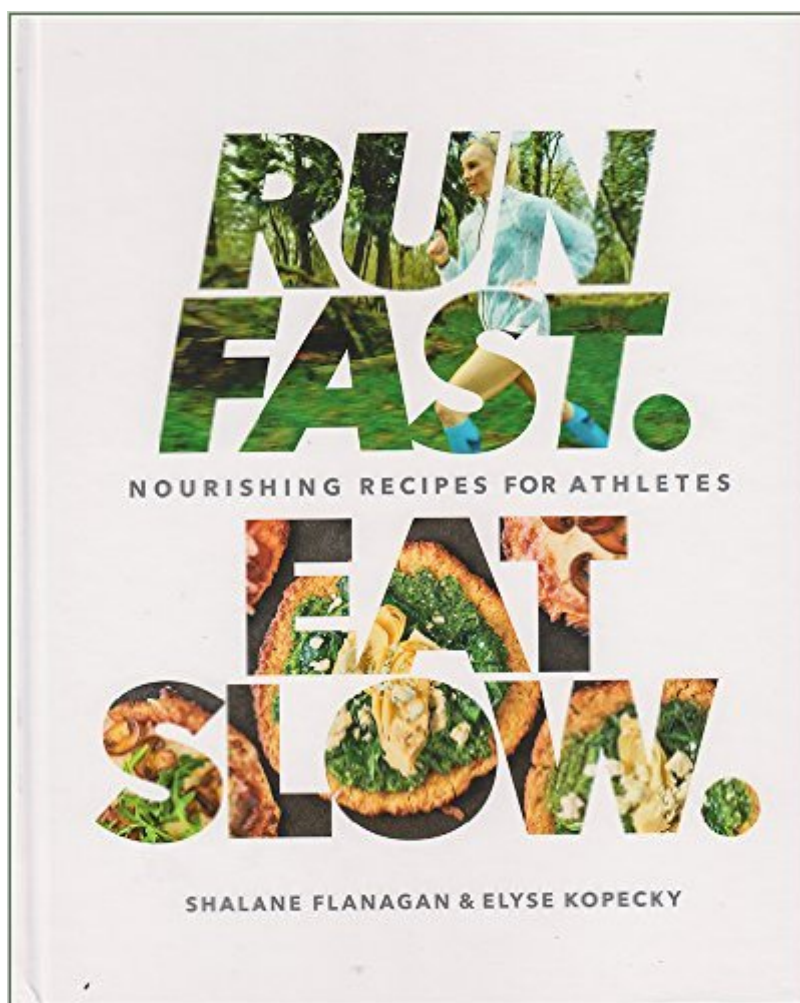


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# Run Fast. Eat Slow.: Nourishing Recipes For Athletes



## Synopsis

From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook •and New York Times bestseller• that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, Run Fast Eat Slow has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats •all made without refined sugar and flour. Fan favorites include Can't Beet Me Smoothie, Arugula Cashew Pesto, High-Altitude Bison Meatballs, Superhero Muffins, Kale Radicchio Salad with Farro, and Double Chocolate Teff Cookies.

## Book Information

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Average Customer Review: 4.8 out of 5 stars • See all reviews • (66 customer reviews)

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## Customer Reviews

I have been researching different diets, trends, and meal plans for years. Michael Pollan's thoughts on food seem to resonate most with me as a whole diet (as in normal way of eating and not a temporary thing) that is sustainable and healthy. I am also a marathoner and like to see what athletes eat. Finally, Run Fast Eat Slow is a genesis of everything I believe in and hold important in one colorful and inviting place. The recipes are great, and the writing is inviting for foodies and newbies alike. I no longer need to search Pinterest alone for great recipes. This book is a great resource for me. It is well organized and entertaining. The authors tell us the reasoning for using

whole foods, including butter and oils. They avoid the time consuming calorie and macronutrient counting. They make eating healthy more approachable for everyone. I can't wait to use this book over and over.

Fabulous cookbook with great recipes & beautiful photos! One of the best parts (that I haven't seen in other cookbooks) is how each recipe has a purpose. For example "recovery snack" or "immediate energy boost" or for "speed-workout days". Well done Shalane & Elyse!

In the last couple of days I've made 4 recipes from this book and they all turned out perfectly. The recipes are simple enough for someone who is newer to cooking from scratch, but taste like a pro made them! Eager to make all of the recipes, and excited to see what these ladies come up with next.

I cannot recommend this book highly enough. I have enticed two friends to buy it already. If you are looking for simple, delicious, nutritious meals this book delivers. I have cooked two recipes so far and have loved both. I am excited to try each and every one. Also, you get a sneak peek into the vibrant life of two amazing women, so inspiring.

I tried the Millet Pizza Pies on pg. 133. It calls for whole millet. It should have asked for HULLED millet. The whole millet does not cook!!!! Now I have to waste 6 pounds of millet. Hopefully the hulled millet will work.

I was also a recipe reviewer so I've had some of the recipes for a while...they are SO GOOD. The kale radicchio salad is my favorite--every time I take it to a baby shower or event people rave and ask for the recipe. I'm delighted to be able to direct them here!

This is the first cookbook I have ever sat down and "just read". It's full of lots of great food information and as well as so many great recipes! I have already made several things from the book and they all turned out great and good size portions, great for leftovers. I love this book and it is now my new go to gift!

The cookbook is great, but the only reason that I gave it 4 stars instead of 5, is that most recipes call for a lot of carbs and sugar. I am sure that is what athletes need; however, I am a diabetic and was

hoping for some recipes that would be good for me. The recipes do look absolutely delicious, though!

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