



# Thrive Foods: 200 Plant-Based Recipes for Peak Health

*Brendan Brazier*

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"*Thrive Foods* offers a diet that's good for you and the planet."

- **Washington Post**

"Brazier drills deep and delivers surprising news and statistics on the eating and production of food and how one person can make a big difference by eating plant-based meals."

- **The Vancouver Sun**

"*Thrive Foods* will have you and your family brimming with energy and health."

- **Reader's Digest**

\* "This book will appeal to not only athletes and vegetarian but anyone who is concerned with eating to reduce personal and environmental stress. It is like a cup of *Fast Food Nation* in a bowl of *Moosewood Restaurant Cooking for Health* - i.e., a fascinating read featuring excellent recipes based on highly palatable nutritional science."

- **Library Journal** (\*starred review)

Building upon the stress-reducing, health-boosting nutritional philosophy introduced in his acclaimed vegan nutrition guide *Thrive*, professional Ironman triathlete Brendan Brazier now turns his attention to your dinner plate (breakfast bowl and lunch tray too). Where does your food come from, and is it healthy? How can you be sure that you are receiving the nutrients you need? In *Thrive Foods*, Brazier clearly explains how nutrient-dense, plant-based foods are the best form of proactive health insurance and environmental sustainability rolled into one. And that's not all. *Thrive Foods* also features 200 nutritionally complete, easy-to-make recipes that utilize the power of super-foods such as maca, chia, hemp, and chlorella, and that avoid common allergens, such as wheat, yeast, gluten, soy, dairy, and corn.

With recipes from celebrated chefs (Tal Ronnen, Chad Sarno, and others) and award-winning restaurants (such as Millennium and Candle 79), the healthy and delicious dishes include:

Pumpkin Gnocchi | Italian Garden Stir Fry | Spicy Black Bean Chili | Quinoa Falafels | Chocolate Goodness Smoothie | Cool Coconut Orange Squares | Indian-Spiced Lentil Hemp Burgers | Banana Cream Pie | Summertime Chef Salad | as well as Brazier's signature energy bars and gels and many more . . .

If you're looking for sustainable energy, high-quality sleep, physical strength, and mental sharpness to meet modern-day demands, *Thrive Foods* is the resource for you.

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#### **Agnes Figueroa:**

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experience more than blown away your brain but also giving you useful facts for your better life in this particular era. So now let us present to you the relaxing pattern here is your body and mind will be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

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