



# Food for the Fast Lane - Recipes to Power Your Body and Mind: Goodness In = Greatness Out

*Derval O'Rourke*

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**Want to enjoy delicious food that fuels your body, gives you energy and powers your performance?**

Derval O'Rourke is one of Ireland's greatest athletes. She likes to eat and train, not diet and exercise. After devising a nutritionally balanced training menu with peak performance in mind, she gained boundless energy and a better ability to focus, both on and off the track. Here in *Food for the Fast Lane* she reveals the tasty and nutritious recipes that helped her reach her goals as a professional athlete.

A food lover and fitness fanatic, Derval's cookbook contains 100 recipes for main meals and snacks as well as nutritional advice, motivational encouragement and training tips to be used every day to power your body and mind – on and off the track.

Everything is intertwined. Cooking and eating well are vital for a happy, healthy life, and what you put into your body determines how you live and feel. So get ready to discover Derval's theory for yourself: goodness in = greatness out. Eat like an athlete; perform for your life.

## **Praise for *Food for the Fast Lane***

'I'm so impressed with the taste of Derval's dishes – they're really fabulous and I can see how healthy and energy-giving they are.' Rachel Allen, *The Sunday Independent*.

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