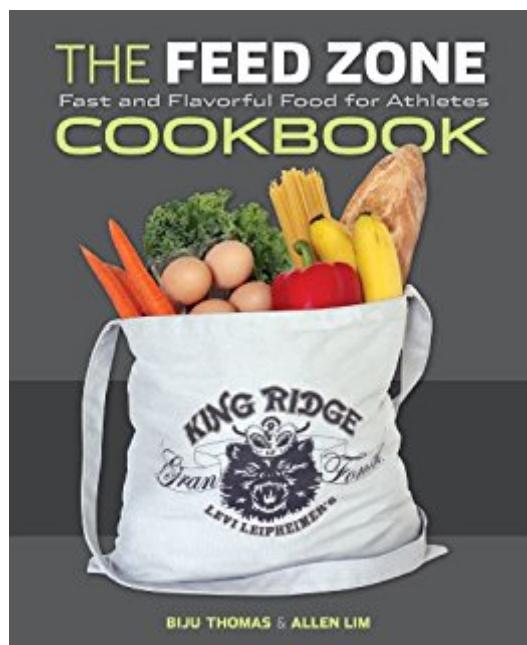


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# The Feed Zone Cookbook: Fast And Flavorful Food For Athletes (The Feed Zone Series)



## Synopsis

The Feed Zone Cookbook offers 150 athlete-friendly recipes that are simple, delicious, and easy to prepare. When Dr. Allen Lim left the lab to work with pro cyclists, he found a peloton weary of food. For years the sport's elite athletes had been underperforming on bland fare and processed bars and gels. Science held few easy answers for nutrition in the real world, where hungry athletes must buy ingredients; make meals; and enjoy eating before, during, and after each workout, day after day. So Lim set out to make eating delicious and practical. His journey began with his mom, took him inside the kitchens of the Tour de France, and delivered him to a dinner party where he met celebrated chef Biju Thomas. Chef Biju and Dr. Lim vetted countless meals with the world's best endurance athletes in the most demanding test kitchens. In *The Feed Zone Cookbook: Fast and Flavorful Food for Athletes*, Thomas and Lim share their energy-packed, wholesome recipes to make meals easy to prepare, delicious to eat, and better for performance. The Feed Zone Cookbook provides 150 delicious recipes that even the busiest athletes can prepare in less time than it takes to warm up for a workout. With simple recipes requiring just a handful of ingredients, Biju and Allen show how easy it is for athletes to prepare their own food, whether at home or on the go. The Feed Zone Cookbook strikes the perfect balance between science and practice so that athletes will change the way they think about food, replacing highly processed food substitutes with real, nourishing foods that will satisfy every athlete's cravings. The Feed Zone Cookbook includes 150 delicious recipes illustrated with full-color photographs. Breakfasts, lunches, recovery meals, dinners, snacks, desserts, Dr. Allen Lim's take on the science and practice of food, portable real food snacks, including Lim's famous rice cakes, dozens of quick-prep meals for before and after workouts, shortcuts, substitutions, and techniques to save time in the kitchen, over 100 gluten-free and vegetarian alternatives to favorite dishes.

## Book Information

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## Customer Reviews

Good, quick recipes. My only complaint is that a few of the recipes are just variations on the same base (ie. they have three pizza recipes where the only difference is the topping). Still worth it though. The pizza dough and pancake recipes are far superior to what comes up in a google search and their specialty recipes (on the bike snacks) are gold.

First, this is a beautiful book. The recipes are very practical suggestions for kinds of things you can make at home and then take with you for hiking, biking, camping, runs, and even just being on the run. I am especially appreciating the savory takes on bars as a change from the typical almost-candy bars which are commonly available.

I have never written a review but with this cookbook I just had to. My boyfriend and I are both endurance athletes. I run ultras and he guides bicycle camps and road races. This cookbook has changed our lives. All the recipes are so easy that I never worry about screwing them up or having to find some odd ingredient. All of the recipes are made with ingredients that we usually have in our house at any given time. The nutritional facts take the guess work out of trying to get enough carbs and calories in for a big race day. To top it off all the food is delicious!

