



I'm not robot



**I am not robot!**

Whether for reasons related to health, personal ethics, or athletic performance, the book provides beautifully presented and easy-to-follow recipes, as well as being packed full of nutritional advice and information. The accessible, complete and practical guide to plant-powered cycling nutrition. If you want to ride simply powered by the goodness of plants, *The Plant-Based Cyclist* will help inspire, equip and empower you to do just that. He spent a lot of time working with elite cycling teams, getting them squared away with good nutrition while they were under a great deal of stress while racing and training hard. This book contains advice and is packed with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes *The Plant-Based Cyclist* is an interesting and informative book that gives the lowdown of the realities of a vegan diet for cycling, although it would be good to have a few more recipes. Sean Hurley •minute read. He does not touch upon any of the reasons outside of performance—ethical, environmental, or economical—that could persuade a person to switch over. *THE PLANT BASED CYCLIST: A Guide On How To Switch To A Plant Based Diet As A Starter, Families, And Athletes With Transforming Recipe For Male and Female* One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite cyclist. GCN presents *The Cyclist's Cookbook* by Nigel Mitchell, the acclaimed WorldTour cycling nutritionist behind historic Olympic gold medals and multiple Grand Tour wins, and the *The Basics of Plant-Based Nutrition for Cyclists and Endurance Athletes*. In recent years there has been an increase in the number of people adopting a plant-based diet for many reasons, including health, weight loss, or environmental concerns. Nigel Mitchell makes no claims for a plant-based diet in this book. Rather, “*The Plant-Based Cyclist*” provides nutritional information that guides the reader towards a diet that is safe and effective. Now he has now teamed up with the Global Cycling Network (GCN) and ventured into the world of vegetarianism and veganism to provide the accessible guide ‘*The Plant-Based Cyclist*’. Book excerpt: One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite cyclist. GCN presents *The Cyclist's Cookbook* by Nigel Mitchell – the nutrition brains behind historic Olympic gold medals and multiple GrandTour wins – this coffee table *PLANT -BASED ATHLETE A Game-Changing Approach to Peak Performance* MATT FRAZIER and ROBERT CHEEKE with Rachel Holtzman. Written by the acclaimed cycling WorldTour nutritionist, Nigel Mitchell – the nutrition brains behind historic Olympic gold medals and multiple GrandTour wins – this book is a must-read for anyone interested in cycling nutrition. The author is a dietitian who has spent a long time working in healthcare and then decided to get into cycling nutrition.