



The Thrive Diet: The Whole Food Way to Lose Weight, Reduce Stress, and Stay Healthy for Life

Brendan Brazier

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The Thrive Diet is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health. One of the few professional athletes on an entirely plant-based diet, Brendan Brazier researched and developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Brazier clearly describes why it's easier for the body to utilize nutrient-rich foods in their natural state than refined, processed foods and how to choose nutritionally-efficient, stress-busting whole foods to maximize energy and health. And because plant-based foods are more environmentally friendly to produce, you'll also help the planet while improving your personal health. *The Thrive Diet* features a 12-week whole foods meal plan, over 100 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar, including exercise-specific recipes for pre-workout snacks, energy gels, sport drinks, and recovery foods, and an easy-to-follow exercise plan that compliments the Thrive Diet program. With *The Thrive Diet*, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully; experience better moods; build a stronger immune system; lower cholesterol; and eliminate junk-food cravings.

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