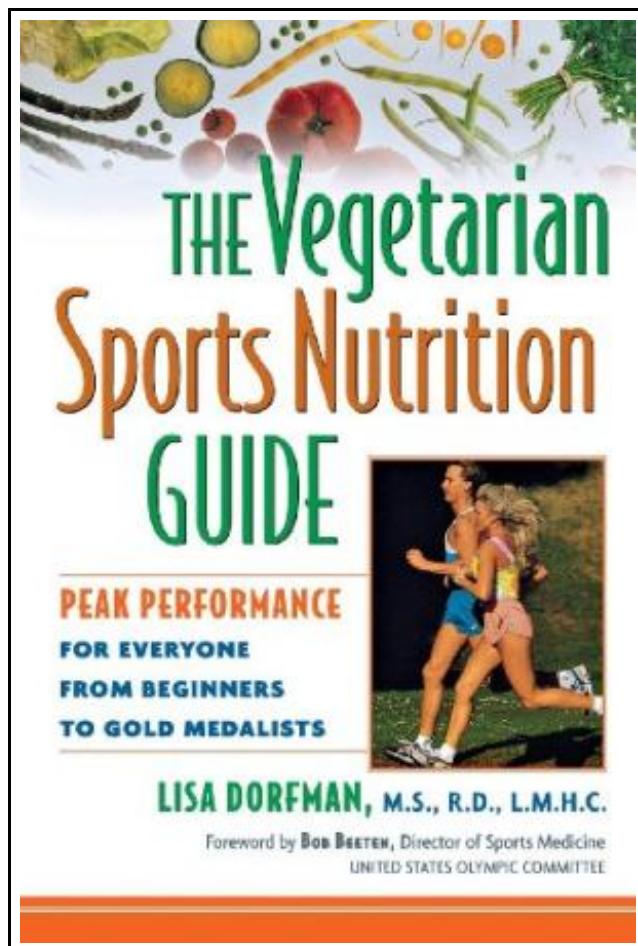


The Vegetarian Sports Nutrition Guide: Peak Performance for Everyone from Beginners to Gold Medalists



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THE VEGETARIAN SPORTS NUTRITION GUIDE: PEAK PERFORMANCE FOR EVERYONE FROM BEGINNERS TO GOLD MEDALISTS



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Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, **The Vegetarian Sports Nutrition Guide: Peak Performance for Everyone from Beginners to Gold Medalists**, Lisa Dorfman, Exercise, train, and compete at your best on a vegetarian diet. Few segments of the population are more mindful of their food intake than athletes and vegetarians. This book combines the unique demands of sports with a healthy vegetarian diet that can help you build energy and endurance and reduce body fat. Whether you are carbo-loading before a marathon or fine-tuning nutrition to get the most out of your workout, registered dietitian and elite vegetarian athlete Lisa Dorfman provides step-by-step information on how to customize your own sport-specific nutrition program and calculate a personal dietary plan for training. **The Vegetarian Sports Nutrition Guide** includes personal stories of athletes who have made the switch to vegetarian diets from football players and wrestlers to ice skaters and marathoners, some of whom have beaten life-threatening illnesses with the help of this lifestyle. Lisa Dorfman provides a rich array of tasty and diverse vegetarian recipes, menus, easy-to-use charts, and food guides for vegetarians of all types, from the semi-vegetarian to the fruitarian. She also shares the training secrets of seventeen Olympic and world-class athletes who have used their vegetarian diets to achieve peak performance in their careers and optimum health in their lives.

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