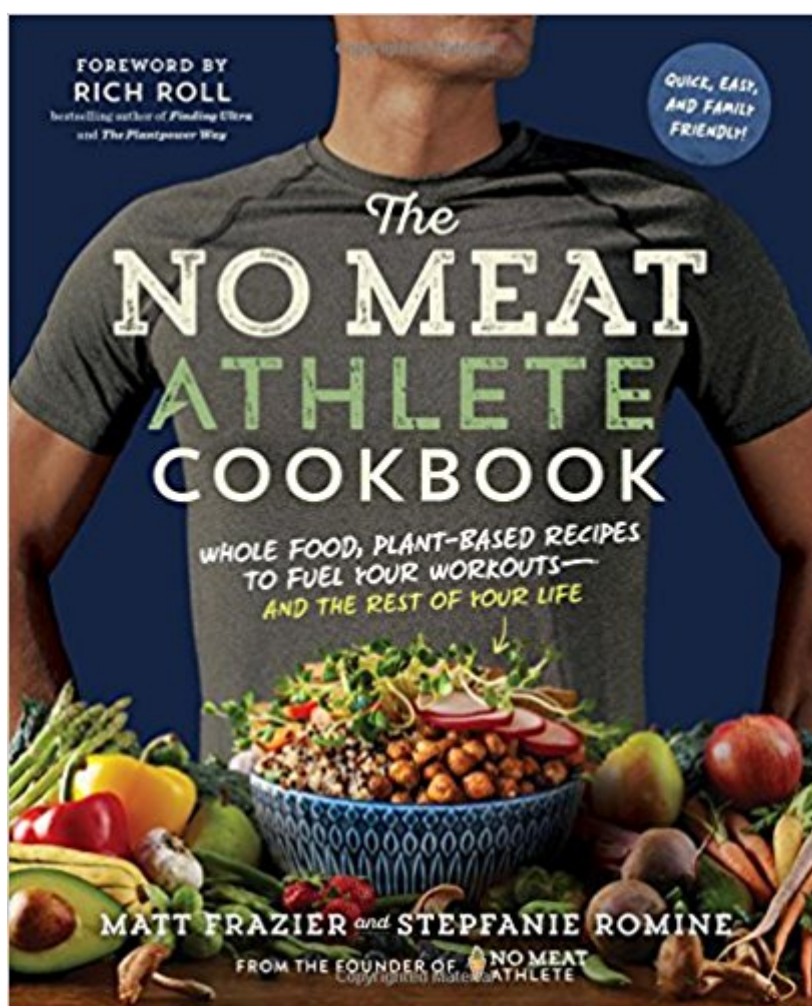


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# The No Meat Athlete Cookbook: Whole Food, Plant-Based Recipes To Fuel Your Workouts•and The Rest Of Your Life



## Synopsis

A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you "perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook "written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stefanie Romine" showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter "Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

## Book Information

Paperback: 288 pages

Publisher: The Experiment (May 16, 2017)

Language: English

ISBN-10: 1615192662

ISBN-13: 978-1615192663

Product Dimensions: 7.6 x 0.8 x 9.3 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 77 customer reviews

Best Sellers Rank: #1,842 in Books (See Top 100 in Books) #4 in "Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian" #8 in "Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables" #15 in "Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan"

## Customer Reviews

"An uncomplicated guide to fueling a team of cyclists or a family of four." "Outside Magazine  
"Brings together nutritional guidance and success stories from numerous sources, as well as tasty, often oil-free dishes." "Library Journal, starred review "[A] comprehensive collection of meatless dishes for all times of the day and all types of workout regimens. . . . An easy entry into meat-free eating." "Publishers Weekly "Without the right foods, athletes may appear fit on the

outside while actually being extremely unhealthy on the inside. Fortunately, with a plant-based diet you can have the best of both worlds, and the recipes in *The No Meat Athlete Cookbook* will help you do it. I highly recommend this cookbook for active people and athletes at every level who want to perform at their best, while protecting themselves from disease with whole, plant-based foods.

