



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

Matt Frazier, Matt Ruscigno, Brendan Brazier

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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 and popular blogger, 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. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses 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 how 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.

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