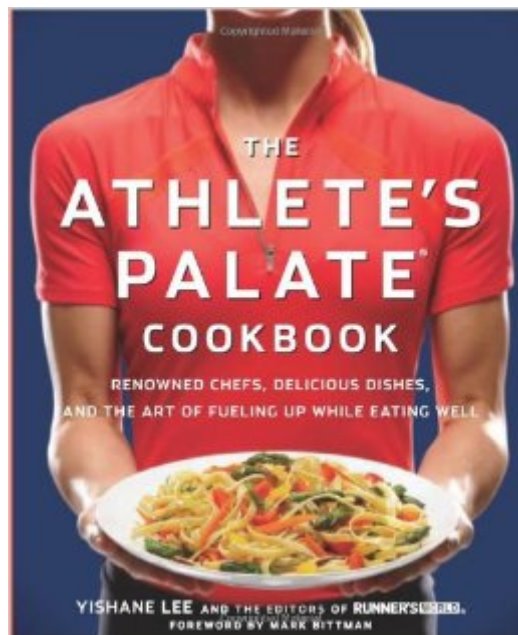


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# The Athlete's Palate Cookbook: Renowned Chefs, Delicious Dishes, And The Art Of Fueling Up While Eating Well



## Synopsis

Fuel Your Workouts with 125 Recipes from All-star Chef-Athletes! Training hard doesn't have to mean fueling workouts with flavorless foods better suited to members of the animal kingdom. Just ask the all-star roster of chefs who contribute to Runner's World magazine's popular monthly column, the Athlete's Palate. For five years, the likes of Bobby Flay, Jacques Torres, Charlie Trotter, Mark Bittman, Dan Barber, Cat Cora and many more have contributed the recipes they use to fuel their runs to the column. Now, in The Athlete's Palate Cookbook - by Yishane Lee and the editors of Runner's World - these dishes along with more than 60 all-new recipes for breakfasts, entrees, soups, salads, sides, desserts, and beverages are presented along side profiles of the chef-athletes who created them. The first of its kind, this gorgeously photographed cookbook includes recipes for:Â Walnut and Banana Bran Pancakes from Cat CoraÂ Marathon Fettuccine with Shrimp in Charred Tomato Sauce from Bobby FlayÂ Chicken with Quinoa Tabbouleh from Charlie TrotterÂ And many more sumptuous meals! With healthy and delicious recipes for all phases of training along with labels for quick-and-easy meals, The Athlete's Palate Cookbook is perfect for any runner, cyclist, swimmer, or triathlete who wants to train hard while eating well.

## Book Information

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## Customer Reviews

This cookbook has delicious recipes...but most of them are fairly involved and take a lot of prep/time to make. Unfortunately, the table of contents does not break down the recipes into "Training" and "Recovery". Instead, the contents lists them as "Breakfast", "Lunch", "Soups & Sides", "Mains",

"Desserts", etc. Each recipe (when you turn to the actual page in the book) is titled as a "Training" or "Recovery" recipe...but for some reason, they are not indexed that way. How can I look up a good recovery meal or training meal if they're not listed in the table of contents or index that way????I'm a 38 year old working mom/wife with 2 young boys....ran my first marathon last year and am training for the Marine Corps Marathon this year. I don't have a lot of time to prepare involved recipes and I certainly don't have time to flip thru each page until I find the right training or recovery meal.I really loved Pam Anderson's recipes in this book...my suggestion would be to find the individual chef's recipes you like and buy their cookbook.

I was really looking forward to this cookbook (it was featured in Runner's World) but it doesn't live up to expectations. The recipies (all by celebrity chefs who have some connection to running) look good, but most of them are rather complex, involve "exotic" ingrediatsns and require a lot of prep work. I understand that the recipies are "gourmet" but after runnign 16 miles, I lookign for good and simple (or at least some good and simple options). While there are definately some keeper recipies, overall, I think the book could benefit from a simplier approach.

I have always had to choose between cooking good food and getting my miles in, especially during the week. This book lets you do both; recipes are identified with both prep and cook time, making it easy to choose what you want to make, and maybe even get a few miles in while it's in the oven. They are also identified as appropriate for "training" or "recovery" to ensure you are eating the most appropriate food at the right times in your training day.

i love this cookbook. i made a different dish everyday for two weeks straight, and there was probably one that my family did not like. i am 32 years old, have been running long distance for quite a few years, qualified for boston with my first marathon, i have four young children who i take care of during the day and work third shift. this cookbook had great recipes that fit our schedule, budget, and tastebuds. i would agree with a couple other reviews that organizing the recipes according to training and recovery would be nice, but i make my menu two weeks at a time, so i plan ahead what i'm making, and i just look it up in the book. also, there are a few recipes that called for ingredients i couldn't find. we enjoyed the book, and i hope you enjoy it also.

We received this book as a wedding gift. Looking at the recipes a first, they look complex, however, once you read the directions and get into the process the recipes are easy. All of the ingredients are

found at the local Winn Dixie. A few pastas are carried at specialty stores, but you can always substitute them with a similar pasta. I gifted this book to several family members and everyone loves it. They love the simplicity of this book, the ease of cooking from it and the excellent food that is a result! This is our go-to on any night we need something quick and good. It's nice to have good food after a long run! An easy recovery is the Naan Pizzas! Yummy!!! Highly recommend for athletes and anyone who loves good, healthy food! All of our other cookbooks collect dust now.

My husband learned about this cookbook when he saw Bobby Flay featured in his running magazine. I have made several recipes from it. The ones I chose were in the moderately easy to medium range of difficulty, factoring in number of ingredients, time to prepare and cook, etc. We tend to predominantly eat pastas, a little fish, chicken, soups and salads. We appreciate that nutritional information is included.

Whether you are a beginner athlete or pro, or whether you are new to cooking or consider it a hobby, this book is great! As someone who has been a life-long athlete, but not one to cook, this book was great. So far every recipe I have tried has been great. Warning though, I have found that a few of the recipes make a considerable amount more than what the numbers of serving the recipe states - which isn't a bad thing if you like to have left-overs! There are a lot of really easy recipes with every-day pantry items, as well as recipes that need a bit of specialized shopping if you want to try something a bit different. Most don't leave much of a mess either, since you don't have to cook a lot of items separately to combine them! I highly recommend this cookbook, regardless of your level of cooking or athletic abilities. Heck, you don't even have to be an athlete at all to eat healthy!

Simple-to-make recipes are included in the book for each meal time. I am in the consensus that wants the sections combined into training, recovery, etc. The only problem is the list of ingredients needed, just like any cookbook. Some of the ingredients required me several shopping trips. It can get costly, just my tip there.

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