

Healthy and confident through the whole day



Marcus Schall
Super Good Food
 [Super Good Food]
 Recipes of enjoyment for more power

Südwest
 160 pages
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 With ca. 70 colour photographs

Marcus Schall, born in 1972, was in international sales management in the sports sector. Now he is CEO (Clean Eating Officer) of SuperGoodFood (SGF), an information site on healthy nutrition and the latest food trends, and which also regularly organises workshops and seminars. He continues to advise athletes and teams in performance-oriented, natural nutrition – including the Berlin Polar Bears and various motor-sports teams. As the official ASICS Nutrition Expert he is active for ASICS Germany, and he regularly writes articles for various periodicals.

Daniela Gantner, born in 1977, is committed to conscious nutrition and brings her creative ideas to SGF, developing new recipes with Marcus Schall.

Super foods are more than just chia-seed pudding or goji berries in cereal. Marcus Schall, superfood hulk and clean eating officer (CEO), and Daniela Gantner, the unofficial second half of SuperGoodFood, reveal in their first cookbook what healthy eating based on fresh food and superfoods can be. The recipes are simple, suitable for every day, and are well suited for people new to contemporary superfood cuisine.

Fresh smoothies, healthy snacks, light salads or varied main dishes – clean eating at its best! The dishes are for the most part vegan or vegetarian, with selected options for nutrition-conscious flexitarians – that is, for all who want to eat better and more conscious without the dogma. The SuperGoodFood cuisine provides plenty of energy for the challenges of everyday life, but is above all one thing: delicious – because enjoyment should be a priority.

- Over 60 recipes for enjoyment, health, and energy
- Varied selection of local and exotic superfoods