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7 Minute, 7 Exercises: Fast Full-Body Workout

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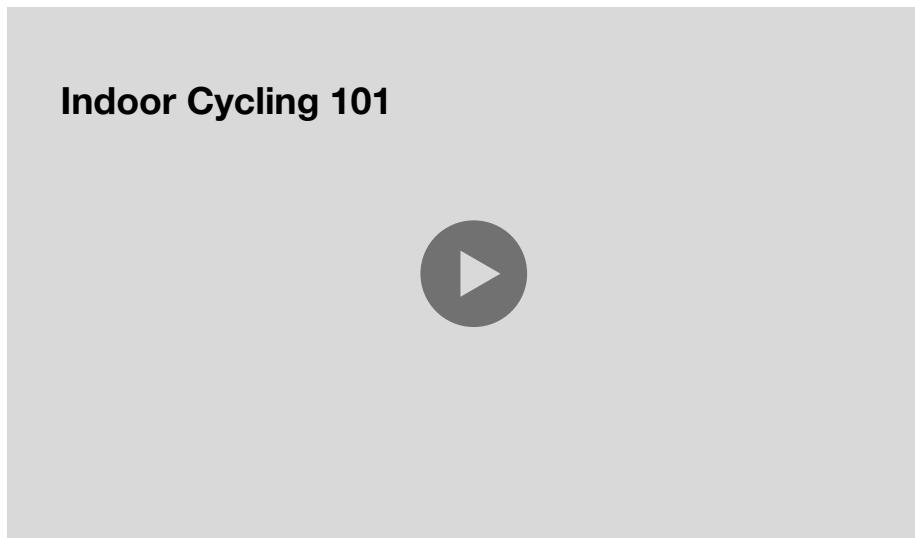
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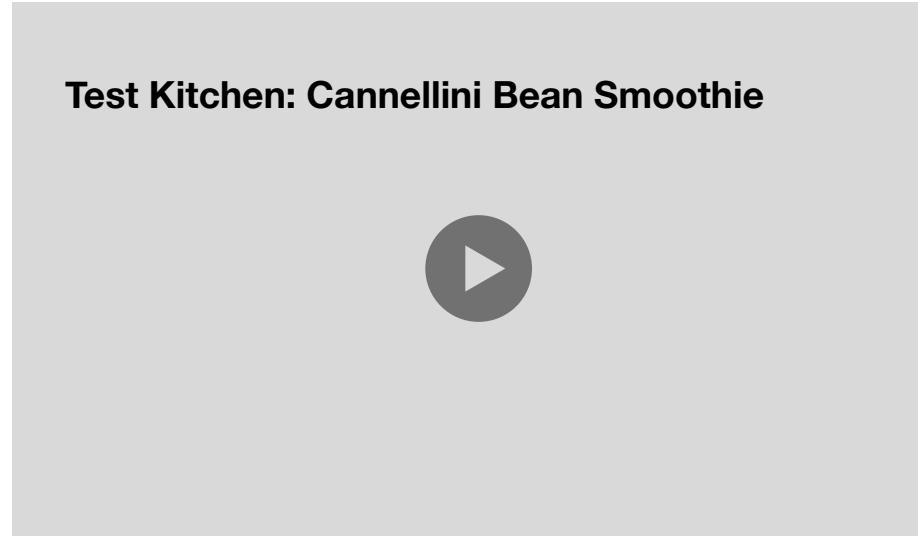
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with
Heather Caplan, RD

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Heather Caplan, RD

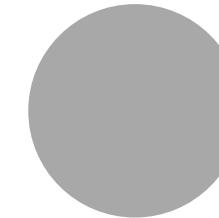
1. Don't make things too complicated, or it'll never stick!
2. I've lived in DC, Denver, and now the Bay area
3. I'm fascinated by how differently people respond to "diets" and habit changes

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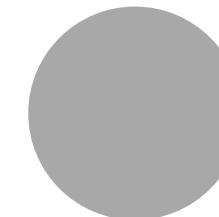
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Heather Caplan, RD

