



## Additional Nutrition Resources

### Plant-Based Athlete

- Podcast: <https://anchor.fm/compeat-nutrition/episodes/Plant-Based--Vegan-Eating--Performance-e8n4fo>

### Recovery Nutrition:

- Podcast - <https://podcasts.apple.com/au/podcast/nutrition-for-recovery-and-doms/id1434936529?i=1000433895407>
- Blog - <https://blog.compeatnutrition.com/eating-for-faster-recovery/>

### Relative Energy Deficiency in Sport:

- Podcast: <https://anchor.fm/compeat-nutrition/episodes/Relative-Energy-Deficiency-in-Sport-eiiv2q>
- Nutrition for Female Athletes Blog: <https://blog.compeatnutrition.com/nutrition-challenges-of-the-female-athlete/>