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"Brilliant, easy-to-digest advice, spot on!" London Marathon Events

ANITA BEAN

THE RUNNER'S COOKBOOK

MORE THAN 100 DELICIOUS RECIPES TO FUEL YOUR RUNNING

Foreword by Jo Pavey Five-time Olympian and European 10,000m Champion



Anita Bean

The Runner's Cookbook: More than 100 delicious recipes to fuel your running



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Whether you're training for an ultra-range event or just looking to improve your overall performance as you jog in the park, this book can help you achieve your working goals. This is actually the ultimate sports diet instruction and cookbook for runners, filled with easy, delicious quality recipes and practical eating advice on how to prepare for 5k, 10k, half-marathons, marathons, and ultra-races. Recipes include:- Scrambled eggs with sweet potato hash browns and spinach- Thai poultry curry with noodles- Cinnamon cranberry granola bars- Seafood tacos with avocado and mango salsa- Blackberry and hazelnut crumble. Enjoy a lot more than 100 easy-to-prepare recipes--including breakfasts, salads, main meals, vegetarian major meals, desserts, and snacks--all nutritionally balanced to help you go the extra mile and reach your running goals. Discover what to consume before, during, and after your running sessions to get the most out of your training, with additional guidance on hydration, products, and how to optimize recovery from injury.



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