



**Power-Packed Food
for Sports + Adventure**

ROCKET FUEL

MATTHEW KADEY, RD

Matthew Kadey RD

Rocket Fuel: Power-Packed Food for Sports and Adventure



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In Rocket Gasoline, award-winning dietitian Matt Kadey offers up delicious, innovative, and convenient real-food quality recipes to power your everyday exercise and weekend adventures. Kadey's ingenious Rocket Fuel foods?like easy-to-make muffins, pubs, pies, bites, gels, smoothies, balls, wraps, and cookies?will inspire the way you fuel for your favorite sports. Since studies also show that real food works equally well as processed sports food products, you'll like a huge selection of flavors and a wholesome, more nutritious performance gasoline that's free from artificial stuff and high prices. Kadey's DIY efficiency foods include dozens of new flavors and innovative forms that guarantee you'll always anticipate the next exercise snack. 33 Before, 43 During, and 50 After Exercise recipes79 dairy free of charge, 85 gluten free, 76 vegetarian, and 33 paleo-friendly recipesSmart-yet-simple sports nourishment guidelines for before, during, and after exerciseComplete diet facts for each recipeWhat you take in for energy could make the difference between an epic time or a disappointment. Matt Kadey is a James Beard Award-winning food journalist, authorized dietitian, and recipe developer. Rocket Gas foods are grouped into Before, During, and After Exercise so your body will obtain exactly what it needs at the right times. For those with special dietary limitations, each recipe is flagged as dairy-free, freezer-friendly, gluten-free of charge, paleo-friendly, and vegetarian or vegan-friendly. Rocket Fuel presents: 126 recipe suggestions for power-packed foods, snack foods, and light meals including bowls, puddings, wraps, sandwiches, bites, balls, squares, bars, drinks, patties, cakes, stacks, beverages, smoothies, shakes, soups, muffins, sliders, pies, rolls, DIY energy photos, and all-natural sports beverages. Rocket Fuel is more than a cookbook of easy, healthful recipes. Kadey holds a masters degree in sports nourishment and is the writer of Muffin Tin Chef and The No-Cook, No-Bake Cookbook. Kadey simplifies the rocket research of sports nourishment into easy-to-follow suggestions that will function for anyone in any sport or activity. He provides written for top level health/fitness and sports magazines. Rocket Energy makes it easy to power up for exercises, recharge during halftime, or stay energized on the trail.



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Nice selection of healthy recipes Very nice variety of healthy recipes. I work, hike, and routine and wished for this sort of recipe book. I take advantage of the homemade gels for during and several of the during exercise recipes for hiking and biking. The dishes are tasty and healthy. The categories offered are dairy free of charge, freezer friendly, gluten free, paleo-friendly, vegetarian or vegan friendly. Some variations are offered, and I specifically appreciate that lots of of these recipes have become simple and easy to make. Healthy, appetizing, creative and easy I have tried many of the quality recipes in this book therefore far, have loved all of them. As a runner, I love the before and the recovery dishes. I recommend this reserve to anyone seeking healthier snack foods for the trail, the monitor, or just the office. I have tried most of the recipes plus they have all proved well. I just make big batches over the weekend a freeze. the recipe I attempted isn't one I'd normally like anyway (only do so because my pal wanted to . They're easy and I love the creative mix of food for a wholesome, and appetizing, meal or snack. Mr. Kadey...I am now waiting for a complete meal version cookbook. A secured asset for the endurance athlete who doesn't desire to depend on packaged nutrition Some great quality recipes for endurance athletes and so far everyone in the household had enjoyed the ones I tried. We have made only 1 1 recipe out of the book up to now and it had been decent however the recipe We tried isn't one I would normally like anyway (only did thus because my friend wished to make it). They love how great they taste and how easy they are They like how great they flavor and how easy they are to make! No more shop bought gels and bars for me! Instructions are clear, most ingredients are often available and there is a variety of sweet and savory choices. Just fueled a 235 km trip through the Negev desert with an easy task to come up with recipes from the reserve.I actually had mistakenly tried to figure a few out on my own but nope. I was scared I was going to find recipes with issues I could not conveniently discover at the grocery store and that had not been the case A joy to learn and try Lots of suggestions to try and ways to mix foods to avoid added sugars within "healthy snacks" Definitely a Keeper Love the tested recipes and reasoning behind the author's explanation of consuming whole foods vs. Great recipes rather than that complicated Great recipes rather than that complicated.. This is an excellent book. I have tried many of the recipes ..it is all listed there! This is an excellent book. I have found that many of the recipes could be frozen in batches, which is very convenient for my timetable. I am a sports dietitian and I recommend this book to most of my clients. Five Stars Easy reading, easy making, good content. Four Stars Interesting. Three Stars not for me Both yum and good for you! Awesome book - filled with tasty, protein packed receipes ... This is probably the best athlete recipe book. counting on bars and powders.. No reason to use expensive gels and pubs when you're able to make your very own. I like how it reduces recipes by time frame relating to when you exercised. I have only skimmed the reading components up to now but like what I see as far as information on appropriate fueling and nutrition. A very important factor I didn't understand (and that is probably in the written text somewhere..again I only have skimmed so far) is that all the nutrition facts are in the back.. And there are interesting combos of foodstuffs and timesaving "patents" to create forward and freeze for afterwards use. My daughter's are full time dancers and these dishes keep them going right through a full day..



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