Registered Dietitian, Marathoner, Running Coach and Yoga Teacher

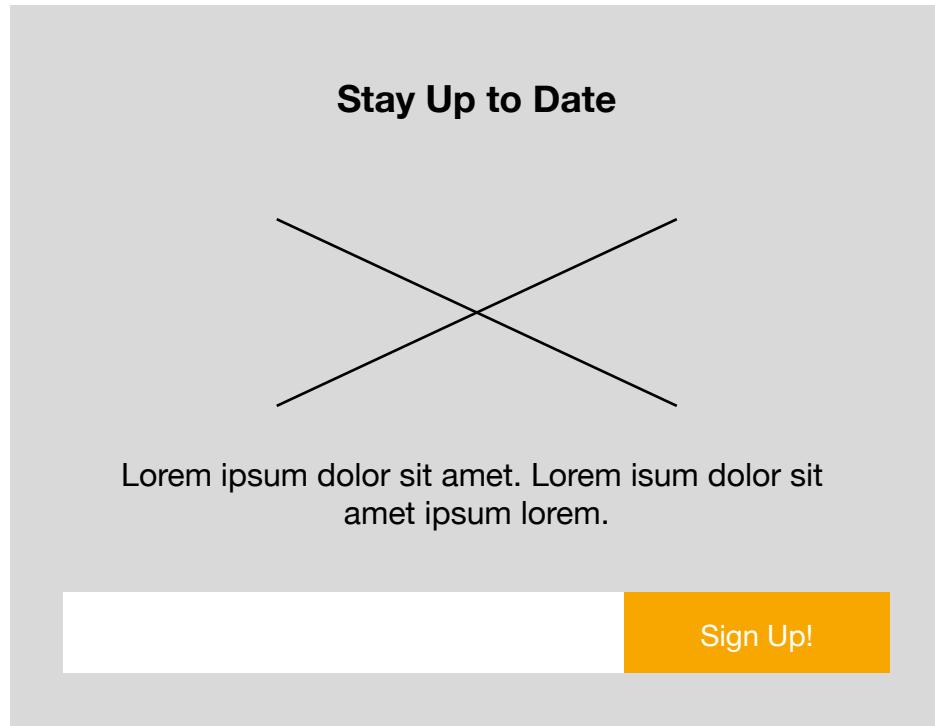


Jackelyn Ho

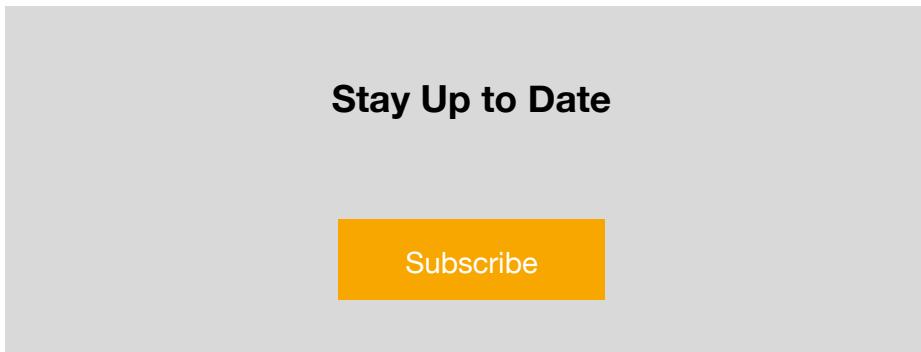
Kickboxing, Yoga, and TRX Instructor, Elevated Trainer for Nike

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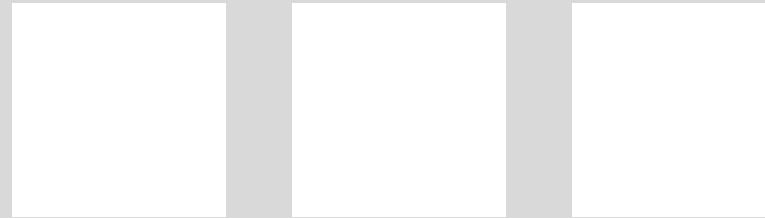


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We believe comfort and confidence go hand-in-hand when you lace up your shoes or open your pantry. We believe you train well and eat well when you believe in yourself, and you believe in yourself when you feel amazing.

