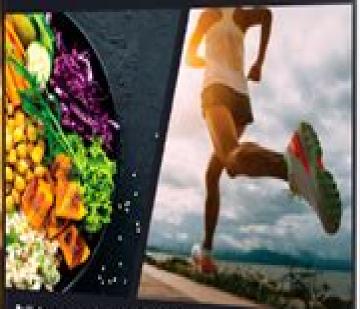
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week marathon training program designed by Shalane that will have you breaking personal bests This book will teach athletes how to spend more time chasing the sunrise without sacrificing the most important meal of the day Runner's Cookbook Joanne Milkereit, Hal Higdon, 1979 The Runner's World Cookbook Editors of Runner's World Maga, 2013-10-01 Runners need to eat well in order to perform and what they eat can have a direct influence on how they run The Runner's World Cookbook is the perfect combination of performance boosting nutrients to maximize performance with easy delicious and quick recipes This cookbook contains 150 recipes sourced primarily from the authoritative voice in running itself Runner's World magazine along with exciting additional content These recipes are intended to maximize a runner's performance and enhance nutritional benefits The book will include two recipe indexes with visual keys for classification at the start of each recipe with V for vegetarian VE for vegan GF for gluten free and more The first section of the book focuses on nutritional information and staple ingredients every runner should know and the second part of the cookbook illustrates how to turn these facts into delicious quick and nutrient boosting meals through delectable recipes Every recipe will have an easy to follow icon system to identify key recipe attributes i e recoveryfriendly low calorie quick and easy along with a nutrition guide that will offer readers tips on how to make the healthiest choices regarding that particular category of food Divided by categories Salads Soups Stews Sandwiches Wraps Burgers Pizza Pasta etc these recipes are presented by types of dishes runner can look to for satisfying performance needs in appetizing ways *Prep Cookbook for Runners* Rebecca Toutant, 2021-07-20 Support your running goals with easy healthy meal prep plans The right balance of nutritious foods can fuel your body for optimal athletic performance and meal prep makes it easy to achieve that balance The Meal Prep Cookbook for Runners simplifies healthy eating with six weeks of nourishing meal plans and a collection of crave worthy recipes designed especially for runners This running cookbook includes Nutrition for runners Learn how to calculate your nutritional needs to optimize your diet for daily running race day and endurance training Complete meal plans Find meal plans that include detailed prep instructions so you can reduce your time spent in the kitchen and eat confidently all week Simple recipes Explore recipes that emphasize healthy whole foods and include detailed nutritional information to help you easily prepare dishes that align with your running practice Optimize energy endurance and recovery with healthy meal prep plans for runners GitHub Actions Cookbook Michael Kaufmann, 2024-04-30 Authored by a Microsoft Regional Director this book shows you how to leverage the power of the community driven GitHub Actions workflow platform to automate repetitive engineering tasks Key Features Automate CI CD workflows and deploy securely to cloud providers like Azure AWS or GCP using OpenID Create your own custom actions with Docker JavaScript programming or shell scripts and share them with others Discover ways to automate complex scenarios beyond the basic ones documented in GitHub Book DescriptionSay goodbye to tedious tasks GitHub Actions is a powerful workflow engine that automates everything in the GitHub ecosystem letting you focus on what matters most This book explains the GitHub Actions

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cookbook contains 150 recipes with 75 beautiful photos that will maximize a runner's performance and enhance nutritional benefits Suggested recipe combinations create specific training or dietary based meal plans to enhance your marathon training or gluten free lifestyle Meals on the Run provides time efficient recipes for delicious meals you will be proud to put Run Fast. Cook Fast. Eat Slow. Shalane Flanagan, Elyse Kopecky, 2018-08-14 NEW YORK TIMES BESTSELLER IACP AWARD FINALIST Cook the recipes that Shalane Flanagan ate while training for her historic TCS New York City Marathon win Run Fast Eat Slow taught runners of all ages that healthy food could be both indulgent and incredibly nourishing Now Olympian Shalane Flanagan and chef Elyse Kopecky are back with a cookbook that s full of recipes that are fast and easy without sacrificing flavor Whether you are an athlete training for a marathon someone who barely has time to step in the kitchen or feeding a hungry family Run Fast Cook Fast Eat Slow has wholesome meals to sustain you Run Fast Cook Fast Eat Slow is full of pre run snacks post run recovery breakfasts on the go lunches and thirty minutes or less dinner recipes Each and every recipe from Shalane and Elyse's signature Superhero muffins to energizing smoothies grain salads veggie loaded power bowls homemade pizza and race day bars provides fuel and nutrition without Meal Prep Cookbook for Runners Rebecca Toutant, 2021-07-20 Support your running goals sacrificing taste or time with easy healthy meal prep plans The right balance of nutritious foods can fuel your body for optimal athletic performance and meal prep makes it easy to achieve that balance The Meal Prep Cookbook for Runners simplifies healthy eating with six weeks of nourishing meal plans and a collection of crave worthy recipes designed especially for runners This running cookbook includes Nutrition for runners Learn how to calculate your nutritional needs to optimize your diet for daily running race day and endurance training Complete meal plans Find meal plans that include detailed prep instructions so you can reduce your time spent in the kitchen and eat confidently all week Simple recipes Explore recipes that emphasize healthy whole foods and include detailed nutritional information to help you easily prepare dishes that align with your running practice Optimize energy endurance and recovery with healthy meal prep plans for runners The Beginner Runner's Cookbook Jeremy Antenucci, 2021-03-26 55% OFF for Bookstores only BUY NOW at 21 95 instead of 32 95 This book will allow you to have a complete and varied nutrition plan that will increase your running performance You have no more excuses to get fit and run even faster We d all like to be perfect runners and we d all like to have the perfect diet But although it seems overwhelming at first the reality is that any organised approach to running fitness and nutrition really isn t that difficult to master You can eat healthily but you just have to plan it This Book includes more than 70 healthy energy packed recipes that can all be prepared in small windows of time some in 10 minutes or less From simple snacks and smoothies to dinners you ll find everything you need to get high quality food on the table fast If you follow a specialized diet vegetarian vegan low calorie or gluten free or need your meals to match your training plan each recipe is marked so you can easily see if a particular recipe fits your needs Eat like a champion Run like a champion Buy it NOW and let your customers

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