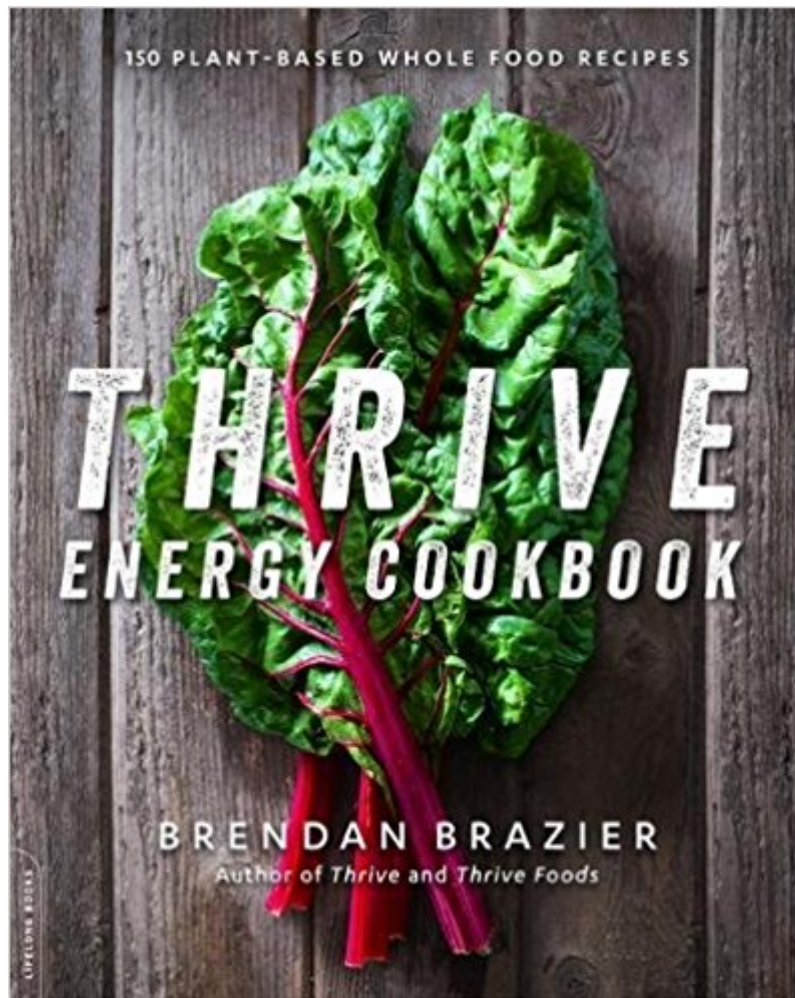




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# Thrive Energy Cookbook: 150 Plant-Based Whole Food Recipes



## Synopsis

Packed with 150 plant-based, nutrient-dense, whole food recipes developed within the Thrive nutritional philosophy, Thrive Energy Cookbook brings concepts that started the functional, plant-based nutrition revolution to life. Recipes are all vegan and allergen-free (or with gluten-free options) to eliminate wheat, yeast, gluten, soy, refined sugar, and dairy from your diet. Easy-to-make and performance-enhancing, these chef-created recipes merge purpose driven functionality (every ingredient has a nutritional purpose) with mouth-watering appeal. From the alkaline-forming, plant protein-packed Vanilla-Almond-Mocha Motivator Smoothie to Roasted Red Pepper & Sweet Potato Soup, Thai Green Curry Rice Bowl, and desserts such as Raspberry Chocolate Pomegranate Tart, Thrive Energy Cookbook will have you quickly preparing nutrient-packed and delicious dishes.

## Book Information

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## Customer Reviews

Praise for Brendan Brazier: "Brendan gets it! His nutritional approach is what supercharges results." #1; Tony Horton, creator of P90X, the world's bestselling workout program "Thrive Energy Cookbook is a must-have for gourmets and athletes alike." #1; Sean Hyson, C.S.C.S., Group Training Director for Men's Fitness and Muscle & Fitness magazines "When world-class athletes want to get even better, Brendan is the man who gets the call." #1; Brendon Burchard, New York Times bestselling author of The Charge "As our head of nutrition, Brendan's implementation of purpose-driven nutrition has allowed our pro cycling team to meet the demands of grueling training better than ever before." #1; Matt Johnson, President of Garmin-Sharp Pro

