



# Feed Your Athlete: A Cookbook to Fuel High Performance

*Michael Kirtsos, Joseph Ewing*

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Athletes know how important it is to get the right fuel for their workouts and events. Unfortunately, they often resort to quick, bland, and downright gross non-food sources of carbs and other nutrients, such as energy gels and bars. *Feed Your Athlete* shows both endurance athletes and strength athletes how to cook easy meals and take-alongs that taste good while delivering the fuel that they need to perform at their peak, whether that's before the event, during the event, or after it.

In this book readers get:

- 150 delicious recipes with variations to deliver the precise nutrients needed for a variety of endurance and strength-based sports.
- Beautiful color photos of finished meals and snacks.
- Training meals for fueling up, snacks and portables to consume for energy during endurance events, and recovery lunches and dinners for replenishing stores.
- Detailed nutritional information for each recipe, highlighting the most important nutrients, including variations tailored to specific dietary needs and preferences.
- Tips on how to shop and fill the pantry with everything needed for quick, easy, powerful meals and snacks.
- Advice for feeding a family of athletes participating in different sports.
- Cooking and assembly hints that make preparation fast and easy, saving more time for training.



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