



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

R.D., Tara Mardigan, C.H.C., 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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From reader reviews:

Jake Leslie:

Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal can be one of your starter books that are good idea. Many of us recommend that straight away because this book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to get every word into pleasure arrangement in writing Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal however doesn't forget the main level, giving the reader the hottest along with based confirm resource facts that maybe you can be considered one of it. This great information can easily drawn you into completely new stage of crucial contemplating.

Doyle Swoope:

Your reading 6th sense will not betray anyone, why because this Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal book written by well-known writer who knows well how to make book that can be understand by anyone who also read the book. Written throughout good manner for you, still dripping wet every ideas and producing skill only for eliminate your own personal hunger then you still skepticism Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal as good book not only by the cover but also with the content. This is one publication that can break don't assess book by its deal with, so do you still needing another sixth sense to pick this particular!?! Oh come on your examining sixth sense already told you so why you have to listening to a different sixth sense.

Patrick Garcia:

As a scholar exactly feel bored to reading. If their teacher expected them to go to the library or to make summary for some publication, they are complained. Just minor students that has reading's spirit or real their passion. They just do what the teacher want, like asked to go to the library. They go to generally there but nothing reading critically. Any students feel that reading is not important, boring and also can't see colorful pics on there. Yeah, it is for being complicated. Book is very important for you. As we know that on this age, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore this Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal can make you truly feel more interested to read.

Mamie Contreras:

Reading a reserve make you to get more knowledge from it. You can take knowledge and information from a book. Book is published or printed or outlined from each source that filled update of news. In this particular modern era like now, many ways to get information are available for you actually. From media social including newspaper, magazines, science e-book, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Isn't it time to spend your spare time to spread out your book? Or just in

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