



# Energy Eating

*Lucy Moll*

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## **Energy Eating** Lucy Moll

Work better, sleep better, work out better...with a vegetarian diet tailored for peak performance.

Based on the latest research, this nutrition guide puts a powerful new twist on the vegetarian lifestyle, showing how it can be not only a healthy choice, but also a high-performance choice that can maximize physical and mental performance. With the right combinations of foods, you can build strength, handle stress, and meet the challenges you face every day. This clear-cut program--with 100 recipes included--will show you how.

\* Includes 100 recipes, categorized under such headings as Stress Busters, Sleep Inducers, and Body Builders



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