I LOVE this cookbook (and trust me, I know from cookbooks.... "Hello, I'm Anne" ("Hi Anne") ..."and I have a cookbook problem.") In fact, of the hundreds of cookbooks that I have, many of them vegetarian (like me) or vegan, this is destined to become one of my favourites! This cookbook is \*not\* vegetarian, but it is still great \*for\* vegetarians (and, obviously, omnivores as well). The premise of this cookbook is creating easy, tasty food for serious athletes, so the recipes are with that in mind, including an entire section on portable things that your athlete can bring with them on,

say, a long bike ride or such. BUT!...if you are not an athlete (I'm not) don't let any of this throw you off. The recipes are WONDERFUL, and INNOVATIVE, and UNIQUE! And the pictures will have you salivating (just not on the book, please). Non-athletes will love how easy and straight-forward the recipes are (many of them providing one of those "now why didn't \*I\* think of that??" moments). Parents will love how \*healthful\* and nutritionally correct (for lack of a better term) many of the breakfasts and snack bars are. And of course athletes will eat it all up (pun intended). Here's what else I love about this book: It is very well constructed! It is hardcover, but in an easy-to-hang-on-to size (it even fits in my counter-top basket-o-cookbooks), and the authors (or their publisher) have even included a connected slender ribbon to use as a bookmark. I happened to learn about this book listening to local radio, during a "summer reading" segment - one of the guests mentioned this cookbook, as the authors are local to me. I am \*so glad\*!! And you will be too if you get this cookbook.

Let's face it: cycling devours time. And, while cyclists can be some of the most insanely detail-oriented people on earth (qv: The Rules of the Velominati!), we tend to choose to apply that microfocus to a narrow range of interests -- bikes, and possibly whatever avocation pays for our true vocation, which is bikes. Of course, we need to eat -- and if we want our machines to run smoothly, we need to eat well, since we're their engines. However, by the time we make it into the kitchen, we're often running on a limited budget where time and energy are concerned. After all, who wants to ride forty or fifty miles, put in a full day's work, maybe put in another ride, juggle a cookbook and a laundry list of instructions and ingredients, and then spend another half an hour cleaning up? In my household, this conundrum led to a lot of eating on the fly: dining out too often (with its attendant expense), heating up frozen whatever, or recycling the same stale recipes over and over simply because they were quick and didn't require me (the household cook; also the household roadie) to crack open a cookbook. EnterÂ The Feed Zone Cookbook: Fast and Flavorful Food for Athletes. While its recipes should work just fine for endurance athletes of any stripe, it's written by people familiar with cycling and, apparently, with cyclists in mind ... and it's a life-saver (or, at least, a wallet-saver). In their cookbook, Thomas and Lim have managed to drum up quite an array of simple, easy-to-follow recipes, most featuring a short list of whole-food ingredients. Several have become go-to meals in my house: Wine and Soy Mushrooms (page 193), Lamb and Chickpea Stew (page 167 - we make it with beef if we don't have lamb on hand), Tuna and Broccoli with Noodles (page 148), and Honey Ginger Chicken Wraps (page 136) are all household favorites, and I have adopted the self-explanatory Rice And Eggs (page 59) as my go-to breakfast (I make a big batch of

rice each week and keep it in tubs in the fridge). Various oven-free rice cakes (which can be made ahead) and Waffle Ride Sandwiches (page 109) come along on longer rides. Also included are instructions for making a number of condiments and side-dishes, though ready-made alternatives are frequently suggested for those who have yet to lay back a store of the home-made versions. There are even dessert recipes, including a delicious-looking granita (admittedly, I haven't tried this one yet). The clean, sparse layout of the text sections makes the recipes easy to use and read. Big, colorful pictures pique the appetite. Clear, step-by-step instructions are written without any fuss. Moreover, most recipes are confined to a single page -- very handy for those of us who are easily distracted (like me -- SQUIRREL!). Surprisingly, while most of these recipes take roughly 30 minutes or less to whip up, the results are delicious (I would have been entirely satisfied with "good enough"). My better half (who is much pickier than I am -- after a hard day's ride, I will eat almost anything) has raved over several of them. A few more-involved recipes are included -- the recipe notes even tell you which ones they are! -- but the vast majority are quick and easy: perfect week-night fare for busy athletes. I'm pretty creative in the kitchen, and I've found that the recipes are highly adaptable and make great jumping-off points. My spouse, meanwhile, is simply glad that we're not eating the same old thing day in and day out anymore. I'm looking forward to the arrival of cooler weather so I can test-drive the recipes that require the use of an oven (not an option in our poorly-ventilated house during the summer). All that notwithstanding, I think the greatest contribution this book has made to my life has been an improvement in the overall nutritional profile of my diet. I have noticed gains both in performance on the bike and in how well I feel off the bike. I suspect that simply putting better fuel in my engine has much to do with that. The only drawback I can think of, here, is that the book itself is so crammed with pictures and recipes that it's pretty heavy -- but most cookbooks are. That's nothing a good cookbook stand can't fix! In short, if you're on the fence about purchasing the Feed Zone Cookbook, go for it. I suspect you won't regret it.

I bought this book right after my son showed me his loaned copy and haven't looked at any other recipe sources since. I cook for five adults with varying needs and tastes every night, two are bike riders. My grocery bill plus trips to the store has dropped significantly. These recipes are healthy and tasty. I made the granola first, now we have a jar on the counter all the time at home and work.

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