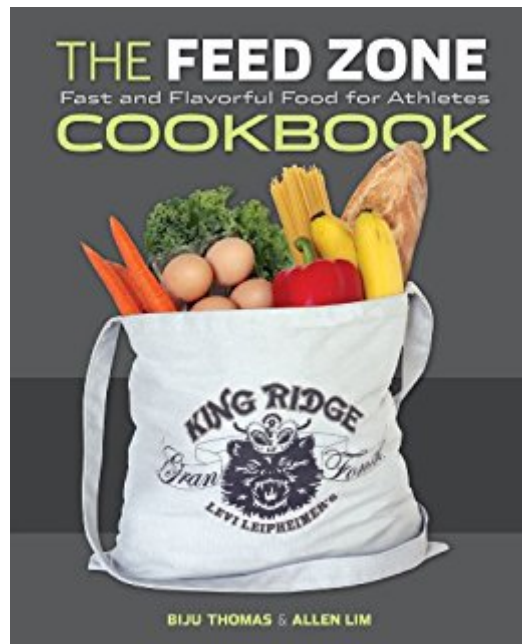


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# The Feed Zone Cookbook: Fast And Flavorful Food For Athletes (The Feed Zone Series)



## 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

I really like this cookbook. I've been following Allen Lim for sometime and was excited to see his book, which I had preordered. I'm glad I did. I have a couple of athlete inspired cookbooks (some from VeloPress) and they all tend to have unusual ingredients. In our young family household, we just don't have them and I never remember to add them to the grocery list. Yes, I could plan ahead, but who has time for that with kids? This cookbook is very accessible in that many of their recipes are built from stuff we already have around the house. For example, they have a fantastic pancake which is leftover rice, eggs, milk, banana, and some other stuff that you mix in a blender. Everyone loves them. Simple to make and I have everything I need. It has become my go-to athlete inspired cookbook.

I highly recommend this book for anyone, even non athletes. The biggest issue I have with cookbooks is that they always require special ingredients that one has to buy for \$20 just to make the dish. Biju and Allen have made masterful dishes out of ingredients normally found in the fridge and pantry. Plus, one can experience first-hand how some dishes so complex that one usually reserves for dining out can be made QUICKLY at home. All the suggestions for food to go is great for riding or for anyone on the go to work, ect. Since getting this book, I routinely make a dish each night from it as I usually have all the supplies already and they taste "restaurant good". If sport is your thing. The the intro alone is worth the purchase of this book, as Allen shares complex diet theory in layman's terms for all to comprehend. One can totally rediscover the kitchen as a performance-enhancing yet delicious tool. If you really are what you eat, then with this book you'll be fast and healthy.

This book was a gift from my friend Bryan - also an endurance athlete. The Feed Zone Cookbook,

which is based on experience professional cycling teams that can afford their own chefs and nutritionists, presents a system of cooking and eating that involves high quality food to specifically meet the needs of the world's top endurance athletes. I like the way it is structured. Even as a low level (recreational) endurance athlete the structure works for me - if it is a weekend and I am training or competing, there is no such thing as "lunch" because I am either on the bike or running through that meal. This book gets it right - while training there are basically four meals - 1.) Breakfast 2.) Portables (food eaten while riding or running) 3.) AprÃ©s (evidently this means "after") and 4.) Dinner. Each of these meals has a different goal as far as carbs, protein, micronutrients, etc. are concerned, and therefore different content. One of the great strengths of this book is the portables - most endurance athletes (me, for example) try to hold down various carb gels and other concoctions which are, frankly, expensive and often a little unpalatable. Here we find some palatable alternatives - basically homemade rice cakes (not like the desiccated ones sold at the supermarket - these ones look pretty good.) Dinner, oddly enough, is the time to get those vegetables and micronutrients in and, unlike non-athletes, might actually be the lightest meal of the day. Even though the recipes, developed by a famous chef, look delicious and simple, this might not be a good cookbook for non-athletes - the recipes are pretty high in calories, especially carbohydrates, and high in salt as well. Furthermore most of the recipes are not vegetarian, and even fewer are vegan. At this point I am primarily vegan; but I think I am going to be able to make some positive changes based on this book.

I pre-ordered this book randomly as I saw it on a twitter feed of one of the pro cyclists I follow. The book arrived the day of our first snowstorm, so it was perfect timing to try out some recipes. The few recipes we tried from the Feed Zone have turned out great. Our first attempt was meatballs in red wine sauce, and it was excellent. The recipes in general can be made relatively quickly; I would say 90% can be made during the week. I really like the format of this book. Each item has big photo and more importantly nutritional information. The included bookmark is a nice touch too. Overall, I would recommend this book to anyone who wants to eat better.

I have to admit I smiled a little when I saw the name Alan Lim associated with a cookbook, as he and my husband were working towards their PhDs at the same time in Boulder's Integrative Phys department. Out of curiosity, I started paging through it and was pleasantly surprised with the recipes I found. As both a distance runner and 'foodie' feeding a husband who is a competitive XC skier (not to mention three young kids who fancy themselves pro cyclists in the making), I am

always on the lookout for fresh, nutritious and somewhat inspired recipes and meal ideas to shake up our routines a bit throughout the year, while providing a good balance of 'fuels' for all of us. Well, this cookbook delivers! The recipes offer a variety of twists and accommodations for various diets (GF, DF, vegetarian, vegan, etc.) with little to no consequence to overall flavor and effect. I've already tossed my old quiche recipe in favor of the one in the cookbook since it got such rave reviews from my family, when I swapped out my regular crust for one made from a high-protein sprouted-grain bread. Genius! I have already recommended the book to another family of athletes as well as foodie friends who appreciate fresh, eclectic menus. Several of the recipes within it have risen to the top of my "to try" list very quickly.

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