• "Michael Greger, MD, New York Times bestselling author of *How Not to Die* — If you want to up your game then *The No Meat Athlete Cookbook* is for you. Packed with wonderful information and killer recipes, this book is *Where. It. Is. At!* I'm a fan!"

• "Rip Esselstyn, New York Times bestselling author of *The Engine 2 Diet* and *Plant-Strong* — Finally, a book for the athlete centered on whole food! Matt and Stephanie show us food supporting maximum health span can taste amazing too. Whether you want a quick grab-and-go or a date night gourmet dinner, *The No Meat Athlete Cookbook* has something for you."

• "Ray Cronise, former NASA scientist, cofounder of the Zero Gravity Corporation, TEDMED speaker and author of *Our Broken Plate* — Clean Protein + Easy Recipes = Hot Body. Matt Frazier rocks it all in this superstar book!"

• "Kathy Freston, New York Times bestselling author of *The Lean*, *The Book of Veganish*, and *Quantum Wellness* — Whether you're an accomplished athlete, a weekend jogger, or someone who just wants to eat the way many of the world's greatest athletes and healthiest people do, you've come to the right place. If you want to look great and feel even better, this is the book for you."

• "John Robbins, bestselling author and president of The Food Revolution Network — Finally, a practical, plant-based cookbook designed for busy athletes! If you're looking to fuel your active lifestyle, whether you're a No Meat Athlete or just interested in having more energy and faster recovery after exercise, this cookbook hits the spot. With an oil-free option for every plant-powered recipe, *The No Meat Athlete Cookbook* is a game changer in the health and fitness industry."

• "Robert Cheeke, founder/president of [VeganBodybuilding.com](http://VeganBodybuilding.com), author of *Shred It!* — Matt's follow up to the highly acclaimed *No Meat Athlete* is the perfect resource for any elite athlete or weekend warrior looking for plant-based recipes to fuel their body. *The No Meat Athlete Cookbook* provides an incredible array of practical whole-food recipes — recipes with accessible ingredients, easy cooking techniques, and flexibility for certain dietary restrictions, such as no-oil and gluten-free."

• "Baggio Husidic, midfielder, LA Galaxy — From the moment I cracked it open, I was delighted by the simplicity and spirit of *The No Meat Athlete Cookbook*. Whether you're a hardcore athlete ready to up your game or someone wanting to take your health and vitality to the next level — this book covers all the bases!"

• "Jason Wrobel, bestselling author of *Eatnity* and Cooking Channel host — The *No Meat Athlete Cookbook* is filled with helpful advice for anybody interested in eating and living better, whether you're a longtime vegan

or just curious about healthier food. I highly recommend this inspiring book, which will help you adopt habits to support a happy and active life. •â”Gene Baur, Farm Sanctuary president and cofounder •œThe No Meat Athlete Cookbook is a masterpiece to behold. It is beautifully crafted, extraordinarily engaging, and absolutely brimming with sound, practical advice. The recipes are creative, fun, and wonderfully wholesome. This book provides a simple solution for everyone who is committed to healthful, compassionate choices.â”Brenda Davis, RD, coauthor of *Becoming Vegan* •œPower your plate with plants and power your life! The No Meat Athlete Cookbook will foster your plant-based journey with creative, delicious, nutritiously abundant meals and snacks. The recipes are innovative to impress, yet practical and easy enough for everyday cooking. Whether you want to elevate your athletic performance or simply elevate your daily health and energy, this cookbook will guide and inspire you.â”Dreena Burton, author of *Plant-Powered Families* •œThe No Meat Athlete Cookbook is a delicious guide to making a whole-foods, plant-powered diet work for you. Based on proven medical science, it illuminates a pathway that can help you enjoy more vitality, strength, and staminaâ”while fighting heart disease, cancer, diabetes, and obesity. Just reading it will make you salivate. Putting it into action will help you live a long and vibrant life. Bon appÃ©tit!â”Ocean Robbins, CEO, The Food Revolution Network •œWant to turbocharge your workouts and your health? Then The No Meat Athlete Cookbook is your delicious guide to doing just that. It is an incredible, practical, and nutrient-packed resource.â”Robert Ostfeld, MD, MSc, director, Preventive Cardiology, Montefiore Health System •œMeal by meal, day by day, getting your A game on track just got significantly easier with The No Meat Athlete Cookbook! If you want to be more active in the kitchen, in the gym, or on the trails, this cookbook is for you.â”Matthew Ruscigno, MPH, RD, plant-based nutrition expert and endurance athlete •œI love everything about this book! Clear, easy, delicious. But most of all, it delivers this message: The time for discussion about whether a human being can excel on a 100% whole-plant diet is over. Matt and Stepf did an excellent jobâ”this book will benefit everyone, athletes and nonathletes alike.â”Sid Garza-Hillman, author of *Approaching the Natural: A Health Manifesto* and *Raising Healthy Parents: Small Steps, Less Stress, and a Thriving Family*

