



mental health.

Brendan Brazier is a professional Ironman triathlete, a two-time Canadian 50km Ultra Marathon Champion, and the bestselling author of The Thrive Diet. Now, in an easy-to-apply system for everyone, he shares his groundbreaking approach to fitness and how you can gain maximum results in minimal time. Thrive Fitness isn't simply a program; it's a way of life. Whether you're a time-crunched beginner or an experienced athlete, Thrive Fitness will help you: - sculpt strong, lean, functional muscles - reduce body fat - reduce risk of disease - increase energy - boost heart health - improve sleep quality - sharpen mental clarity - cut sugar cravings - reduce inflammation - reduce stress - prevent sports injuries Thrive Fitness is a real-world program that can easily fit into your busy schedule. To get you started on your new way of life, the book also features: - a complete 6-week rotational workout plan and training log - illustrated exercises with step-by-step instructions - top foods to fuel workouts - 30 plant-based, whole-food, performance-enhancing recipes - a sample meal plan

The Whole Foods Way to Losing Weight, Reducing Stress, and Staying Healthy for Life

Thrive Foods

The No Meat Athlete Cookbook

No Meat Athlete, Revised and Expanded

The All-Pro Diet

Making Raw Foods Part of the Way You Eat

Thrive Energy Cookbook

*An edgy, sexy, and practical guide to making and presenting raw meals that entice and satisfy any type of diet In this lushly illustrated book, chef Matthew Kenney and Sarma Melngailis will show readers that raw food does not mean bland, unsatisfying meals. By teaching new skills such as dehydrating, Vita-Mix blending, and a nuanced understanding of spices, this book will explore a whole new outlook on dining that transfers beautifully and easily from their acclaimed kitchen to yours. They also address the positives of eating raw food, and how you can benefit from them even if you don't plan to keep strictly to raw food, and they take us to meet some of the zany characters from the raw food universe. A more practical version of Raw, with the sexier feeling of Marco Pierre White's White Heat, Raw Food Real World is destined to become a top-shelf cookbook classic for lovers of colorful, flavorful, inventive, and healthy food.*

*Recounts how the author, after realizing the daunting state of his health at age forty, overcame physical challenges and alcoholism over the course of two years while training for Hawaii's elite Ultraman competition.*

*Gain the plant-based advantages! Join the thousands of runners, bodybuilders, and athletes from virtually every sport who rely on foods and beverages made without animal products. Every day an increasing number of athletes, even those who are not fully vegetarian or vegan, incorporate a plant-based diet when training or recovering from competition. In Plant-Based Sports Nutrition, registered dietitians Esette Larson-Meyer and Matt Ruscigno combine decades of evidence-based research with personal experience working with—and as—vegan and vegetarian athletes to offer you a reliable and complete explanation of how, when, and why you need to plan your nutrient intake to maximize nutrition and get the best results. They will help you make smart decisions about properly fueling your body so you have the energy and stamina to boost your training and excel during competition. Learn how to get proper amounts of all essential macronutrients, vitamins, and minerals, taking into account your personal caloric needs. Draw inspiration from athletes who share how they succeed in their sports while following a plant-based way of eating. Enjoy plenty of recipes to use for training, event, and everyday nutrition needs and utilize the tailored meal plans and training strategies to properly fuel your body. Understand nutrient timing and relative energy deficiency syndrome (RED-S) as well as how to meet protein and amino acid requirements while doing light, moderate, or intense training for your sport. Get information on keto diets, tips for optimizing bone health and iron intake, and instructions for making your own fluid-replacement beverage. Whether you are a dedicated vegetarian or vegan looking to add variety to your diet or you are an athlete searching for a plant-based competitive edge, Plant-Based Sports Nutrition will help you maximize your diet for optimal performance! CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Plant-Based Sports Nutrition Online CE Exam may be purchased separately or as part of the Plant-Based Sports Nutrition With CE Exam package, which includes both the book and the exam.*

*Finding Ultra*

*The Complete Idiot's Guide to Plant-Based Nutrition*

*Run on Plants and Discover Your Fittest, Fastest, Happiest Self*

*The Whole Food Way to Lose Weight, Reduce Stress, and Stay Healthy for Life*

*Power Vegan*

*Healthy Eating, Healthy World*