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this one) an oil-free option for every single recipe, so that you can choose your own adventure when it comes to oil.

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salivate.

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dairy-based foods with anti-inflammatory, plant-based alternatives works wonders for bodies recovering from strenuous exercise.

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recipes, many inspired by plant-based foods from around the world.

## **The No Meat Athlete Cookbook on Apple Books**

I received the cookbook “No Meat Athlete” and I was so excited to try some of the recipes. The first half of the book is full of fantastic information about

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eating a healthy “plant-based” diet. He lists rules of the No Meat Athlete Diet and they’re awesome. Rules such as “Cook your own food” and “avoid processed foods”. Great advice, and easy to read.

### **No Meat Athlete Cookbook Review - The Nutritionnaire**

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