

File Type PDF The Runners Cookbook More Than 100 Delicious Recipes To Fuel Your Running

## **The Runners Cookbook More Than 100 Delicious Recipes To Fuel Your Running**

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*Best recipe book for runners - nutrition expertise from author Anita Bean* ~~What is your favorite RUNNING book? | Gift Ideas for Runners in the Comments Below~~  
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Anita's latest running book is set to motivate and help runners of all levels improve their nutritional knowledge as well as their cooking skills. Anita guides you through optimal recovery, hydration, nutritional health through injury, as well as information on supplements and more., Outdoor Fitness

## **The Runner's Cookbook: More than 100 delicious recipes to ...**

About The Runner's Cookbook. More than 100 tempting recipes to fuel your running. Whether you're training for a marathon, a half-marathon, an ultra-distance event or just looking to improve your parkrun time, what you eat makes all the difference. This is the ultimate nutrition guide and cookbook for runners, packed with easy, delicious recipes and practical eating advice on how to prepare for 5k, 10k, half-marathons, marathons and ultra-races.

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[9781472946775] Whether you're training for a marathon, a half-marathon, an ultra-distance event or just looking to improve your parkrun time, what you eat makes all the difference. This is the ultimate nutrition guide and cookbook for runners, packed with easy, delicious recipes and practical eating advice on how to prepare for 5k, 10k, half-marathons, marathons and ultra-races.

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Good Fats and Bad Fats. Magnesium Deficiency. Teenagers

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Enjoy more than 100 easy-to-prepare recipes--including breakfasts, salads, main meals, vegetarian main meals, desserts, and snacks--all nutritionally balance to help you go the extra mile and achieve your running goals. Recipes include: -

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Scrambled eggs with sweet potato hash browns and spinach - Thai chicken curry with noodles

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The book includes two recipe indexes with visual keys for classification at the start of each recipe, with V (for vegetarian), VE (for vegan), GF (for gluten free), and more. The first section of the book focuses on nutritional information and staple ingredients every runner should know, and the second part of the cookbook illustrates how to ...

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## File Type PDF The Runners Cookbook More Than 100 Delicious Recipes To Fuel Your Running

Based on the popular column in Runner's World magazine, this cookbook highlights more than 60 delicious recipes from chef-athletes. From a culinary/food blogger standpoint, I liked that this book included the bios and a little info about each chef - that's fun for me to read (though I get not everyone's cup of tea).

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