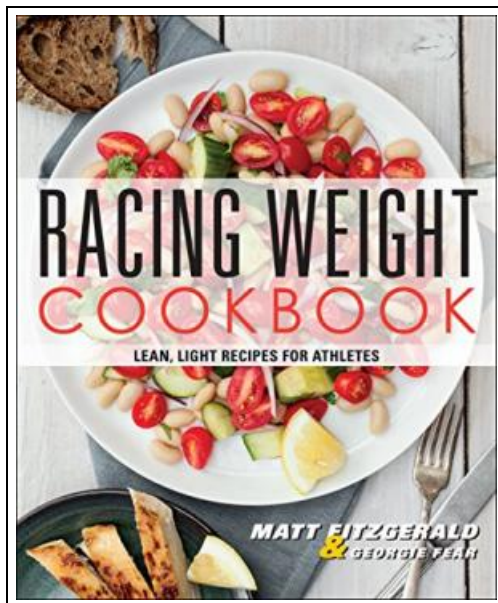


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(Spencer Fritsch)

RACING WEIGHT COOKBOOK: LEAN, LIGHT RECIPES FOR ATHLETES (PAPERBACK)



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VELOPRESS, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Racing Weight Cookbook delivers more than 100 flavourful, easy recipes for athletes that will help you hit your ideal weight without compromising your performance. Whatever your training demands, Racing Weight meals make it simple to dial in the right mix of carbs, fat and protein and satisfy your appetite. You can put high-quality, well-balanced meals on your table in as little as 15 minutes with time-saving tips for food preparation and grocery shopping. You can discover the best foods for athletes: 100+ healthy recipes for any athlete, from reluctant cook to cooking enthusiast; whole grains, fibre and lean protein to elevate diet quality; fresh, energy-dense meals that help runners, triathletes, and cyclists train harder; and, nutrient-rich bars and smoothies to promote fast recovery. With Racing Weight Cookbook, you ll take control of your diet with the proven Racing Weight approach, practiced by the world s best endurance athletes and backed by scientific research. The fastest athletes tend to be the leanest, but every athlete needs to eat well to perform well. Racing Weight Cookbook makes it easy for you to eat and train for weight loss at the same time.



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