

# Run Fast. Eat Slow. A Runner's Meal Planner: Week-at-a-Glance Meal Planner for Hangry Athletes Download EPUB

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A 52-week meal planner and journal for athletes with new recipes to inspire you to cook more, create nutrition-packed meal plans, and keep track of your progress. With their two hit cookbooks, *Run Fast. Eat Slow.* and *Run Fast. Cook Fast. Eat Slow.*, New York Times bestselling authors Shalane Flanagan and Elyse Kopecky transformed the diets of athletes across the country, showing them that healthy food can be both nourishing and indulgent. Now, with *Run Fast. Eat Slow. A Runners Meal Planner*, athletes at all levels, and especially runners, can track their progress and health in one handy place as they train. You'll find twelve original recipes to boost stamina and nutrition recommendations for eating seasonally, advice on training, blank space to take notes on dot-gridded paper, weekly meal plans, and more! Packed with easy-to-use tips, *Run Fast. Eat Slow. A Runners Meal Planner* is an athletes dream training companion.


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 Catégories Énergie, Mobilier, Machines & Outils, Recyclage & Upcycling, Robotique

 Coût 597 EUR (€)

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