



The Endurance Diet: Discover the 5 Core Habits of the World's Greatest Athletes to Look, Feel, and Perform Better

Matt Fitzgerald

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Sports Nutritionist Matt Fitzgerald has spent nearly twenty years studying the diets of top professional endurance athletes, who are among the fittest and healthiest people in the world. As a result, he has identified five core habits—most of which are contrary to what popular diets advise—that are essential to maximizing workout benefits. *The Endurance Diet* shares key strategies for optimal health and performance: eat everything, eat quality, eat carbohydrate, eat enough, and eat individually. Whether you want to lose weight, win a race, or look a little more like an elite athlete, this plan is for you.

“I am always amazed at how much I learn from Matt Fitzgerald's books.”

–Shalane Flanagan, Olympic bronze medalist

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