



Fitness Gourmet: Delicious recipes for peak performance, at any level.

Christian Coates

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Soulmatefood's straight-talking approach combined with nutritional know-how is proven with elite athletes and sportspeople and their system of creating tailored menus is now available to everyone.

Split into two parts, the first offering information helping you become nutrition savvy; and the second offering a wealth of vibrant, delicious recipes so you will want to cook the dishes this is the perfect cook book to compliment your active lifestyle.

Each recipe can be done one of three ways: for losing weight (Burn), for vitality (Balance) and for building lean muscle/training (Build). The main part of the recipe is the same for all versions, with different serving suggestions given depending on your ultimate goal.

Healthy, mouth-watering and easy-to-make recipes have been designed so that every tasty mouthful delivers a nutrient-dense punch.

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