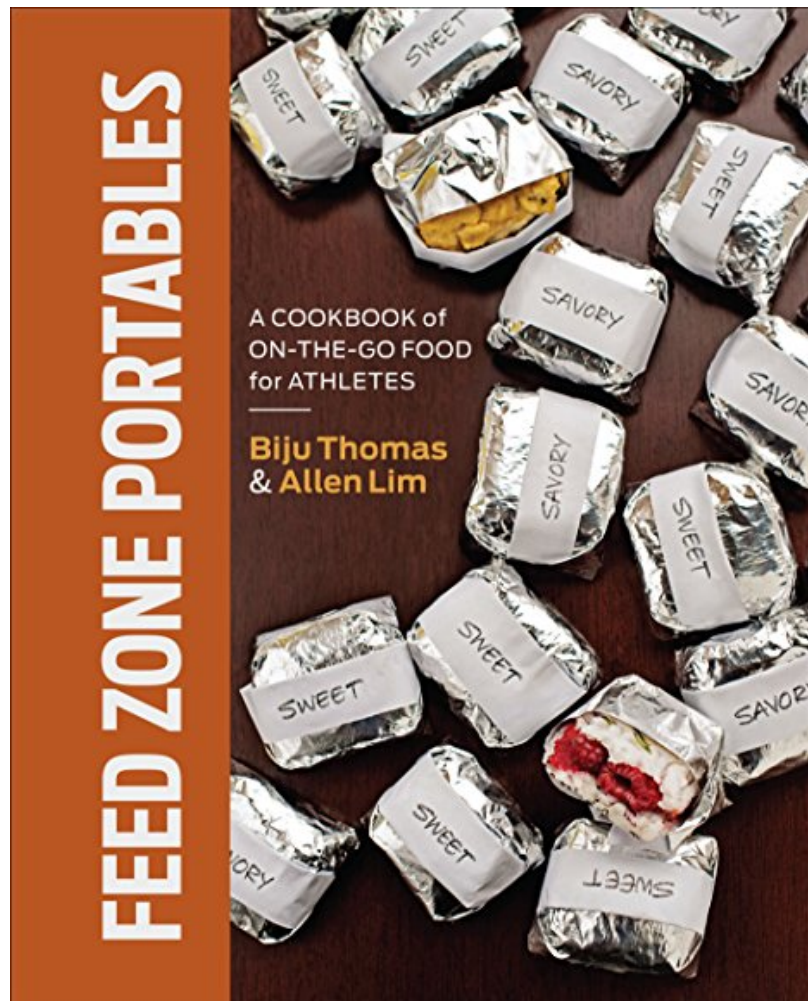


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# Feed Zone Portables: A Cookbook Of On-the-Go Food For Athletes (The Feed Zone Series)



## Customer Reviews

Gels work for me on a half or maybe marathon. On the road. On the trail, with ultras, they make my stomach hate me with a passion usually reserved only for my mother in law. I've found some way to better fuel with some non-candy aid station goodies, but those only go so far. So I asked the local runner/dietitian for ideas, or other endurance runners (I hang out with marathoners. crazy understands crazy.) for help. They all not only drew blanks, but came back asking why the heck I would turn my back on the often praised gel. Truth is, you could hand me a big bowl of wendy's chili 30 miles in. I might feel miserable after, but I'll still feel better then if I've been running on gels and sports drink. My challenge was simple: find a small food to carry on the trail, high in carbs, easy to digest, and bonus points for a bit of protein to help keep my muscles from cannibalizing themselves. I just want to drink water and eat real food. I found a gold mine. The book not only list calories and breakdown of macro nutrients per recipe, but mostly contain easy to digest foods, and some even look pretty tasty. The experiment is underway, and it's more then I could have hoped for.

Prior to using this cookbook I used many 'engineered' foods and only occasionally real food. It just seemed more convenient, easy and less time consuming. I had settled on Cliff Bar Shot Bloks (they fit in my bike's bento box quite well). Yet I still had issues with bloating and lack of energy heading into the run during long distance triathlons here in Hawaii. Intellectually I knew you should eat real food, but how would you carry it all? I ran across this book and thought I'd give it a try (I like to cook anyway). The time spent making most of the recipes I've tried so far (Potato Sweet Ginger baked rice balls and Red Lentil Rice Cakes are two of our favorites so far) is not substantial. I do not have a sensitive stomach but I found that these recipes provide far more energy with less issues while biking and heading into the run than anything I've used before. Prior to using this I'd consume 3 full shotblok bars on a 3 hour ride plus water. Now I can get the same done with about 3 baked rice balls or 3 of the Red Lentil Rice cakes and have no bloating or energy issues at all. Recipes are well thought out and quite adaptable. The ingredients are readily available even here in Kona --including paper foil or pan lining paper. A rice cooker makes things a bit easier but isn't strictly necessary. If you're still searching for the right nutrition for your athletic endeavors you owe it to yourself to take a detour through here.

I absolutely love this cookbook. I am constantly on the go and the Food Zone Portables have been my savior. I'm not a great cook and personally can't stand being in the kitchen for longer than 15 minutes. This is the first cookbook to meet all of my needs.

For years, I have loved long-distance running, but I always came back to a common problem: how can I avoid bonking at a critical part of the run because of not fueling right. I found all sorts of little tricks that would usually get me through, but often, it came at a cost. One of the most important things that this book teaches is how food we eat can dehydrate us while we eat - and it stresses the importance of moisture content in our food that we take with us when running/biking/etc. The recipes are easy to follow with plenty of clear pictures and bits of advice, and the food tastes GOOD. Additionally, they encourage readers to find what works for them and give advice on how to modify recipes or even create your own. The most helpful part of the book (for me, anyway) was the knowledge shared in the first 50 pages or so - this of 1) How much do we need to eat when exercising; 2) How much water/fluids do we need to drink; 3) Tools for dealing with calorie deficits/dehydration/etc. This information was invaluable to me and explained a LOT of the problems I had been having with being starving during runs, getting massive headaches (from dehydration), not feeling good after a run, etc. I can now run for a couple hours and bounce right back - because I'm drinking enough and eating food that will actually help me. This is not a fad book. It is based on a lot of research, and more importantly, years of experience in the field with a wide range of world-class athletes. I am grateful to the authors for such a useful book. If you are not an endurance athlete, but like to hike, I have found these recipes are fantastic to take on long backpacking trips (overnight trips are tougher because you generally want to keep the food cool). But for long day hikes, throw in a small ice pack and you have great food to keep you going strong all day.

This book does two things. The first is to teach you about how many calories you actually burn during a ride. (Not the overinflated numbers that bike computers tell you). Then it teaches you what you need and how much to keep riding on long rides. The second thing it does is provide recipes for great rice and other foods to take with you. I made the bacon and swiss rice cakes for a century ride, but before I left for the ride, my 16y/o son had eaten them all. So, after making a second batch, I used them on the ride. I didn't eat any of the rest stop food, but only the scratch labs hydration and the rice cakes. It worked great, good energy throughout the ride, no bonking at all.

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