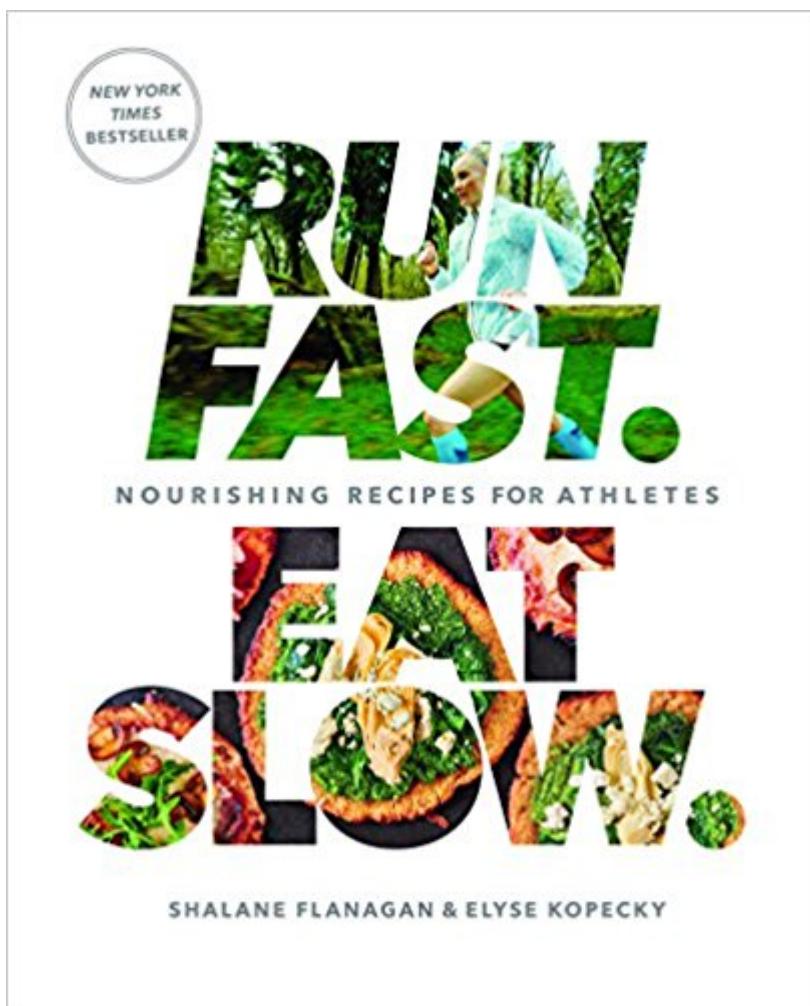


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# Run Fast. Eat Slow.: Nourishing Recipes For Athletes



## Synopsis

From world-class marathoner and 4-time Olympian Shalane Flanagan and chef Elyse Kopecky comes a whole foods, flavor-forward cookbook—*and New York Times* bestseller—that proves food can be indulgent and nourishing at the same time. Finally here's a cookbook for runners that shows fat is essential for flavor and performance and that counting calories, obsessing over protein, and restrictive dieting does more harm than good. Packed with more than 100 recipes for every part of your day, mind-blowing nutritional wisdom, and inspiring stories from two fitness-crazed women that became fast friends over 15 years ago, *Run Fast Eat Slow* has all the bases covered. You'll find no shortage of delicious meals, satisfying snacks, thirst-quenching drinks, and wholesome treats—all made without refined sugar and flour. Fan favorites include *Can't Beet Me Smoothie*, *Arugula Cashew Pesto*, *High-Altitude Bison Meatballs*, *Superhero Muffins*, *Kale Radicchio Salad with Farro*, and *Double Chocolate Teff Cookies*.

## Book Information

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## Customer Reviews

“Feeding my cravings with healthy food has long been my recipe for running longevity. *Run Fast Eat Slow* contains sound advice and delicious and nutritious recipes—finally a true runner's kitchen companion.” Joan Benoit Samuelson, first-ever women's Olympic marathon champion “You are what you put in your body. In *Run Fast, Eat Slow*, Shalane and Elyse provide amazing recipes for fueling your body. I highly recommend this book to anyone who wants to excel in running or just live a healthy and active lifestyle.”

Meb Keflezighi, four-time US Olympian and Boston Marathon champion "There are so many misleading diet trends pushed at young female athletes. Finally hereâ€¢s a book after my own heartâ€¢ celebrating indulging in real food!"â€¢ Allyson Felix, Olympic gold medal sprinter

Shalane Flanagan is an Olympic medalist, champion Marathoner, and American record-holding distance-runner. She is sponsored by Nike and has been featured in countless Running and Women's magazines throughout the world. Growing up a runner, Flanagan has always been passionate about food as well. She lives in Portland, Oregon. Elyse Kopecky is a food writer and whole foods chef. She is a graduate of Natural Gourmet Institute for Healthy and Culinary Arts. Formerly a digital marketing producer for Nike, Kopecky left the corporate world to focus on her passion for healthy food. She lives and works in Bend, Oregon with her husband and young daughter.

