



# 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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### **From reader reviews:**

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#### **Frederica Dawkins:**

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Thrive Foods: 200 Plant-Based Recipes for Peak Health, you may enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

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