



Food For the Fast Lane: Recipes to Power Your Body and Mind

By *Derval O'Rourke*

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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 she reveals the recipes that helped her reach her professional goals.

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Editorial Review

About the Author

Derval O'Rourke believes that in life, like sport, preparation counts for a lot. As both a foodie and fitness fanatic she is passionate about experimenting with healthy, nutritious recipes, which she shares with her many fans through her blog (dervalorourke.blogspot.com), on Twitter (@DervalORourke) and now in this book. Derval has held the title of World Champion in sprint hurdles and competed for Ireland in three Olympic Games. She also picked up four European Championship medals and holds the Irish record for sprint hurdles. Derval recently announced she was hanging up her spikes for good after 12 amazing years competing at the highest level in world athletics. She lives in Cork with her husband, Olympic sailor Peter O'Leary, and her much-loved dogs, Berlino and Chaz.

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