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The No Meat Athlete Cookbook provides an incredible array of practical whole-food recipes—recipes with accessible ingredients, easy cooking techniques, and flexibility for certain dietary restrictions, such as no-oil and gluten-free. ” —Baggio Husidic,

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~~The No Meat Athlete
Cookbook: Whole Food,
Plant-Based ...~~

Now The No Meat
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Cookbook—written by
NMA founder Matt
Frazier and longtime
health coach, yoga
teacher, and food writer
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delicious vegan recipes,
many inspired by plant-
based foods from around
the world. Put
nourishing, whole foods
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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:

~~The No Meat Athlete~~

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~~Cookbook: Whole Food,
Plant Based ...~~

More than just about anything else, this focus on practicality is what sets The No Meat Athlete Cookbook apart. Sure, it ' s one of the only 100% vegan cookbooks that ' s geared towards athletes. And yes, it ' s almost exclusively based on whole foods, including (and I fought

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(hard for this one) an oil-free option for every single recipe, so that you can choose your own adventure when it comes to oil.

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Content & Recipes ...~~

" The No Meat Athlete Cookbook is a delicious guide to making a whole-foods, plant-powered

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diet work for you. Based on proven medical science, it illuminates a pathway that can help you enjoy more vitality, strength, and stamina--while fighting heart disease, cancer, diabetes, and obesity. Just reading it will make you salivate.

~~The No Meat Athlete
Cookbook~~ By Matt

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~~Frazier & Stephanie ...~~

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The No Meat Athlete Cookbook. The No Meat Athlete Cookbook features 150 whole food, family-friendly vegan recipes that are affordable and quick to get on the table, even on busy workout days. Natural sports drinks, portables, energy bites, and bars to

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take you further and help
you get the most from
every workout.

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nutrition info for the recipes in the book. Note that since information for the Chapter 7 (Workout Nutrition) recipes is already included in the book, information for those recipes is not included in this document.

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Polenta. Arugula-Walnut Pesto. Gnocchi. Orzo with Citrus- ” Cooked ” Veggies, Avocado, and Feta. Pasta with Roasted Cauliflower and Arugula. Pasta with Pesto, Potatoes, and Green Beans. Gluten-Free Macaroni and Cheese with Portabella and Peas. Tomato Pesto. Trenette with Pesto, ...

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combines the winning
elements of proven
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motivational stories, and
innovative recipes to
create a guide for
meatless athletes unlike
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living cookbook, and nutrition primer is a key building blog for beginner, every day, and serious athletes living a no meat lifestyle .

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Written by NMA
founder Matt Frazier and
longtime health coach,
yoga teacher, and

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nutrition writer Stephanie Romine, *The No Meat Athlete Cookbook* features 150 whole food, vegan recipes that are affordable and quick to get on the table, even on busy nights.

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Cookbook Matt Frazier~~

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and Stephanie Romine

Whole food, plant-based recipes to help all athletes—from weekend joggers to world-class competitors—perform better and recover faster.

~~Plant based diet recipes:~~

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strength, and stamina—while fighting heart disease, cancer, diabetes, and obesity. Just reading it will make you salivate.

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longtime health coach, yoga teacher, and food writer Stepfanie 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:

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