



Run Fast. Eat Slow.: Nourishing Recipes for Athletes

By Shalane Flanagan, Elyse Kopecky

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From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook--and *New York Times* bestseller--that proves food can be indulgent and nourishing at the same time. Finally here's a 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, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends more than 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.

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Bibliography

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Editorial Review

Review

“Feeding my cravings with healthy food has long been my recipe for running longevity. *Run Fast Eat Slow* contains sound advice and delicious and nutritious recipes?finally a true runner's kitchen companion.”

? **Joan Benoit Samuelson, first-ever women’s Olympic marathon champion**

“You are what you put in your body. In *Run Fast, Eat Slow*, Shalane and Elyse provide amazing recipes for fueling your body. I highly recommend this book to anyone who wants to excel in running or just live a healthy and active lifestyle.”

? **Meb Keflezighi, four-time US Olympian and Boston Marathon champion**

"There are so many misleading diet trends pushed at young female athletes. Finally here’s a book after my own heart?celebrating indulging in real food!"

? **Allyson Felix, Olympic gold medal sprinter**

About the Author

Shalane Flanagan is an Olympic medalist, champion Marathoner, and American record-holding distance-runner. She is sponsored by Nike and has been featured in countless Running and Women's magazines throughout the world. Growing up a runner, Flanagan has always been passionate about food as well. She lives in Portland, Oregon.

Elyse Kopecky is a food writer and whole foods chef. She is a graduate of Natural Gourmet Institute for Healthy and Culinary Arts. Formerly a digital marketing producer for Nike, Kopecky left the corporate world to focus on her passion for healthy food. She lives and works in Bend, Oregon with her husband and young daughter.

Users Review

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Danny Exum:

Information is provisions for individuals to get better life, information today can get by anyone with everywhere. The information can be a expertise or any news even a problem. What people must be consider whenever those information which is from the former life are challenging be find than now's taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you obtain the unstable resource then you get it as your main information you will have huge disadvantage for you. All of those possibilities will not happen inside you if you take *Run Fast. Eat Slow.: Nourishing Recipes for Athletes* as the daily resource information.

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