run On Plants And Discover Your Fittest, Fastest, Happiest Self



Synopsis

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, *No Meat Athlete* is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author, popular blogger, and 100-mile ultramarathoner Matt Frazier will show you that there are many benefits to embracing a meat-free athletic lifestyle, including:- Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life- Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need - using the power of habit to make those changes last - and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners to create healthy habits, improve performance, and avoid injuries. *No Meat Athlete* will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

Book Information

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Customer Reviews

Using the same nonjudgmental, friendly approach that has made his website so successful, Matt

Frazier has managed to condense an unimaginable wealth of information and support into this book. Health-conscience omnivores and strict vegans alike can benefit from his insight. As a plant-centered omnivore, I appreciate that Matt's goal is not to convert anyone to his ideology, but to have an open and honest discussion about what has worked best for him. The recipes are simple, and are designed for those of us who live in the real world and can't afford the time and money to cook gourmet meals with impossible to find ingredients. What his recipes do deliver, aside from great taste, is a gateway to plant based meals. And even if you are a meat eater, you can always use new vegetable recipes....I used his Roadmap to Marathon to train for my first ultra-marathon, and I can personally say that his demeanor and attitude as an author as just as valuable as his technical insight. Matt has accomplished a lot in his running career, but his raw honesty about struggling to stay motivated and fighting the constant battle of excuses are a true inspiration for anyone who thinks that a common person can't accomplish great things. He is genuine in his approach, and it shows. My only regret is that I won't get to run with him on his book tour. I owe this man a personal thank you.

I got my hands on a copy of No Meat Athlete last week and it has been hard to put down--the way Matt presents his philosophy about running, training and diet is refreshing and completely approachable (he has definitely stayed true to the tone of his popular blog). If you are a new to running and a plant-based diet, a seasoned veteran, or just on the curious side for either, the information is presented in an accessible manner. I am in love with the recipe formulas in the book. Genius! I highly recommend that anyone interested a healthy, active, clean foods lifestyle add a copy to your inspiration library pronto.

Matt Frazier is the lead runner for a unique pack of vegan/vegetarian distance runners. His book is a good balance of personal advice and anecdotes as well as the opinions and recipes of other thought leaders in their fields. For long-time followers of Matt's the book will mostly be a centralized summary of the No Meat Athlete blog. For people unfamiliar with his writing, it'll be an addictive page-turner launching them into the world of healthy eating, a plant-based diet, and better athletic performance.

I have been vegetarian for 4 years and vegan for one year, so the first half of this book is not news to me. However, it's well written and easy to read. Matt takes a friendly and positive approach to encouraging the reader to try a plant-based lifestyle in the first half of the book. If I were a newbie to

this lifestyle, I would definitely feel encouraged and positive that I could make the transition to plant-based after reading this. The book does not go into the ethical side of veganism, it instead focuses on dietary, plant-based nutrition. The middle section of the book is recipes, including easy recipes for making your own sports drinks and gels and energy bars. The last section is a beginner to intermediate guide to running (which could be applied to other sports) with advice for pre, during, and post workout nutrition. The book also includes 5k and half marathon training guides. If you're a vegetarian/vegan and an athlete, much of the information in this book may not be new to you. However, I highly recommend it for those who are interested in going plant-based/vegan and/or for those who are interested in beginner to intermediate running.

First let me say that I'm not vegetarian... and I still loved this book. Matt provides a clear outline of how you can get healthy with a plant-based diet and get started with running. But it's the WAY that he shows you that really appeals to me. With case studies, recipes, training plans, and actionable advice that you can implement today in your life. I'm so glad that I preordered No Meat Athlete!

No frills, just straight forward good advice. I particularly appreciate the recipe formula's. Why give someone one recipe when you can give them the tools to create their own! I highly recommend this book especially to others like myself, new to the vegan athlete world.

I received a review copy of the book from Matt. I'd like to stress that you don't need to be a plant-based athlete/runner to benefit from this book. I am a runner and although I am not myself plant-based, this book is a very useful resource. I have already used some of the smoothie recipes and also integrated Matt's advice of having a smoothie and a salad everyday. My wife and I sometimes struggle to think of tasty ways to get our son the nutrients he needs - there are some wicked recipes in there for him and the entire family. And if you're an experienced runner or someone looking to build a habit of running, there is an excellent chapter help you run faster, avoid injuries and fuel during workouts (the plant-powered way).

Matt's book and blog ([...]) really helped me fill in the missing pieces of become a vegetarian athlete. In particular I enjoy Matt's approach to recipes where he provides the basic building blocks to smoothies and you can switch out different foods.

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No Meat Athlete: Run on Plants and Discover Your Fittest, Fastest, Happiest Self Air Plants: A

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