



# Feed Your Athlete: A Cookbook to Fuel High Performance

*Michael Kirtsos, Joseph Ewing*

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# Feed Your Athlete: A Cookbook to Fuel High Performance

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## **Feed Your Athlete: A Cookbook to Fuel High Performance** Michael Kirtsos, Joseph Ewing

*Feed Your Athlete* features 150 nourishing whole-food meals and snacks for training, competition, and recovery for both endurance and strength athletes, plus fast and easy preparation tips and nutritional information.

Athletes know how important it is to get the right fuel for their workouts and events. *Feed Your Athlete* makes it simple to fuel yourself or your athlete before, during, and after sporting events and training with 150 all-natural, real-food recipes for meals, snacks, portables, sports drinks, and more. Icons and assessments help determine optimal nutrition for any type of sport, and include high-carb, high-protein, low-calorie, low-fat, or high- or low-fiber options.

Created for endurance and strength athletes (but great for athletes of all kinds), *Feed Your Athlete* shows how to cook easy meals and take-alongs that taste good — and make active bodies feel great by delivering the fuel that they need to perform at their peak.



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