



RUN FAST. **COOK FAST** **EAT SLOW.**

QUICK-FIX RECIPES FOR HANGRY 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.

Run Fast. Cook Fast. Eat Slow.: Quick-Fix Recipes for Hangry Athletes by Shalane Flanagan



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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'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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Description

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