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Montefiore Hospital and Associate Professor of Clinical Medicine Albert Einstein College of Medicine John Joseph wants men to know in no uncertain terms that they don't need to eat steak burgers wings or any other animal product to be strong in fact he would argue eating animals is for the weak In Meat is for Pussies Joseph offers both personal and scientific evidence that a plant based diet offers the best path to athleticism endurance strength and overall health In addition to dispelling the myths surrounding meat Joseph offers workout advice a meal plan and recipes that make going plant based easy Flavor and vitamin packed options like the Working Man Stew and Veggie Chili with Cornbread will keep men's and women's bodies healthy and energized while workouts that emphasize cardio and strength training build endurance and stamina and prove that you don't need meat to build muscle As an Ironman Triathlete in his fifties who is still rocking out as the frontman for his legendary band the Cro Mags Joseph is living proof that living a plant based lifestyle is badass At the end of the day he wants readers to live a long healthy happy life and he won't take no for an answer John has written the quintessential pussy transformation guide Brendan Brazier author of Thrive The Vegan Nutrition Guide To Optimal Performance in Sports and Life John's book proves you don't need meat to be strong kick ass and be athletically competitive Jake Shields MMA Champion Fighter

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The Ultimate Guide to Triathlon Nutrition Correa (Certified Sports Nutritionist), Joseph Correa, 2014-06-04 The Ultimate Guide to Triathlon Nutrition will teach you how to increase your RMR resting metabolic rate to accelerate your metabolism

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The Protein Book Lyle McDonald,2007-11-01

Weight Training for Triathlon Ben Greenfield,2012-02 This is the most comprehensive and up to date triathlon specific training guide in the world today It contains descriptions and photographs of the most effective weight training flexibility and abdominal exercises used by top triathletes world wide The book features year round triathlon specific weight training programs guaranteed to improve your performance and get you results No other triathlon book to date has been so well designed so easy to use and so committed to weight training This book was designed specifically for triathletes to increase strength speed endurance and stamina This guide will have you shaving off time in all three events by using the most advanced and efficient exercises available It will have you recording new personal records and reaching all of your goals By following the year round programs in the book you will be able to finish meets with the same energy you exerted when you began Both beginners and advanced athletes and weight trainers can follow this book and utilise its programs

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