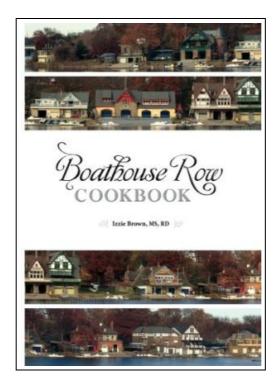
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Reviews

A must buy book if you need to adding benefit. It really is writter in straightforward words and not difficult to understand. I am just pleased to let you know that here is the best ebook i have got read through in my individual daily life and may be he best book for ever.

(Prof. Charles Boehm)

BOATHOUSE ROW COOKBOOK: DIG IN. BE INSPIRED. EAT UP. AND HELP FRED ALONG THE WAY. (PAPERBACK)



Createspace, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Tired of coming home from a workout starving, without a clue about what to cook? Here are over 100 recipes submitted by rowers ranging from recreational to Olympians, their families and those who support rowers in less visible ways. Included are hearty breakfast meals to refuel after long Saturday morning workouts, recipes to serve entire rowing teams, lightweight fare for those needing to weigh in, and vegan and vegetarian meals for those wanting a more plant-based diet. In addition to the recipes, you will find tips for substitutions and conversions when you don't have the exact ingredient and recipes for quick sauces and dressings. While the recipes are delicious, more remarkable aspects of this cookbook are the historical account of Boathouse Row, pictures dating back to the early 1800 s, and a personal story attesting to the strength and courage that is fostered by a lifelong involvement in rowing. With over 50 years of rowing, Fred Duling Sr., has both been shaped by the culture of rowing in Philadelphia and has shaped the many athletes he has had the pleasure of knowing. DIG IN. BE INSPIRED. EAT UP. AND HELP FRED ALONG THE WAY.

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