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Racing Weight Cookbook: Lean, Light Recipes for Athletes (The Racing Weight Series)

Matt Fitzgerald CISSN, Georgie Fear

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***Racing Weight Cookbook* delivers more than 100 flavorful, easy recipes for athletes that will help you hit your ideal weight without compromising your performance.**

Whatever your training demands, *Racing Weight* meals make it simple to dial in the right mix of carbs, fat, and protein and satisfy your appetite. Put high-quality, well-balanced meals on your table in as little as 15 minutes with time-saving tips for food preparation and grocery shopping.

Discover the best foods for athletes:
- 100+ healthy recipes for any athlete, from reluctant cook to cooking enthusiast
- Whole grains, fiber, and lean protein to elevate diet quality
- Fresh, energy-dense meals that help runners, triathletes, and cyclists train harder
- Nutrient-rich bars and smoothies to promote fast recovery

With *Racing Weight Cookbook*, you'll take control of your diet with the proven *Racing Weight* approach, practiced by the world's best endurance athletes and backed by scientific research. The fastest athletes tend to be the leanest, but every athlete needs to eat well to perform well. *Racing Weight Cookbook* makes it easy for you to eat and train for weight loss at the same time.

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