



The Thrive Diet: The Plant-Based Whole Foods Way to Staying Healthy for Life

Brendan Brazier

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reduce body fat * diminish visible signs of aging * boost energy and mental clarity * enhance mood *
increase productivity * eliminate junk food cravings and hunger * build a stronger immune system * lower
cholesterol * improve sleep quality * stay healthy for life The Thrive Diet is a long-term eating plan that will
help you achieve optimal health through stress-busting plant-based whole foods. It's an easy-to-follow diet
that will help you understand why some foods create nutritional stress and how other foods can help
eliminate it, giving you a lean body, sharp mind and everlasting energy. Fully researched and developed by
Brendan Brazier, professional Ironman triathlete, The Thrive Diet features:the best whole foodsover 100
easy-to-make recipes with raw food options that are all wheat-, gluten-, soy-, corn-, refined sugar- and dairy
free, including exercise-specific recipes for pre-workout snacks, energy gels, sports drinks and recovery
foods.en easy-to-follow exercise plan that compliments The Thrive Diet

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