



# The Thrive Diet

*Brendan Brazier*

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## **The Thrive Diet** Brendan Brazier

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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