

Descargar libros gratis Run Fast. Cook Fast. Eat Slow. - Shalane Flanagan & Elyse Kopecky QBook



**RUN FAST.
COOK FAST
EAT SLOW.**
QUICK-FIX RECIPES FOR HANGRY ATHLETES



Cook the recipes that Shalane Flanagan ate while training for her historic 2017 TCS New York City Marathon 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-minute-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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Author	:	Shalane Flanagan & Elyse Kopecky
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