Matt Frazier is a vegan ultramarathoner, founder of the No Meat Athlete movement, and author of *No Meat Athlete*. He lives in Asheville, North Carolina. Stephanie Romine is a journalist turned plant-based recipe developer, health coach, and yoga teacher who writes about natural health and wellness. She lives in Flat Rock, North Carolina. Foreword author Rich Roll is the author of *Finding Ultra* and, with Julie Piatt, *The Plantpower Way*.

This is a very cool book. The recipes have left us all feeling absolutely terrific, and I was pleasantly surprised by the yumminess level. It's pretty darn tasty for an athletic performance book! I only put somewhere between 5-10 miles on my sneakers a day, but this has all been fabulous fuel. They have a few sample recipes up on their website, so you can give them a try and see if they're a good fit for you. Love it when they do that! The recipes are all on the quick and easy end of the spectrum. It's more than a cook book, though. They explain the whys behind everything. Recommend. Pictured below:

- 1) I made breakfast sandwiches with the Breakfast Tofu " p 65 and Shiitake Baking " p 62 on English muffins with a little arugula, tomato and avocado. Everyone loved these and the kids each grabbed an extra piece of the tofu. I tripled the shiitake baking the second time I made it. Yum!
- 2) Slow-Cooker Coconut-Matcha Brown Rice " p 47. This one was a mixed bag for the four of us. One loved it, one really liked it, one thought it was okay, and my youngest hit the yuck button. It's very much on the Earthy side. If that sounds appealing, you'll probably like it.
- 3) Olive-Chickpea Waffles " p 178. We loved these savory waffles. Chickpea waffles with finely chopped Kalamata olives and sundried tomatoes running through the batter. There's no flour in them at all. The texture's a bit off from regular waffles, but the flavor's terrific. They're garnished with tomatoes and avocados in the book's pic. I added some Kalamata olives to echo what's in the waffle and lemon slices and parsley because they go with the other flavors and they're just pretty.
- 4) Calorie Bomb Cookies " p 219. I made these to pack away for breakfasts on the run, and decided to try one for lunch. At 491 calories each, they make a super filling meal. They're packed with nuts and seeds and everything good, and the bananas and little bit of dark chocolate really make it taste like a treat. The kids were grinning at the breakfast table. My little one said she could tell they were healthy because of the texture, but she absolutely loved them!
- 5) Green Energy Bites " p 215. Nutty, Earthy, and just a little sweet. Very nice.
- 6) Switchel: The Original Sports Drink " p 188. This is really refreshing. The ginger and apple cider vinegar taste is potent. They have you strain it, but if you've got one of those water bottles with a central infusing column, you could just leave it there. Nice.
- 7) Garlicky Rosemary Potato Soup " p 114 with Cashew Cream " p 236. Oh my gosh! This is a phenomenal soup! It's excellent, not healthfood excellent.
- 8) Pasta Marinara with Spicy Italian Bean Balls - p 81 and 83. They compared this to pepperoni. I definitely don't taste that. But, it's tasty pasta and bean balls. My husband's insisting on calling them bean bags. :)
- 9) Baked Deep-Dish Apple Pancake " p 48. Love. This tastes like full on apple cake. Texture's

