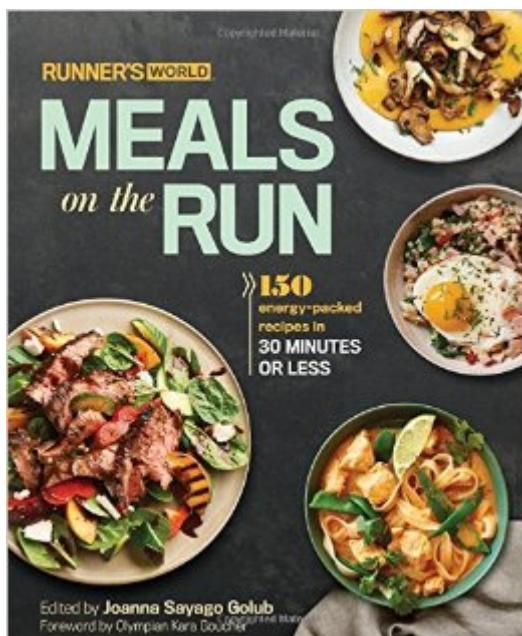


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# Runner's World Meals On The Run: 150 Energy-packed Recipes In 30 Minutes Or Less



## Synopsis

While all runners need to eat well to fuel their performance, most don't have the time to cook complex or labor-intensive meals to meet their unique nutritional needs. But if you've got 30 minutes, you can prepare fresh, delicious meals that will bolster your running and satisfy your appetite. *Meals on the Run* includes more than 150 healthy, energy-packed recipes that can all be prepared in small windows of time—some in 10 minutes or less! From simple snacks and smoothies to weeknight dinners, you'll find everything you need to get high-quality food on the table fast. If you follow a specialized diet—vegetarian, vegan, low-calorie, or gluten-free—or need your meals to match your training plan, each recipe is marked so you can easily see if a particular recipe fits your needs. Every delicious, healthy recipe in *Meals on the Run* features fresh, minimally processed ingredients that offer superior nutrition and taste. Once you get cooking, you'll find that fast meals can be synonymous with good taste, good health, and good running.

## Book Information

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## Customer Reviews

I recently started running and have found that now I am **ALWAYS** hungry. Since finding my new passion, I have a lot less time to spend in the kitchen creating the culinary masterpieces that I used to love. *Meals on the Run* is the perfect marriage of healthy/delicious and time saving recipes. So far, I've loved every single thing I've made and am delighted at the fact that I can be in and out of the kitchen in no time, allowing for me to never skip a run! The book is easy to read, with super clear instructions and beautiful images. These recipes keep me fueled and satisfied throughout my day, not to mention my fella likes them too! I really think runners and non-runners will all agree that the

recipes in it are top-notch. This is my favorite new cookbook hands down. GET IT!!

I was in such a cooking slump and this got me out of it. I don't get home from after work and the gym until around 7:30-8:00pm. By then I am not in the mood to cook something that is really involved, but I do want something that is healthy. This cookbook is filled with meals that take about 30 minutes or less to cook. I am so much more motivated to cook when I get home knowing it will be good, good for me, and quick to make. Highly suggest buying it.

Highly recommend this book! Great vegetarian and gluten free options! Each recipe has been delicious and easy to make. Kara Goucher's Kitchen Sink Pizza was the perfect recovery meal after a long run. The perfect gift for any runner or lover of tasty / healthy meals!

Wonderful cookbook, and I have really enjoyed it! As a vegetarian who has a hard time finding hearty recipes with a good balance of protein and fat, I was especially excited about the vegetarian and sides sections. Highly recommend!

I love the way this book is set up! It has the traditional breakdowns by type of meal, but it also has things labeled as recommended for pre-run or recovery. I'm kind of a picky eater and really appreciate that many of the recipes have things that I have in my kitchen already. The pictures are gorgeous. Hoping this helps me break out of my peanut butter bagel / recovery smoothie rut!

Offers a grand variety of recipes. Real, nutritious food, not full of plain white flour and other less healthy ingredients. Easy to make and tasty. Plus, it offers numerous little nutrition tips, such as noting that honey "contains oligosaccharides, a type of sugar that may promote the growth of healthy bacteria in the intestinal tract" in the recipe for Honey Energy Bars. The Warm Gingerbread Pudding is nearly worth the cost of the book alone. I discovered this when Runner's World magazine ran a few sample recipes. Usually, that's all I need, but when I looked into the book further, it was hard to pass it up.

Love, love, love this cookbook. Healthy, delicious, and easy recipes that keep me fueled during my long runs. I've been cooking my way through this book and have been stoked on all of it so far from the smoothies to Kara Goucher's pizza. And the pumpkin ricotta waffles are ridiculous.

I am most in love with the photos. They are beautiful and there are quite a few. The recipes I have tried have been yummy, especially the breakfast ones. The Cherry Almond Granola is my favorite granola I have ever had.

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