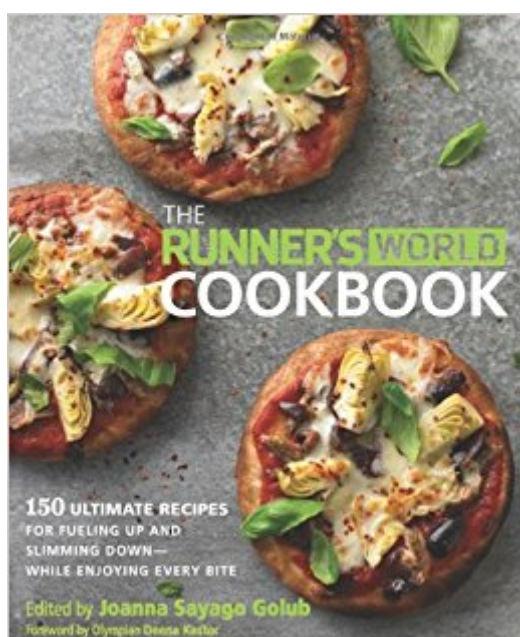


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The Runner's World Cookbook: 150 Ultimate Recipes For Fueling Up And Slimming Down--While Enjoying Every Bite



Synopsis

Runners need to eat well in order to perform, and what they eat can have a direct influence on how they run. The Runner's World Cookbook - Edited by Joanna Sayago Golub - is the perfect combination of performance-boosting nutrients to maximize performance with easy, delicious, and quick recipes. This cookbook contains 150 recipes sourced primarily from the authoritative voice in running itself, Runner's World magazine, along with exciting additional content. These recipes are intended to maximize a runner's performance and enhance nutritional benefits. The book will include two recipe indexes with visual keys for classification at the start of each recipe, with V (for vegetarian), VE (for vegan), GF (for gluten free), and more. The first section of the book focuses on nutritional information and staple ingredients every runner should know, and the second part of the cookbook illustrates how to turn these facts into delicious, quick, and nutrient-boosting meals through delectable recipes. Every recipe will have an easy-to-follow icon system to identify key recipe attributes (i.e., recoveryfriendly; low-calorie; quick and easy), along with a nutrition guide that will offer readers tips on how to make the healthiest choices regarding that particular category of food. Divided by categories (Salads/ Soups/Stews, Sandwiches/Wraps/Burgers, Pizza/Pasta, etc.), these recipes are presented by types of dishes runner can look to for satisfying performance needs in appetizing ways.

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Customer Reviews

“The DIY banana-oat energy bar I found in the new Runner's World Cookbook also is a winner, especially since it's a great way to use up those bananas you let ripen on the counter a day

or two too long. [PITTSBURGH POST-GAZETTE \(Jan 23\)](#)

JOANNA SAYAGO GOLUB is the nutrition editor of Runner's World. She resides in Pennsylvania.

My daughter is a student-athlete in cross country and volleyball, my husband a long distance cyclist and I love to run. My motivation for considering this cookbook was the fact that we demand a lot out of our bodies physically, and I want each meal or snack we consume to help our bodies meet that demand (although daughter and husband would be perfectly happy refueling on Oreos!).

I purchased the e-version of this cookbook and have thoroughly enjoyed it. The recipes are divided in the usual cookbook manner (breakfast, main dishes, snacks, etc), but also by the way we would use the food: pre-run, recovery, etc. This has been a very useful tool as I plan my daughter's snacks between morning workout and school, school and afternoon workout and what she takes to eat prior to games/meets. I work hard to put healthy food on our table, and I know that every recipe out of this cookbook will help me meet sound nutritional guidelines (read: no diet fads found in the cookbook).

An emphasis on whole fresh fruits, vegetables and grains is found throughout the cookbook.

Nutritional info is included at the end of each recipe. The recipes are delicious...we haven't found one that we won't make again. I served the roasted pork tenderloin with winter vegetables to my foodie mother-in-law this past week and she requested the recipe! I love the breakfast selections...and for runners everywhere who love their Pancake Runs...there are pages of pancake options, from sweet to savory to spicy. Watch out IHOP! For athletes who want recipes to help them compete and recover, this is a great resource. Run happy!

I didn't think cooking healthy could taste this good!!!! I keep having to put this book away because I want to keep cooking more recipes all the time! We have made the roasted sweet potatoes from this book 4 nights in a row so far, and NOBODY in my house will eat the same thing in the same week without complaining. Now they are fighting over the leftovers - leftover veggies at that! We have made several salad dressings, chicken meals, and tried a few new types of fish I didn't even know existed. Loved everything! I started running last year, and my husband runs as well - we are both running marathons now. We wanted to try to eat better to help our runs and keep our family healthy as well. I originally thought the food was going to be kind of bland but was resigned to just get used to it - NOT A PROBLEM! These recipes taste better than most meals we are used to having and amazingly more healthy. (As an Italian I just can NOT stop using cheese and cream in certain dishes, but I am willing to try their way for most things...) Seriously give this cookbook a try, you will

be happy with it. I should also point out that the layout of the book is really nice. I have MANY cookbooks, as everybody in the family enjoys cooking, and most are not this nice. It's super easy to find what you want to be inspired by something new. For runners, there are tabs on the top of the pages to let you know if that is a good food pre-run, or for recovery, etc. They let you know what is gluten free, vegetarian, etc.

I can't recommend this cookbook enough. Usually I think something is good if I like about 1/4 of the recipes. I have well over half marked off in this one, with another large chunk I'm waiting to try. The only thing I struggle with is their tendency to use nuts in every single dish, which I have to leave out because I'm allergic. Overall though a great find.

PERFECT! Two swimmers (one now a rower in college), a runner husband and a life long wannabe, all love these recipes! And they look just like the pictures when prepared , and taste great too! We struggle to find great food to fuel the furnace that's still tastes fantastic! Thank you Runner's World and thanks to Ms. Golub for giving us our go to cookbook! I have recommended this to all my athlete friends!

I recommend this cookbook to runners and non-runners alike, because its recipes are fairly simple and nutritionally balanced to make you feel good and healthy. It is also a fairly small cookbook, not overwhelming like so many, and picking a recipe for any given meal feels simple and fun. It helpfully categorizes recipes by things like dietary restriction (e.g., vegetarian, gluten-free) as well as timing/use (e.g., pre-run fueling, post-run recovery). The photos are lovely. You feel healthier just flipping through the pages. I am a runner, but just gave this book to my elderly mother, who loves it!

Great variety of recipes! It's really neat how they label pre run, recovery. It helps! Most of the recipes are actually decent with out ingredients that are hard to find.

Currently loving my RW cookbook! A friend got it as a Christmas gift, and was always trying the recipes and talking about them. As a runner and someone who aims to eat nutritious meals, it has been a lot of fun to try the different recipes. They are packed with flavor, and not too over the edge - there's still a dessert section with some great eats :-) I'd recommend this book to anyone looking for some clean recipes packed with flavor, particularly athletes looking to watch their diet.

I usually only give five stars to books by dead people. This cookbook is a great resource for runners trying to eat to run. The recipes are quick, the ingredients accessible, and the writers take a practical approach to fueling the runner. There are vegetarian and vegan options as well as some treats. Every recipe I've tried has been delicious and full of flavor. Additionally, each recipe is designated as pre run, recovery, and other sub categories, to help you time your carb to protein intake. All this dietary goodness and all these miles and I still have a bowl full of jelly belly.

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