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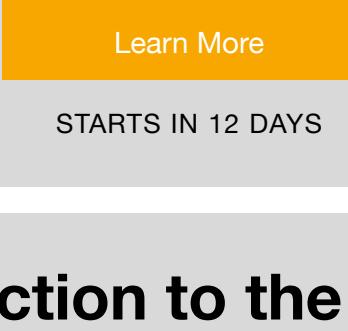
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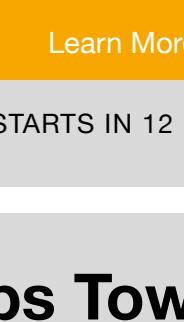
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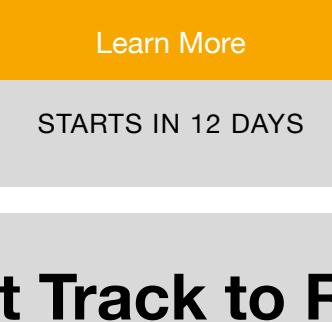
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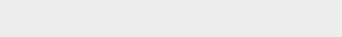
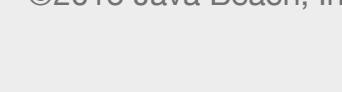
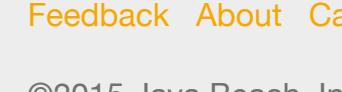
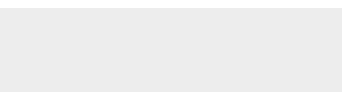
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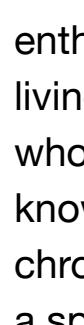
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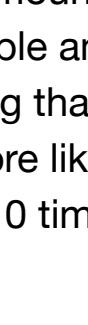
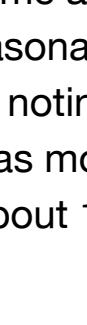
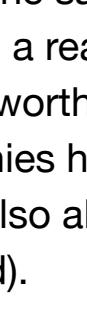
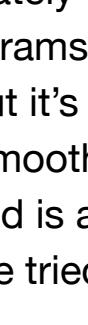
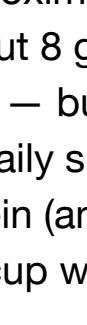
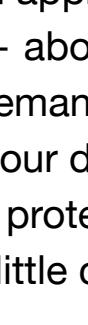
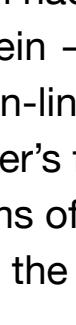


The NFL's "300-Pound Vegan" Loves This Bean Smoothie. Did We?

by **Kimra McPherson**[View Profile](#)

NEED TO KNOW

1. Vegan NFL lineman David Carter eats 10,000 calories a day
2. Helping him get there: four cannellini bean smoothies
3. How do bean smoothies taste? We had to find out



At the intersection of "plant-based protein enthusiasts" and "giant men who hit other men for a living" sits David Carter. The NFL defensive lineman who currently plays for the Chicago Bears is also known as Instagram's 300-Pound Vegan, chronicling his life as a meat-free, dairy-free eater in a sport more often associated with hamburgers and wings.

This summer, Carter, who originally went vegan to see if it would alleviate tendonitis and his other aches and pains, shared details of his daily diet with GQ. While Instagram proves that plenty of Carter's meals are lovely and tempting — these lentil tacos, this vegan feast — Carter's job requires eating 10,000 calories a day to maintain his weight, and they can't all be fun. As GQ details, a typical day for Carter involves four meals (two lunches) and four 20-ounce protein smoothies. The secret to the smoothies? Cannellini beans, which Carter blends with strawberries, bananas, and spirulina. Per GQ, "Those smoothies aren't even a break ... even brightened up with fruit it's a feat to choke them down."

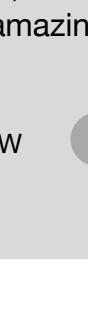
Now, we're big fans of alternative protein sources, but none of us had ever tried beans in a smoothie. So we had to know: Was Carter's concoction really as bleak as GQ made it sound? Or could white beans be the secret to our new favorite power beverage? As the NFL season kicks off tonight, we decided to honor Carter's career and dietary choices with a blind taste test.

We made three smoothies, each using the same base ingredients: 1 cup of strawberries, 1 banana, and 1 teaspoon of spirulina powder. Then, we amped up each one with a different protein source: 1/2 cup of cannellini beans; 2 tablespoons of almond butter; or 1/3 of a cup of Greek yogurt. Each had approximately the same amount of protein — about 8 grams, a reasonable amount for a non-lineman — but it's worth noting that each of Carter's four daily smoothies has more like 25 grams of protein (and is also about 10 times bigger than the little cup we tried).

The question: Could we tell which one had the beans? (And the second question: How did it taste?)

Bottom line? David Carter, we salute you.

Last updated on September 13, 2015



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with

Heather Caplan, RD

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by **Kimra McPherson**

I was an indoor kid who grew up dancing and dreading the gym. When I moved to California, I discovered the outdoors.

I'm swimming, biking, or running somewhere most days of the week. I've

been a newspaper reporter, an entertainment editor, a user experience researcher, and a decent baker.

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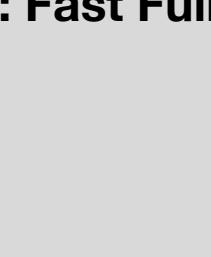
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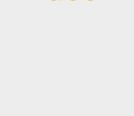
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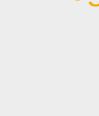
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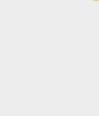
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