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The Vegetarian Sports Nutrition Guide: Peak Performance for Everyone from Beginners to Gold Medalists (Hardback)

By Lisa Dorfman

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Print on Demand *****. Exercise, train, and compete at your best on a vegetarian diet. Few

segments of the population are more mindful of their food intake than athletes and vegetarians.

This book combines the unique demands of sports with a healthy vegetarian diet that can help you build energy and endurance and reduce body fat. Whether you are carbo-loading before a

marathon or fine-tuning nutrition to get the most out of your workout, registered dietitian and elite vegetarian athlete Lisa Dorfman provides step-by-step information on how to customize your own

sport-specific nutrition program and calculate a personal dietary plan for training The Vegetarian Sports Nutrition Guide includes personal stories of athletes who have made the switch to vegetarian

diets from football players and wrestlers to ice skaters and marathoners, some of whom have

beaten life-threatening illnesses with the help of this lifestyle. Lisa Dorfman provides a rich array of tasty and diverse vegetarian recipes, menus, easy-to-use charts, and food guides for vegetarians of

all types, from the semi-vegetarian to the fruitarian. She also shares the training secrets of seventeen Olympic and world-class athletes who have...



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