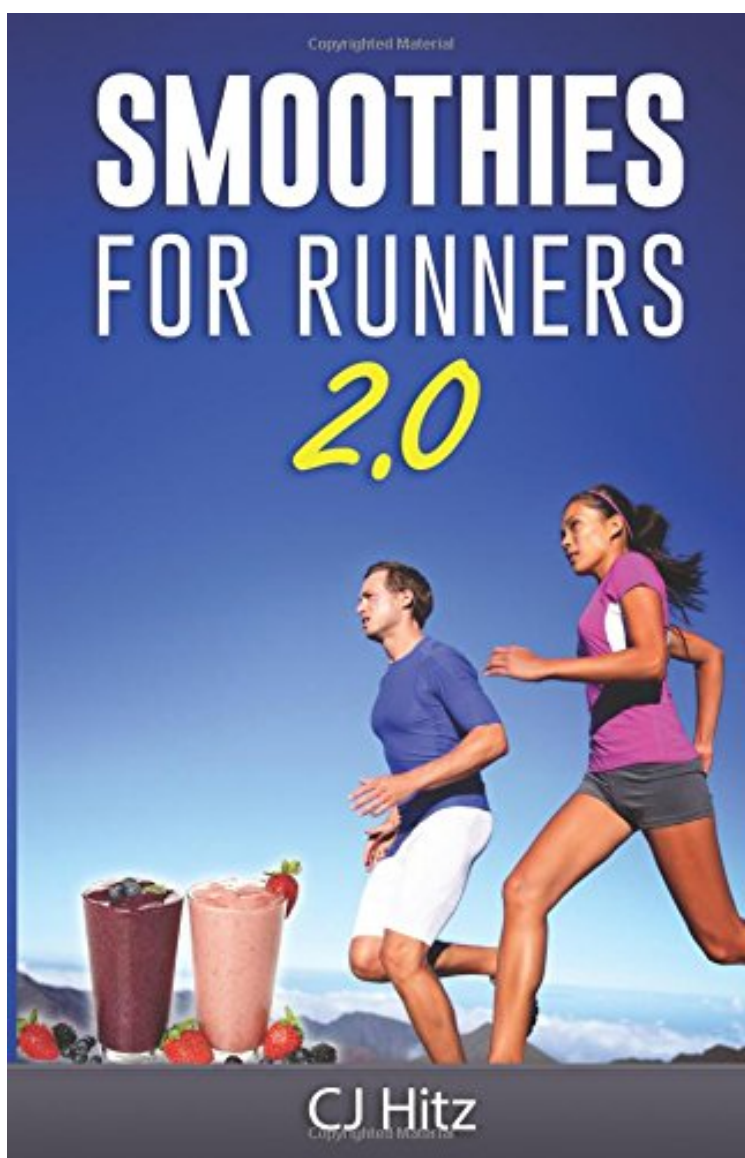


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CJ Hitz

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Smoothies For Runners 2.0: 24 More Proven Smoothie Recipes to Take Your Running Performance to the Next Level, Decrease Your Recovery Time and Allow You to Run Injury-Free (Eat To Run) (Volume 2):

1 of 1 people found the following review helpful. So Much More than I Expected!By Sheila LyonHall"Smoothies for Runners 2.0" is a real Treat! I thought this book might be a "Jock Fest" with drinks on the side. Not So! Actually, I camped out on the Table of Contents a bit longer than usual because I enjoyed the chapter titles so much. "Giddy Up Granny" is my favorite hellip; but "Green hemoGoblin" ran a close second! I must add that CJ Hitz "enriched the value" of his book by not only providing Recipes for each Smoothie, but also Nutritional Facts and Training Tips specific to each tasty drink. I was delighted to find that some chapters also included a link to an article or resource for more detailed health and nutrition information. CJ Hitz showcases his "Story Telling chops" by offering anecdotes about each Smoothie Recipe. These narrative "tidbits" draw the audience in and allows CJ to bond more deeply with each reader. Runners, Athletes and anyone who wishes to get fit and healthy will find "Smoothies for Runners 2.0" a treasure trove of nutritious ... and just plain "yummy" Smoothie Recipes. Also, there will be times when CJ's sense of humor will crack you up. 1 of 1 people found the following review helpful. I still found this book very educational and useful. The nutrition information about the smoothie ingredients and ...By Chris MI was asked to read this book and give an honest review. Although I am not a runner, I still found this book very educational and useful. The nutrition information about the smoothie ingredients and the tips for runners are a great way to present the information. The photos of the finished product are outstanding and only encouraged me to try the recipes. Everything looks so yummy! I will be using some recipes for pre-workout meals and post-workout recovery. I really liked the catchy recipe titles! I highly recommend this book for anyone interested in a healthy smoothie! 1 of 1 people found the following review helpful. Great book with good tasting smoothiesBy Richard G. Lowe Jr. I love smoothies, and I love this book. It's got some great recipes and awesome photos of the smoothies. Highly recommended.

More Smoothie Love!From the author of the original Smoothies For Runners book comes this version 2.0 with more delicious and nutritious smoothie recipes. In Smoothies For Runners 2.0, you will enjoy 24 more new and exciting recipes that are packed full of healthy nutrients to aid runners at all levels. Along with a description for each recipe, you'll also find a "Training Tip" that corresponds to the name of each smoothie. Even though the book title is geared toward runners, endurance athletes from cyclists to triathletes will find this book helpful. In fact, anyone who wants to take their nutritional quality to another level will benefit from this resource. If you were a fan of CJ's first book, you're going to love this latest addition to the smoothie family. Along with your taste buds being delighted, your body will thank you in the form of improved performance and increased recovery. Ready for more adventures in Smoothie Land? Click the "buy" button to let the blending begin!

From the AuthorFrom one smoothie to another...enjoy!About the AuthorCJ Hitz is the author of numerous books including Smoothies For Runners and Starting Off On the Right Foot: A Beginner's Guide to Running Well. He's a USA Triathlon Level 1 Certified running coach who helps runners of all levels squeeze out their full potential at any distance. To find out more, visit TrainWellRaceWell.com He is also a competitive masters runner in road, trail and mountain races around the country who enjoys experimenting with his own body in order to help the runners he coaches. CJ and his wife Shelley reside in Colorado Springs, Colorado where they are spoiled beyond measure with mountains, sunshine and trails.