



Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal

Tara Mardigan, Kate Weiler

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Upgrade your performance and diet. Get real and break free from the packaged bars and powders.

Admit it, your idea of sports nutrition needs an upgrade. Are you still reaching for low-fat cheese sticks and peanut butter bagels for pre-event meals? Let's get real and break free from the packaged bars and powders.

Active people, fitness lovers and athletes need practical guidance and proper knowledge about nutrition. *Real Fit Kitchen* is just what you're craving.

Nutrition experts Tara Mardigan and Kate Weiler prove that the foods, supplements and beverages, that many think are aiding performance, are actually hindering and can be easily replaced with healthy, real, clean food. For example:

- Instead of consuming chemical-laden and performance-hindering additives in packaged recovery drinks, make your own performance-boosting chocolate protein recovery drink.
- Replace liver-damaging pain-relief medications that dehydrate and disrupt electrolyte absorption, try a tart cherry juice smoothie.
- Substitute peanut butter laden with inflammatory trans fat and added sugar for muscle-rebuilding pecan cashew maca butter.

More nutritious than store bought products, *Real Fit Kitchen* provides 100 healthy meals, snacks, smoothies, and more, including new ingredients (like performance-enhancing raw cacao, turmeric, and chlorella) to upgrade anyone's diet. Learn to make more efficient, cost-effective meals that your whole family will eat. Enjoy natural food, and replace sports nutrition unhealthy products that do not properly sustain an active lifestyle with delicious and easy recipes that the whole family will love.

"Finally--a cookbook that combines common sense, nutrition science, and a passion for delicious food! Kate and Tara's recipes help us eat for an active, healthy, balanced life, with an emphasis on real, plant-based foods rather than highly processed bars and powders. I recommend this book to anyone looking for inspiration to create delicious, satisfying meals. I wish all of my patients would take this book to heart--the world would be a happier, healthier place!" - Dara Lee Lewis, M.D., FACC, instructor, Harvard Medical School and cardiologist, Lown Cardiovascular Center

"Tara and Kate are one of the greatest teams nutrition has ever seen. Their blockbuster playbook of recipes and eat-to-win advice is a must-read for anyone who wants to take care of their body. I learned a new fact on every page and will eat much better from now on because of it." - Jon Meterparel, play-by-play voice of Boston College Football and Basketball on the IMG Sports Network and play-by-play talent, ONE World Sports TV Network

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Elda Ornelas:

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