



Webinar Replay: The Truth About Protein, and Other Secrets of Plant-Based Athletes, with Robert Cheeke & Matt Frazier

By Matt Frazier
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How do plant-based athletes eat for peak energy, performance, and recovery? And what can the rest of us learn from their experience?

Competitive athletes [Robert Cheeke](#) and [Matt Frazier](#), co-authors of [The Plant-Based Athlete](#), are living proof that the human body doesn't need meat, eggs, or dairy to be strong. In this free Forks Over Knives webinar, Cheeke and Frazier will answer audience questions and discuss how a consciously calibrated plant-based diet offers the best possible recovery times, injury prevention, and restorative sleep, allowing athletes—and anyone who is active—to train more effectively with better results.

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