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Shalane Flanagan and Elyse Kopecky believe (and science confirms) that what you eat at the start of the day impacts everything: your mood, your work output, your cravings, your sleep, and even your long-term health. In *Rise and Run*, discover a better a.m. routine and nourish your entire day with more than 100 recipes for nutrient-dense breakfasts,

recovery drinks, packable snacks, and best-of-all: twenty-four new Superhero Muffin recipes (both savory and sweet).

These veggie-forward recipes can also double as lunch or dinner. Think Savory Red Lentil Oatmeal, Tempeh Sausage, Brunch Power Salad, Pesto Zucchini Superhero Muffins, Everything Bagel Muffins, and homemade breads, biscuits, cookies, and bars. Every recipe includes make-ahead tips for busy families, and they are crafted with the ideal balance of protein, complex carbs, and healthy fats to keep you sustained. But Shalane and Elyse don't just leave it there. Along with recipes, they share expert advice from trainers and pros, as well as morning rituals, intention-setting tools, predawn running tricks, and injury-prevention advice. And, to top it off, *Rise and Run* includes a fourteen-week marathon-training program designed by Shalane that will have you breaking personal bests.

This book will teach athletes how to spend more time chasing the sunrise—without sacrificing the most important meal of the day.

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