Cycling Team and founder of The Feed" Brendan's commitment to the study of plant-based nutrition and research makes for a wonderful cookbook."#151; Joe Hogarty, Baltimore Orioles strength and conditioning coach" Brendan's systematic approach to performance plant-based nutrition has helped me to reduce inflammation, speed my recovery, and has boosted my overall performance. The recipes are delicious!"#151; Mike Zigomanis, NHL player and member of the 2009 Stanley Cup champion Pittsburgh Penguins

Brendan Brazier is the bestselling author of the "Thrive" book trilogy ("Thrive, Thrive Fitness, " and "Thrive Foods"). Brendan is a former professional Ironman triathlete, and the creator of the award-winning whole food nutritional product line, Vega. He is also a two-time Canadian 50km Ultra Marathon Champion. Recognized as one of the world's foremost authorities on plant-based nutrition, Brendan is a guest lecturer at Cornell University and presents an eCornell module entitled "The Plant-Based Diet and Elite Athleticism." He lives in Los Angeles. [brendanbrazier.com](http://brendanbrazier.com)

Let me start by saying I respect Brendan Brazier. I have followed him and his progresses and discoveries on clean vegan nutrition for years. I am a firm believer that we need to clean up our diets and that natural sourced foods are the way to go for a better health, disease prevention, and for... thriving! However, as good as his recipes look or sound like, they also are time-, energy-, and money-consuming. The ingredients for the recipes are often exotic and hard to find at your local grocery store (even at a co-op or natural store). You will have to go through three markets (including probably an Asian one) to find all for the coconut lime lemongrass soup as tempting as it is! Also for the spice mixes, you will have to find powdered reiki, or echinea and astralagus. At last, his desserts and drinks recipes sound oh! so yummy, but come on! ...I need a high speed blender, slow-speed juice extractor, and high-speed juicer! I can't even start to think about making a green juice following his mighty king chlorophyll juice! To sum up, I would say it's a great book with amazing, tasty, healthy recipes for people who have a lot of time and quite some money on hand and live in big cities where health stores flourish.

This book was a little too extreme for me since I am just trying to get into the simpler vegetarian diet. This required ingredients I have never seen or used or may be hard to find or purchase. I gave it to a relative who has been vegetarian for years in hopes he might make use of it.

I really wanted to love this book. I am still not completely vegan but I don't eat dairy or land animals

at all and have been transitioning for the last few months to a whole foods diet and thought this book could be a good fit. He means transitioning if you are still used to eating burgers and want fake meat and cheese! There are so many burger recipes in this that use the same aioli and the same sprouted buns over and over again. Plus wraps. I think he just made the sauces so complicated to justify a wrap recipe. One burger recipe consists of 5 different recipes. Same goes for desserts. Incredibly long ingredient lists--one cheesecake recipe says prep time is only 20 minutes. It took me 20 minutes just to read the recipe!! I love to cook and probably spend 2 hours a day cooking and some of these recipes are so ridiculously complicated in their ingredients, preparation, and time that I don't even want to tackle them. Also, I was surprisingly turned off by all the photos of him running and bicycling. He comes across as a total ego-maniac. (It's as bad as the mommy bloggers that get cookbook deals and then put a zillion photos of their children in their cookbooks.) In short: If you want an adventure and have a high-speed blender, this is the book for you. If you have a busy life and not a lot of time or have apprehension in the kitchen, probably not a good book for you.

Great recipes for something fresh and vegan, no fake meat products or processed ingredients here. Most of the recipes are lengthy and require ingredients you may not have on hand but can find at a local co op. I like this cookbook for the ideas but it isn't an everyday cookbook for me.

Great cook book. Also bought Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports Life. Together I have reshaped how my family and I eat and I feel a lot better!

I like all of Brendan Brazier's books, as well as his websites and his products. This book is probably my favorite though. The recipes are delicious, as well as accessible and practical. He gives a good overview of his Thrive principles and the Thrive pyramid and has many wonderful recipes, both for performance and general nutrition and health. I recommend all of his books and believe that this one will be particularly well received by mainstream audiences, as well as dedicated vegan athletes, like me.

So much good information and delicious recipes that I can actually find most of the ingredients for near where I live. It's not just a cookbook with recipes. The author educates the reader on what the body needs to "thrive", and what foods are going to enable the body to do that. A lot of good information included. The recipes really do look amazing, and easy to prepare. I'm very glad I purchased this book. It will help me a lot on my road to health and veganism.

Made a lot of the recipes and they were easy to follow and tasted good. Directions are simple and clear. Like the pictures-- a very attractive cookbook. I bought the book as a Valentine gift for my partner and used it to make a special meal post run, was very appreciated. The companion diet book is good as well.

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