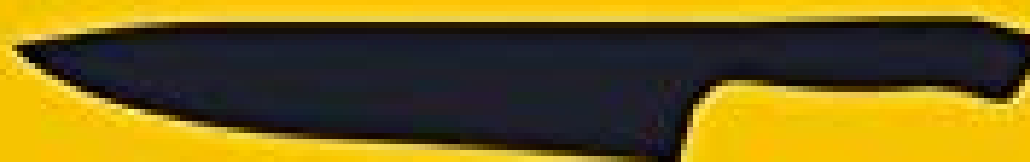




THE
Grand
TOUR
COOKBOOK



HANNAH GRANT

Hannah Grant

The Grand Tour Cookbook



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The longer awaited ultimate performance cookbook, today's classic, a must-have for all cycling aficionados seriously interested in nutritional intake. With 350-pages of easy-to-prepare recipes containing allergy friendly, organic, unprocessed foods, The Grand Tour Cookbook is the greatest companion in the kitchen for athletes. Based on actual food prepared for professional cycling's grueling 3-week Grand Tours including the Giro, Tour de France and the Vuelta, this book is a guide on how best to cook, what to eat and how exactly to maximize athletic efficiency over summer and winter. With 350-webpages of easy-to-prepare recipes made up of allergy friendly, organic, unprocessed foods, The Grand Tour Cookbook may be the ultimate companion in the kitchen for sports athletes. Maximise your overall performance by changing how you eat - lose weight, get more energy, conquer those goals and become an effective rider. Hannah Grant includes a background in modern sports nutrition and The Grand Tour Cookbook targets the challenges shown by the caloric requirements of a stamina athlete: solutions are offered that comprise a beneficial carbohydrate intake, a bounty of suggestions to maintain vegetables, proteins and great fats captivating and mouth watering. Acknowledged by the world's best restaurant executive head chef Rene Redzepi (NOMA, Copenhagen), the publication also features insight and encounter from Exercise Physiologist-Diet Scientist Stacy T Sims, MSc, PhD, World Tour riders: Alberto Contador, Peter Sagan, Michael Rogers, Nicholas Roche, Ivan Basso, Roman Kreuziger, Michael Valgren, Christoffer Juul, and Body Therapist Kristoffer Glavind Kjær. Read opinions on food and nutrition for mind and body and how they optimise efficiency through eating intelligently



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The presentation and recipes are beautiful. Highly recommend... Only negative is usually that there is no listing of the all dishes (Kindle Edition), they are grouped into Phases. But there are 2 major obstacles to by using this book. Excellent. So, on it's own each is certainly nutritionally incomplete (no one that does not have afternoons free will make all 5 programs). Second, and related to this, there is absolutely no nutritional information for the recipes, which means you don't know how to combine it with other food stuffs to create a nutritionally complete food. If you're an endurance athlete (the prospective audience), that makes using this book difficult. Finally, the writer mentions that a selection of extra offerings are readily available at each meal (primarily carbohydrates). So, if you are serious about following a meal plan that's section of a structured schooling plan - made to get x grams carbohydrate/kg etc. it isn't very clear how to do that. Ultimately, the reserve isn't very helpful for incorporating into a serious meal structure for endurance athletes. Great recipes and fun having Tdf connection. What a fabulous reserve. The recipes are amazing. Only the phases are detailed in the Desk of Content and there is no Index, therefore I have to make use of search (or bookmark) to locate a particular recipe. Wonderful Hannah Grant <333333 This book is indeed helpful as a cyclist it offers you not merely recipes but also information on sports nutrition in general and how everything works, very helpful if your confused about what you ought to be eating and when to consume it! Initial, each recipe is only one course of five in total that comprise a day's dinner. Great Book and Basic Recipes Nice picture taking, easy few sentences to check out with (mostly) simple elements. Healthy and super delicious across the board. Great, healthy, and an easy task to follow recipes. Perfect for cavemen like me! But you can find 2 major obstacles to using . The presentation and recipes are beautiful. I must change them since I'm not cooking for a Tour de France team but the presentation of the recipes, the bios of each rider on 2011 Tinkoff-Saco team headed by Barnes Riis and the photos get this to a real treat each time I make from it. Strongly suggested. Nice clear layout. Great recipes and pictures Yummy! Great dishes and pictures. I acquired hoped that it could be more didactic, showing every part of the preparation. A spiral bound could have been also nice for your kitchen and on the run. All and all a grand reserve. Amazing Cookbook - Best a single i've purchased in a long time! This cookbook is filled with kick-ass recipes that my children loves. Easily among the top three cookbooks we very own. Needs a report on all dishes in ToC or Index. She is both a nutritionist and a genuine world-class chef (check out her bio), and this book reflects that. Excellent Recipes Tasty, healthy, easy to follow, nuticious, delicious I would highly recommend this publication to anyone who likes a number of foods. Hannah , this is an amazing cookbook! Hannah , this is an amazing cookbook! Hannah Grant is usually a culinary gem. Her dishes are innovative without being contrived, and so are straightforward and easily prepared. If you do, be sure to read the front matter (~30 pages) ahead of the recipes – you will likely learn a couple of things that will help you both in the kitchen and at the table.! Basically the bes book Everything a cyclist shall know about right diet plan. Her method of what provides been termed “performance cooking food”, which is well explained in the forward parts of the book, uses modernist method of cuisine, reflective of her Noma roots, come up with in an exceedingly healthy, sensible manner. not just if you're a cyclist but also for everyone who loves good and balanced diet. The email address details are artful, extremely pleasing and satisfying while being both refreshing and restoring. If you are searching for a guide to exceptional meals from a top chef, that you could easily prepare and eat every day for the rest of your life, and feel good about any of it, get this book. A Culinary Gem It's hard to succinctly say plenty of positive about this book.



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