



No Meat Athlete: Run on Plants and Discover Your Fittest, Fastest, Happiest Self

Matt Frazier , Matt Ruscigno

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***No Meat Athlete* is a new kind of athletic guide that will take you from starting block to finish line, while providing encouragement, tricks, and advice along the way.**

No Meat Athlete combines the winning elements of **proven training approaches**, **motivational stories**, and **innovative recipes** to create a guide for meatless athletes unlike anything printed before. This combination guidebook, healthy-living cookbook, and nutrition primer is a key building block for beginner, every day, and serious athletes living a **no meat lifestyle**.

Author, blogger, and 100-mile ultramarathon veteran, Matt Frazier, will show you the many **benefits** to embracing a meat-free athletic lifestyle, including:

Weight loss, which often leads to increased speed

Easier digestion and faster recovery after workouts

Improved energy levels to help with not just athletic performance but your day-to-day life

Reduced impact on the planet

No Meat Athlete is a road map to **applying your lifestyle to your training regimen**. Frazier provides practical strategies and guidance on how to transition to a plant-based diet while getting all the nutrition you need, and offers up menu plans for high performance, endurance, and recovery.

Once you've mastered the basics, Matt delivers a **training manual of his own design** for runners of all ability-levels and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and **avoid injuries**.

No Meat Athlete: Run on Plants and Discover Your Fittest, Fastest, Happiest Self Details

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Aja Marsh says

thought this was a good book for people of various levels, but especially those trying to understand the vegan/vegetarian - fitness connection. as a vegetarian runner, i don't find it all that difficult, but then i know some people struggle more with maintaining healthy weight, muscle, and nutrition balance with a vegetarian/vegan diet and high activity. a good resource! i especially liked the "formula" recipes that had a base recipe on one side, and lots of options for mixing and matching on the other-- i think this is a clever way to give people options without having to spell every little thing out for them....allowing them to be creative and express themselves-- teaching cooking skills should be more like this.

Melodie says

I read the e-book, and I have to take back what I said previously. It was inaccurate because it was a different edition. That said, I am now going to have to buy this book. It is a wealth of information, and I can already see myself re-reading it for future inspiration. They did a phenomenal job with this cookbook, and the recipes are amazing. Just when you think you know a thing or two about nutrition, along comes this book. I feel inspired.

Jo * Smut-Dickted * says

This book is outstanding! I have it both on Kindle and in the DTB version. A great way to learn how to be a vegan athlete. I'm a runner as well and I find Matt's book and his podcasts to be super helpful. Great recipes, great info. Very highly recommended!

Juliette says

This book helped me understand my diet as a vegetarian and the guides I can follow to help me become a vegan. I have a very active lifestyle and have always wanted to get into running but feel defeated every time I try but after reading this book I feel like I'm going to continue my running journey and hopefully reach some goals. I thought it was written in a very understanding way, not just from his point of view which I think will help meat eaters to understand why people decide to go vegan or vegetarian and how it doesn't effect there abilities.

Love it, was a good read

Leigh says

I've been a fan and follower of the No Meat Athlete blog since it began, and I was very excited about the

release the book, even though I've been a vegetarian for more than 20 years. Of course, it's packed with information about starting a vegetarian/vegan diet, which is great for new vegetarians/vegans. Even long-timers like me might appreciate a refresher on the basics. But the best part is how Matt focuses on the application of a vegan diet to the athlete's lifestyle and training regimen. There are so many misconceptions about vegans and strength, and hopefully, this book will lay those myths to rest at last.

There are lots of great recipes, some that will be familiar to readers of the No Meat Athlete blog, and the formula format for smoothies and bars is super handy. (I have not tried any recipes from the book, but I have been pleased with everything I made from the blog's recipes.) Not being a runner, I sort of lost interest in the training section, as it is geared specifically to foot racing. There is a short cross-training section that teases out other activities. But I still found the book motivating, as its principles apply to my activities of choice (yoga/cycling), and just knowing that there are elite vegan athletes out there is inspiring.

Sara says

I would highly recommend this book for new or aspiring vegan runners. As both a vegan and a runners, some of the information was more of a review for me but I did really enjoy the book. I am looking forward to making several of the recipes.

Dawn says

This book was nice surprise that stumble upon in my library's ebook collection. I am not a vegetarian, but I'm not a huge fan of meat so this book was helpful for me in learning how to get adequate proteins from other sources to fuel my workouts. I found the authors' information about basic nutrition concepts to be very helpful as a latecomer to fitness and healthy eating. Highly readable for those at any level of their fitness training. The recipes included in the book are great as well.

Jim Thompson says

I'm a No Meat Athlete fan. I listen to the blog when I run. I've used the cookbook. I've followed the training plans. This isn't great literature, but if you're vegan (or want to be) and you fancy yourself a bit of an athlete (or would like to be), this is worth reading.

An Te says

Helpful tips for runners of all abilities all found conveniently in one book. Myth-busting stuff. Lots of recipes to experiment and try.

Neil Gaudet says

I wish I had owned this book 6-12 months ago when I was a new runner and vegetarian attempting the switch to vegan. Matt has written a great book that is approachable, in plain language and an invaluable resource to people ready to set goals and make a change in their life. If you're plant curious and/or considering buying a pair of shoes and trying your hand at running this book really should be in your hands. Excellent

Michelle says

Eh. If you're not already vegan it's helpful, but otherwise a lot of repeated information.

Laura says

I'm training for a century bike ride and needed some help with pre-, during-, and in-between-workout nutrition. This book gave a lot of great recipes for homemade energy gels and bars as well as a few recipes for regular meals that I'm going to try. That chia seed pre-workout drink? I can't wait to try that!

Wes says

It's a good book, well worth the \$0.99 I paid for it :) After poking around a few years in the running/triathlon community and researching vegetarian/vegan eating, there really wouldn't be much new here. But... The smartest people take all the common sense information out there and compile it into an easy to understand/follow compendium, all in one place.

Holly says

Pretty basic, and too much on running programs (e.g., how to run your first 5K, etc.), but I liked the recipes, which are actually "formulas." (And there is a separate cookbook, as well.)

Edric Subur says

“The irony of commitment is that it’s deeply liberating - in work, in play, in love. The act frees you from the tyranny of your internal critic, from the fear that likes to dress itself up and parade around as rational hesitation. To commit is to remove your head as the barrier to your life.”

Finished this just in time before my half marathon last week. Lots of good tips on preparing for the race and stacking up the confidence to thrive on a plant-based diet. Key takeaways

1. Running is the fastest way for ordinary people to do extraordinary things. Unlike other sports that require talent and extensive training, almost anyone can run a marathon if they have the discipline to put in the time and miles
2. The nutrition and antioxidants that many plants supply us act to protect our body from inflammation and cells damage. That’s why after adjusting to plant-based diet, numerous people (including myself) noticed

increase in energy, lower stress and quicker recovery time

3. Processed food is deprived of the fibre and nutrition our body needs to regulate what we eat. The food we consume is supposed to be made of a complex blend of nutrients. As a rule of thumb, eat only what your great grandmother would recognize as food.
