

**EAT RACE WIN**

BRANDS THAT WIN  
THE RACE TO WIN

**EAT**  
THE BRANDS  
THAT WIN  
**RACE**  
BRANDS THAT WIN  
THE RACE TO WIN  
**WIN**

*Hannah Grant*

**Eat Race Win**



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D, created EAT, RACE, WIN; These tailored meals are created to maximise physical amounts and reach peak overall performance. Thousands of people around the world have praised her easy to follow, healthful and tasty quality recipes. Hannah offers, in collaboration with Physiologist Dr. Stacy Sims Ph. The endurance athletes guide to eating. today's classic sports nutrition and hydration cookbook to aid and lead the athlete through their schooling programme throughout the year. ERW also features exclusive interviews with some of the worlds best endurance athletes, Peter Sagan, Michael Valgren, Selene Yeager, Gwen Jorgensen, the Diabetic group Novo Nordisk and with a foreword by Greg Lemond. Following successful Grand Tour Cookbook, Hannah Grant brings you the entire year round must-have food and nourishment bible. Let yourself be inspired in the kitchen to go get those endurance sport goals in the handbag it has never been even more delicious and mouth-watering to .. EAT, Competition and WIN..



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