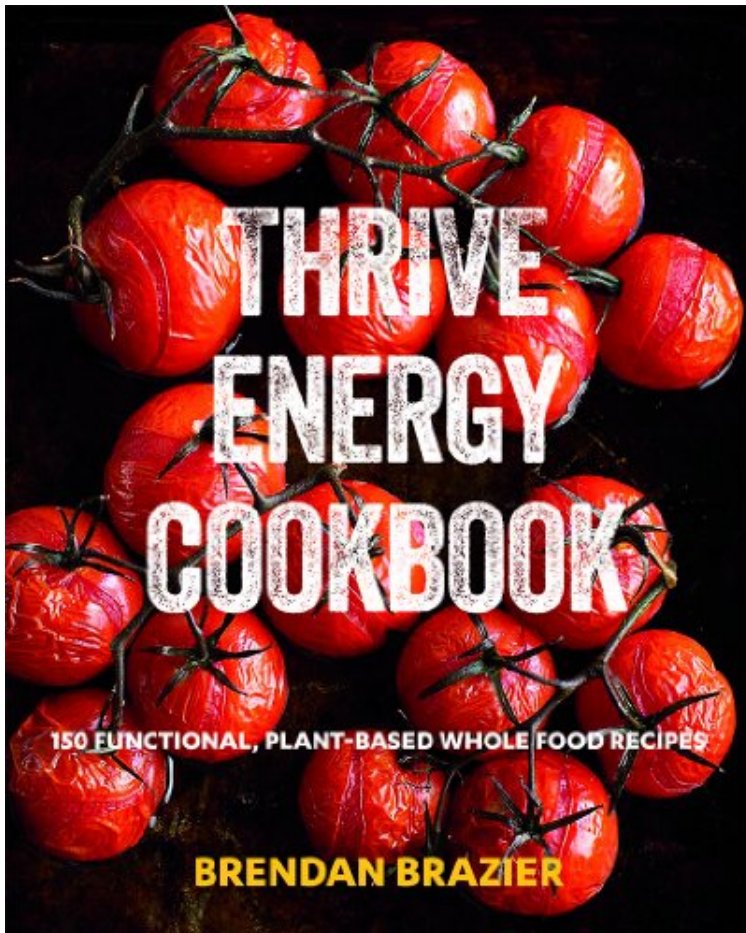


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Thrive Energy Cookbook: 150 Functional Plant-based Whole Food Recipes



Par Brendan Brazier
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Par Brendan Brazier : Thrive Energy Cookbook: 150 Functional Plant-based Whole Food Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Thrive Energy Cookbook: 150 Functional Plant-based Whole Food Recipes:

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Description :

Prsentation de l'diteurBrendan Brazier, author of the international bestseller The Thrive Diet,changed the way millions of people eat.Packed with 150 plant-based, nutrient-dense, whole food recipes developedwithin the Thrive nutritional philosophy, the Thrive Energy Cookbook bringsus the concepts that started the functional plant-based nutrition revolution.Easy-to-make and health-enhancing, these recipes merge purpose-drivenfunctionality with mouth-watering appeal. From the alkaline-forming, plantprotein-packed Vanilla-Almond-Mocha Motivator Smoothie, Roasted RedPepper and Sweet Potato Soup, Thai Green Curry Bowl to desserts like theRaspberry Chocolate Pomegranate Tart, the Thrive Energy Cookbook will haveyou quickly preparing the most nutrient-packed and delicious meals, salads,snacks, and smoothies possible.And as with The Thrive Diet, all recipes are free of common allergens such as wheat, gluten,yeast, and dairy. Gorgeous colour photography rounds out this beautiful cookbook.Revue de pressePraise for Brendan Brazier:"Brendan gets it! His nutritional approach is what supercharges results."Tony Horton, creator of P90X, the world's bestselling workout program"Thrive Energy Cookbook is a must-have for gourmets and athletes alike."Sean

Hyson, C.S.C.S., Group Training Director for Men's Fitness and Muscle Fitness magazines "When world-class athletes want to get even better, Brendan is the man who gets the call." Brendon Burchard, New York Times bestselling author of *The Charge* "As our head of nutrition, Brendan's implementation of purpose-driven nutrition has allowed our pro cycling team to meet the demands of grueling training better than ever before." Matt Johnson, President of Garmin-Sharp Pro Cycling Team and founder of *The Feed* "Brendan's commitment to the study of plant-based nutrition and research makes for a wonderful cookbook." Joe Hogarty, Baltimore Orioles strength and conditioning coach "Brendan's systematic approach to performance plant-based nutrition has helped me to reduce inflammation, speed my recovery, and has boosted my overall performance. The recipes are delicious!" Mike Zigomanis, NHL player and member of the 2009 Stanley Cup champion Pittsburgh Penguins