Smoothies for Runners: 32 Proven Smoothie Recipes to Take Your Running Performance to the Next Level, Decrease Your Recovery Time and Allow You to Run Injury-free (Eat to Run Book 1)

CJ Hitz

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This is the ORIGINAL Smoothies For Runners book written by a REAL and active runner!

Smoothie. Doesn't that word just roll off the tongue nicely?

Smoothies have to be one of the greatest inventions (or accidents) in the world of food. But for the runner, they can be one of our best friends. A healthy smoothie recipe can be the perfect recovery food after a long run, provide fuel before a workout and offer a quick and nutritious meal on the go.

CJ Has Been a Big Fan of Smoothies For Years

Not only are there endless combinations of smoothie recipes that taste great, but these same combinations can do wonders for your health. In every smoothie CJ makes, at least one fruit is listed in the ingredients. Some will have more. But in his humble opinion, when you remove fruit, you no longer have a smoothie on your hands.

What You'll Get:

Top 10 Tips and Tricks for Smoothie Prep
What To Eat Before The Run
8 Pre-Run Fuel Smoothie Recipes
What To Eat After The Run
8 Post-Run Recovery Smoothie Recipes
Finding Your Ideal (Racing) Weight
8 Raw Green Smoothie Recipes
8 Healthy Dessert Smoothie Recipes

Plus, a special bonuses at the end!

Get your copy of this book now to explore the world of smoothies as you seek to give your body what it truly craves both before and after a run.

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From reader reviews:

Aaron Eldred:

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Ruth Vigue:

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Alice Scales:

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Robert Fox:

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