

The book was found

Rocket Fuel: Power-Packed Food For Sports And Adventure



Synopsis

In *Rocket Fuel*, award-winning dietitian Matt Kadey offers up delicious, creative, and convenient real-food recipes to power your everyday exercise and weekend adventures. Kadey's ingenious *Rocket Fuel* foods—like easy-to-make muffins, bars, pies, bites, gels, smoothies, balls, wraps, and cookies—will inspire how you fuel for your favorite sports. Since studies show that real food works just as well as processed sports food products, you'll enjoy a huge variety of flavors and a healthier, more nutritious performance fuel that's free of artificial stuff and high price tags. Kadey's DIY performance foods include dozens of new flavors and innovative forms that ensure you'll always look forward to your next exercise snack. *Rocket Fuel* is more than a cookbook of easy, healthy recipes. Kadey simplifies the rocket science of sports nutrition into easy-to-follow guidelines that will work for anyone in any sport or activity. *Rocket Fuel* foods are grouped into Before, During, and After Exercise so your body will get exactly what it needs at exactly the right times. For those with special dietary restrictions, each recipe is flagged as dairy-free, freezer-friendly, gluten-free, paleo-friendly, and vegetarian or vegan-friendly. *Rocket Fuel* offers: 126 recipe ideas for power-packed foods, snacks, and light meals including bowls, puddings, wraps, sandwiches, bites, balls, squares, bars, drinks, patties, cakes, stacks, drinks, smoothies, shakes, soups, muffins, sliders, pies, rolls, DIY energy shots, and all-natural sports drinks. 33 Before, 43 During, and 50 After Exercise recipes 79 dairy free, 85 gluten free, 76 vegetarian, and 33 paleo-friendly recipes Smart-yet-simple sports nutrition guidelines for before, during, and after exercise Complete nutrition facts for every recipe What you eat for energy can make the difference between an epic day or a disappointment. *Rocket Fuel* makes it easy to power up for workouts, recharge during halftime, or stay energized on the trail. Matt Kadey is a James Beard Award-winning food journalist, registered dietitian, and recipe developer. He has written for top health/fitness and sports magazines. Kadey holds a masters degree in sports nutrition and is the author of *Muffin Tin Chef* and *The No-Cook, No-Bake Cookbook*.

Book Information

Paperback: 256 pages

Publisher: VeloPress (May 1, 2016)

Language: English

ISBN-10: 1937715469

ISBN-13: 978-1937715465

Product Dimensions: 9 x 0.8 x 7.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #31,627 in Books (See Top 100 in Books) #33 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #74 in Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #109 in Â Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

Customer Reviews

Very nice variety of healthy recipes. I run, hike, and cycle and wished for just this sort of recipe book. I recommend this book to anyone wanting healthier snacks for the trail, the track, or just the office. The recipes are tasty and healthy. The categories offered are dairy free, freezer friendly, gluten free, paleo-friendly, vegetarian or vegan friendly. Some variations are offered, and I especially appreciate that many of these recipes are very simple and easy to make.

Just fueled a 235 km ride through the Negev desert with easy to put together recipes from the book. Instructions are clear, most ingredients are easily available and there is a variety of sweet and savory options. And there are interesting combinations of foodstuffs and timesaving "patents" to make ahead and freeze for later use.

A lot of great ideas for backpacking options, healthy, and i love the way everything is categorized.

Some great recipes for endurance athletes and so far everyone in the household had enjoyed the ones I tried. No reason to use expensive gels and bars when you can make your own.

My daughter's are full time dancers and these recipes keep them going through a full day. They love how great they taste and how easy they are to make!

[Download to continue reading...](#)

Rocket Fuel: Power-Packed Food for Sports and Adventure Leave The Grind Behind: Rocket fuel to live life on your terms. Make more money, build your legacy, and quit your job. Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power Deliciously Ella Every Day: Quick and Easy Recipes for Gluten-Free Snacks, Packed Lunches, and Simple Meals My Little Book of Rescue Vehicles: Packed full of cool photos and fascinating facts! My Little Book of Big Trucks: Packed full of cool photos and fascinating facts! A Modern Way to Cook: 150+ Vegetarian Recipes

for Quick, Flavor-Packed Meals Easy. Whole. Vegan.: 100 Flavor-Packed, No-Stress Recipes for Busy Families The NEW Quick & Easy Block Tool!: 110 Quilt Blocks in 5 Sizes with Project Ideas - Packed with Hints, Tips & Tricks - Simple Cutting Charts & Helpful Reference Tables The Rocket Mass Heater Builder's Guide: Complete Step-by-Step Construction, Maintenance and Troubleshooting Medium/Heavy Duty Truck Engines, Fuel & Computerized Management Systems Rocket Science for Babies Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars Rocket Stocks: Learn to Profit from the Stock Market's Biggest Winners Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 More Than Just Food: Food Justice and Community Change (California Studies in Food and Culture) Concentration and Power in the Food System: Who Controls What We Eat? (Contemporary Food Studies: Economy, Culture and Politics) Barbarians on Bikes: Bikers and Motorcycle Gangs in Men's Pulp Adventure Magazines (Men's Adventure Library) Combat Sports (Summer Olympic Sports) Attack of the Ender Dragon: An Unofficial Minetrapped Adventure, #6 (The Unofficial Minetrapped Adventure Series)

[Dmca](#)