

# FEED ZONE TABLE

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FAMILY-STYLE MEALS  
TO NOURISH LIFE AND SPORT

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BIJU THOMAS & ALLEN LIM

Chef Biju K. Thomas and

## Feed Zone Table: Family-Style Meals to Nourish Life and Sport (The Feed Zone Series)



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Bring great food and people together with Feed Zone Desk and you'll experience the difference. Feed Area Desk will inspire your family-design dinners with a delicious fall into line of drinks, starters, main courses, side dishes, fresh sauces, and desserts. Allen Lim offer over 100 all-new recipes to bring family and friends to the desk in a way that nourishes life and sport. Biju rolls out easy techniques for making flavorful food that's fun to prepare and share. Sports are often an escape from life, but Feed Zone Table is certainly a warm invitation back again to the table. Science shows it's not just what we eat that counts; eating together matters, as well. We perform best when we nourish our anatomies and feed our souls. Lim noticed these benefits first-hand while working with professional sportsmen and shares new research on how social meals advantage everyone. Lim reveals why it matters--what science must say about food, camaraderie, overall performance, and the pivotal role that the dining room table can play in an athlete's preparation. Enjoying dinnertime and consuming well will nourish you, your loved ones and friends--and your sports performance. Dr. Within their third cookbook, Feed Zone Table, chef Biju Thomas and Dr. Feed Zone Table brings over 100 new recipes to the popular Feed Zone series which includes The Feed Area Cookbook and Feed Zone Portables. Included in the new Feed Zone Desk: The Science Behind Public Meals 30+ Drinks, Starters, Sides, Salads, and Soups 35+ Poultry, Seafood, Pork, Beef, Lamb, and Bison Dishes 6 Meatless Meals 40+ Sweets, Oils & Dressings, Sauces & Spices 15+ New Cooking Techniques Quick & Recipes, Nutrition Facts, Index



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