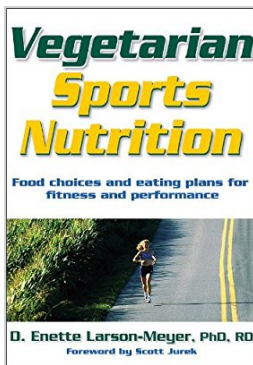


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## Vegetarian Sports Nutrition

By D. Enette Larson-Meyer

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### Vegetarian Sports Nutrition By D. Enette Larson-Meyer

Gain the vegetarian advantage! Vegetarian meal plans have been used successfully in everything from bodybuilding to endurance sports. Every day more and more athletes—even those who are not full-time vegetarians—incorporate a plant-based diet when training or recovering from competition.

Relying on the recent evidence-based research, *Vegetarian Sports Nutrition* details performance and health benefits, including enhanced muscle recovery and optimal bone health. With tailored meal plans and training strategies, you will learn to make smart nutritional decisions and to properly fuel your body throughout your training regimen.

This comprehensive resource simplifies the process of determining your energy, protein, vitamin, and mineral needs and monitoring carbohydrate and fat intake. You'll learn how to optimize a vegetarian diet for peak performance across all sports.

Whether you are a dedicated vegetarian looking to add variety to your diet or an athlete searching for a competitive edge, *Vegetarian Sports Nutrition* will help you improve your health and performance!

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*“Finally, serious nutrition information for serious vegetarian athletes! Vegetarian Sports Nutrition provides sound and accessible explanations on what vegetarians really need to consume.”*

Shane Speer  
Deputy Editor, *Vegetarian Times*

*“Vegetarian Sports Nutrition delivers inspired, useful, and science-based information to make you a better, healthier athlete.”*

Amby Burfoot  
Executive Editor, *Runner's World Marathon*  
Winner (and Vegetarian) 1968 Boston Marathon

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