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## 758 - JAELEN PALOMA

One of the biggest challenges of adapting a book to film is condensing it and more so than ever when you're working with a narrative that goes down in a brand new environment like The Glade.

**Anita Bean on Instagram: "My new book THE RUNNERS COOKBOOK ...**

### **The Best Cookbooks for Runners - Better Than Alive**

5 Best Cookbooks for Runners 1. Run Fast, Eat Slow by Shalane Flanagan & Elyse Kopecky. 2. The Feed Zone Cookbook by Biju Thomas with Allen Lim. 3. Racing Weight Cookbook by Matt Fitzgerald. 4. Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less. 5. The Athlete's ...

The Runner's Cookbook: More than 100 delicious recipes to fuel your running Kindle Edition by ... perform better and recover more efficiently." - Christina Macdonald, Women's Running

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The Runner's World Cookbook is the perfect combination of performance-boosting nutrients to maximize performance with easy, delicious, and quick recipes. This cookbook contains 150 recipes sourced primarily from the authoritative voice in running itself, Runner's World magazine, along with exciting additional content.

Enjoy more than 100 easy-to-prepare recipes - including breakfasts, salads, main meals, vegetarian main meals, desserts and snacks - all nutritionally balanced to help you go the extra mile and achieve your running goals.

**The Maze Runner book to film differences | The Maze Runner ...**

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And, all of these 150 recipes can be made in less than 30 minutes. This cookbook is a great choice if you're a runner that wants to get your fueling right, but doesn't want to spend a lot of time doing it. These recipes are easy, delicious, efficient, and will prepare your body for your next run on the road.

**Runner's World**

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Over 100 delicious meal ideas from bestselling nutritionist Anita Bean, packed with healthy foods and nutrition advice to fuel your running. This is the ultimate sports nutrition guide and cookbook for runners, packed with easy, delicious recipes and practical eating advice on how to prepare for 5k, 10k, half-marathons, marathons, and ultra-races.

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