



## Q & A With Plant-Strong Athletes and Advocates Rip Esselstyn and Rich Roll

By Rip Esselstyn  
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Rip Esselstyn, bestselling author of *The Engine2 Diet* and former professional triathlete and firefighter, chats with [Rich Roll](#), bestselling author of *Finding Ultra* and world-renowned ultra-endurance athlete.

**Rip Esselstyn:** If you could share a plant-strong meal with anyone on the planet, who would it be and why?

**Rich Roll:** My answer to this question is always changing. Right now I'd say John Oliver because he is culturally relevant, extremely influential, and has an acute ability to convincingly sway public opinion on matters of social significance. One dinner and I think I could convince the guy that plants are the future.

**Rip:** If you designed a Rich Roll granola bar, what would it be called?

**Rich:** Oh come on! Too easy. Granrolla.

**Rip:** What's the last workout you did? Where was it?

**Rich:** I just finished a 14-mile trail run in Topanga State Park near my home in Los Angeles.

**Rip:** What is something you used to eat all the time but repulses you now?

**Rich:** Nacho cheese sauce.

**Rip:** What book do you recommend people read?

**Rich:** *The Power of Now* by Eckhart Tolle.

**Rip:** Who has bigger calves? You or Me? Can we have a "calf off" at our events this year?

**Rich:** Me. No contest. We can have as many "calf off" contests as you want, but you will lose every time. (Just don't ask me to do any pull ups.)

**Rip:** What's your definition of a "manly" food?

**Rich:** I think the fact that we feel the need to characterize some food as feminine and some food as masculine is just bizarre. We're all humans living on planet Earth—food is food.

**Rip:** How many hours of sleep do you like per night?

**Rich:** Eight hours. I need my sleep and I don't skimp on it.

See Rip and Rich at the [5th Annual Plant-Stock](#) this

summer!