a little weird. 10) Hearty Vegetable Hoagies p 74 and Pesto p 233. That's a great sandwich! The kids loved it. I couldn't fit all the veggies into the hallowed out baguette, so I think I'll grab Italian bread next time. 11) Beet Bourguignon (Beet and Lentil Stew) p 125. This is packed with produce, very filling, and has a nice fall taste. The recipe calls for 1 oz of dried mushrooms. They don't make mention of it, but if you're new to dried mushrooms, you want to soak those in hot water while you prepare the other produce. The grit will fall to the bottom of the soak water. When you pull the mushrooms out, the grit will stay there, and not in your stew. Some more I have flagged to try are: Black-Eyed Pea and Collard Stew with Spicy Tahini p 119, Caribbean Coconut Collards and Sweet Potatoes p 122, Strawberry Pistachio Salad p 131, Cashew Creamed Kale p 163, Pakoras p 165, Potato Stuffed Portobellos p 169, Baked Tempeh Nuggets p 170, Farro Tabbouleh p 182, Cranberry Citrus Electrolyte Drink p 193, a whole bunch of different homemade protein powders on p 197, Tropical Vacation Recovery Smoothie p 206, V9 p 209, and Mango Sticky Rice p 252.

I can't say enough good things about Matt Frazier. Together with Stephanie Romine, they have written a fantastic plant-based cookbook that's centered on the athletic diet. You don't need to be an athlete to enjoy these dishes and the 100+ recipes aren't rehashes of the same old vegan mac and cheese (although the roasted red pepper version on p. 117 is fantastic!). Let's start in the middle of The No Meat Athlete Cookbook with a dozen dressings along with a blueprint for unlimited dressing design. Sauces and dressings are key to variety when eating a plant-based diet and their use isn't limited to salads. They can instantly transform a wide range of steamed, grilled, or baked vegetables into a satisfying and tasty meal. One thing that's obvious when dropping meat out of one's diet is that it's mostly just a delivery system for sauce - people don't eat boiled meat. When one spends as much time preparing vegetables as they do creating marinades for flesh, an entire world opens up to those who previously only seasoned veggies with butter and salt. I've been interviewed for podcasts by both Matt and Rich Roll (who wrote the forward) and these guys are amazing athletes. If one thinks that authentic athletic performance isn't possible on an all-plant diet, they are evidence that's an error in reason. They log thousands of miles and both of them "run on plants." Chapter 4 is loaded with recovery meals and Chapter 7 has a wide range of smoothies, energy bars, and rehydration drinks. The calorie bomb cookies at nearly 6000 Calories/batch should be good for 60 miles. The recipes are centered on whole foods and they provide for oil free options if extra Calories aren't on your training roadmap. This isn't a diet book, nor is it centered on ideology. Matt has been

among the best bridge builders I've seen in the eat meat/don't eat meat worlds. He has strong personal beliefs and yet he never guilts and shames. I applaud that approach. He's a winner on all fronts. If you're an athlete and thinking about going plant-based, this book has enough content to assure you won't wither away nor will performance lag. If you're ready to branch out into some new areas of plant-based cooking, Stephanie adds some roadmaps for fun and variety with amazing recipes and meal plans. It's definitely a great resource for everyone!

I love the blog and have a couple of Matt Frazier's training guides, so picking up this cookbook was a given. So far, the omni fam and I all enjoy what I've made (granted, mostly dessert items, but that's how I ease them into enjoying plant-based goodness). If you're looking for plant-based fuel for your fitness goals or just looking for a healthier menu, this is a good guide.

I liked the other version, it gave the nutritional value after the recipe. Also, I preferred the organization of the other book by the same author, seemed less clutter.

Great recipes! Another plant base book that I highly recommend! Great information! Brandon Frazier is awesome and what I love about this book is that there's so many good ideas in the book. If you're bored with food, give these recipes a try! You'll love them!

Everything I've made from this cookbook has been easy to make and delicious. I wish it had nutritional info for the recipes, but that's my only issue. It's also a gorgeous cookbook with glossy pictures and a useful index.

Wonderful book! Simple and easy to follow recipes that you will totally fall in love with.

Really great variety of meals to satisfy all occasions & tastes. As a 115 kg (250 lb) power lifter I found plenty of recipes to fuel gruelling workouts & get some great gainz ! Eating a variety of plant foods is the secret to optimum athletic good health

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