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Titolo	Run fast. eat slow : nourishing recipes for athletes // Shalane Flanagan and Elyse Kopecky ; photography by Alan Weiner
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Eat slow to run fast -- Our pantry -- Thirst quenchers -- Morning fuel -- Snacks and appetizers -- Salads -- Soups -- Nourishing mains -- Sides -- Sauces and dressings -- Wholesome treats -- Runner's remedies -- Appendix A: Culinary tips and tools -- Appendix B. Resources.
Sommario/riassunto	From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook that proves food can be indulgent and nourishing at the same time. This 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, 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.