



The Endurance Diet: Discover the 5 Core Habits of the World's Greatest Athletes to Look, Feel, and Perform Better

By Matt Fitzgerald

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Sports Nutritionist Matt Fitzgerald has spent nearly twenty years studying the diets of top professional endurance athletes, who are among the fittest and healthiest people in the world. As a result, he has identified five core habits-most of which are contrary to what popular diets advise-that are essential to maximizing workout benefits. *The Endurance Diet* shares key strategies for optimal health and performance: eat everything, eat quality, eat carbohydrate, eat enough, and eat individually. Whether you want to lose weight, win a race, or look a little more like an elite athlete, this plan is for you.

"I am always amazed at how much I learn from Matt Fitzgerald's books."
-Shalane Flanagan, Olympic bronze medalist

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"Whether you want to lose weight, win a race, eat a healthier diet or follow the nutrition regimen like an elite athlete, this book will offer insights into a science-based diet and lifestyle program that will help decrease body fat, get better results from workouts and recover better."

?Competitor

About the Author

Matt Fitzgerald is an endurance sports writer, coach, and nutritionist. He is a coach and spokesperson for PEAR Sports and former senior editor at *Triathlete* and *Competitor*. Fitzgerald has contributed to *Men's Health*, *Outside*, *Runner's World*, *Shape*, and other publications. MattFitzgerald.org

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