



ANITA BEAN is an award-winning registered nutritionist, internationally published author, health writer and former athlete. She specialises in sport and exercise nutrition and is passionate about helping people improve their health and performance. Anita was the nutritional consultant for Tom Kerridge's latest book *Lose Weight & Get Fit* and is the author of *The Runner's Cookbook*, *The Complete Guide to Sports Nutrition*, and *The Vegetarian Athlete's Cookbook*, among other titles.



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