



RUN FAST. COOK FAST EAT SLOW.

QUICK-FIX RECIPES FOR HUNGRY ATHLETES



SHALANE FLANAGAN & ELYSE KOPECKY

New York Times bestselling authors of *Run Fast, Eat Slow*

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Cook Fast. Eat Slow.:
Quick-Fix Recipes for
Hangry Athletes (pdf)
Shalane Flanagan**

Book details

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Synopsis book

Cook the recipes that Shalane Flanagan ate while training for her 2017 TCS New York City Marathon historic win! The New York Times bestseller Run Fast. Eat Slow. taught runners of all ages that healthy food could be both indulgent and incredibly nourishing. Now, Olympian Shalane Flanagan and chef Elyse Kopecky are back with a cookbook that's full of recipes that are fast and easy without sacrificing flavor. Whether you are an athlete, training for a marathon, someone who barely has time to step in the kitchen, or feeding a hungry family, Run Fast. Cook Fast. Eat Slow. has wholesome meals to sustain you. Run Fast. Cook Fast. Eat Slow. is full of pre-run snacks, post-run recovery breakfasts, on-the-go lunches, and 30-minutes-or-less dinner recipes. Each and every recipe from Shalane and Elyse's signature Superhero muffins to energizing smoothies, grain salads, veggie-loaded power bowls, homemade pizza, and race day bars provides fuel and nutrition without sacrificing taste or time.

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Cook the recipes that Shalane Flanagan ate while training for her 2017 TCS New York City Marathon historic win! The New York Times bestseller Run Fast. Eat Slow. taught runners of all ages that healthy food could be both indulgent and incredibly nourishing. Now, Olympian Shalane Flanagan and chef Elyse Kopecky are back with a cookbook that's full of recipes that are fast and easy without sacrificing flavor. Whether you are an athlete, training for a marathon, someone who barely has time to step in the kitchen, or feeding a hungry family, Run Fast. Cook Fast. Eat Slow. has wholesome meals to sustain you. Run Fast. Cook Fast. Eat Slow. is full of pre-run snacks, post-run recovery breakfasts, on-the-go lunches, and 30-minutes-or-less dinner recipes. Each and every recipe?from Shalane and Elyse?signature Superhero muffins to energizing smoothies, grain salads, veggie-loaded power bowls, homemade pizza, and race day bars?provides fuel and nutrition without sacrificing taste or time.

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Description

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