



Food For the Fast Lane: Recipes to Power Your Body and Mind

Derval O'Rourke

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Derval O'Rourke is one of Ireland's greatest athletes. She likes to eat and train, not diet and exercise. After devising a nutritionally balanced training menu with peak performance in mind, she gained boundless energy and a better ability to focus, both on and off the track. Here she reveals the recipes that helped her reach her professional goals.

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