This cook book was featured in Runners World magazine. I liked a few of the recipes I saw and decided to make them before purchasing the whole cook book. I made the spaghetti with bison meatballs and was SOLD! But then I thought, well maybe they only featured the \*best\* recipe. I tried the others that Runners World featured and they were all a-mazing! I decided to buy the cook book but was fully prepared to have my hopes dashed of finding a book full of great recipes. Let's be real, we've all bought that cook book that has a few great recipes and that's it. I have plenty of them in my cabinet. Sure they've got a few great recipes but I largely ignore most of the book because they're total crap. Not with Run Fast, Eat Slow. I've tried several recipes from all of the sections and they have all been a hit! In fact, I made the mashed yams with sage brown butter for Thanksgiving and people were going nuts for it! There's a few things I like about this book. 1. It tastes amazing AND it's healthy. I love eating healthy but my husband is much more difficult to convince. These recipes pack in some awesome food that's great for you and tastes great. I have yet to make a bad meal from this book. 2. It isn't difficult. Don't you hate when you buy a cookbook that wants you to do some professional level stuff and you're like "uuuhhhh what?" Yeah, not this book. It's all very straight forward and easy to make. 3. Each recipe has a "story." Shalane and Elyse explain the purpose behind each recipe. It helps you understand why certain things were added, what makes the recipe great, and the purpose of the recipe. It helps you decide between recipes (because they're all sooooo good) when you're like "man I really need some energy." Boom, drink this amazing green tea green apple smoothie! Awesome awesome stuff. I've bought several of these

cook books and have gifted them to people because it's THAT amazing. I've never been this excited about a cook book or cooking. While I've always loved to cook, this cook book has made eating so much better. Go on ahead and order yourself a copy. You won't regret it.

None of this is very difficult to make, and the results have been uniformly fantastic in my experience. If you buy the book, it's a good idea to read the first two chapters to get an idea of what the authors were trying to accomplish, and about how to stock your pantry. Once you have the staples in house, making these recipes is a snap. Also, as a fun side note, since digging into this cookbook, my wife and I keep talking about "Shalane" like she's a friend, e.g., "well, Shalane says..." etc. Have fun; run fast; eat slow; it's all good.

Fabulous cookbook with great recipes & beautiful photos! One of the best parts (that I haven't seen in other cookbooks) is how each recipe has a purpose. For example "recovery snack" or "immediate energy boost" or for "speed-workout days". Well done Shalane & Elyse!

I've bought this book for several friends and family members since receiving it as a gift from my incredible husband (quick shout out: I love you my angel bear!). Anyway if you really love to eat, and you also love to run without feeling like garbage, this is the book for you. I love fat, cookies, and food in general, and have been known to binge a lot (we buy 22 boxes of girlscout cookies, every season, and yeah, the boxes sub as meals). I've tried and repeated at least 50% of the recipes (haven't tried any of their beverage recipes) and they have become staples of my diet for the last few months. Disclaimer: some of this stuff is time consuming. Also, make the mighty marinade, kale salads, and the cookie recipes.

This isn't just for runners -- but anyone who's interested in eating a healthy, well-balanced diet, using a variety of ingredients. So far, each recipe I've tried has been quick to prepare and very flavorful. Find that I go back to this cookbook often.

Love these easy recipes! Favorites include: the arugula cashew pesto, superhero muffins, ginger molasses granola, and muesli bowl but have enjoyed almost everything we have tried! Delicious meals and feels like we are eating really well too.

I have been researching different diets, trends, and meal plans for years. Michael Pollan's thoughts

on food seem to resonate most with me as a whole diet (as in normal way of eating and not a temporary thing) that is sustainable and healthy. I am also a marathoner and like to see what athletes eat. Finally, Run Fast Eat Slow is a genesis of everything I believe in and hold important in one colorful and inviting place. The recipes are great, and the writing is inviting for foodies and newbies alike. I no longer need to search Pinterest alone for great recipes. This book is a great resource for me. It is well organized and entertaining. The authors tell us the reasoning for using whole foods, including butter and oils. They avoid the time consuming calorie and macronutrient counting. They make eating healthy more approachable for everyone. I can't wait to use this book over and over.

This cookbook is WOW! It is so fun and user friendly. It has me cooking and making things I never would have thought possible for me. But not only is it great as a cookbook, it's also informative and entertaining. I really enjoy learning about nutrition and this book is full of lots of tidbits of information. And the Elyse & Shalane pairing was a beautiful idea. It feels like I'm getting to know two kickass women while I cook healthy, fulfilling meals. Their shared experiences bring a lot to the table. :) Finally, I have to say, I actually bought this book for a friend...but I was so intrigued that I started using it before I gave it to her, I accidentally spilled some "Can't Beet Me" smoothie on it, and then I had to buy a second (unsoiled) one to give to my friend.

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