



The Grand Tour Cookbook

By Hannah Grant

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The long awaited ultimate performance cookbook, a modern classic, a must-have for all cycling aficionados serious about nutritional intake. With 350-pages of easy-to-prepare recipes containing allergy friendly, natural, unprocessed foods, The Grand Tour Cookbook is the ultimate companion in the kitchen for athletes. With 350-pages of easy-to-prepare recipes containing allergy friendly, natural, unprocessed foods, The Grand Tour Cookbook is the ultimate 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 to cook, what to eat and how to maximize athletic performance throughout the year. Hannah Grant has a background in modern sports nutrition and The Grand Tour Cookbook focuses on the challenges presented by the caloric requirements of an endurance athlete: solutions are presented that comprise a beneficial carbohydrate intake, a bounty of ideas to keep vegetables, proteins and good fats captivating and mouth watering. Maximise your performance by changing the way you eat - lose weight, get more energy, conquer those goals and become a successful rider. Acknowledged by the world s best restaurant executive head chef Rene Redzepi (NOMA, Copenhagen), the book also features insight and experience from Exercise Physiologist-Nutrition 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 body and mind and how they optimise performance through eating intelligently

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Editorial Review

Review

Eurosport International: Greg LeMond: "This is the number one book for cyclists, It's all about what you eat." --Eurosport International

As you might expect, every recipe is made from scratch and refined products such as sugar and white pasta are noticeably absent. Instead there is a feast of fresh vegetables and fruit as well as meat and fish. From evening meals to bread, salad dressing, race snacks (including home made hazelnut spread with 70% chocolate!) and even sugar-free carrot cake with vanilla yogurt and apricots: this is a recipe book for a very healthy life, as well as a treat for anyone who enjoys cooking. It cleverly balances insight - find out how the cyclists eat on race days and rest days, and be reassured by the fact that half of the cyclists struggle with their weight - with in-depth advice on sports performance nutrition. Meanwhile the tasty recipes will keep you coming back for more. They are beautifully photographed, easy to make and just delicious to eat. My copy has taken pride of place on the kitchen shelf, wedged between Anna Jones A Modern Way to Eat and Jamie at Home, and has become a go-to for mouth watering suppers and healthy snacks. --Velovixen Blog

perhaps the grand tour cookbook would be the best investment you ever make The photography pertaining to each meal is quite exemplary. printed on heavyweight art paper, the illustrations will have the reader salivating over several, if not all of the examples shown. the serious contemporary cyclist spends a large fortune on carbon fibre, virtually spokeless wheels and apparel that all but defies aerodynamic drag. this might all amount to very little if the engine isn't firing on all cylinders in the first place. --The Washing Machine Post blog

About the Author

Hannah Grant (b.1982), is an accomplished chef from Copenhagen, with experience ranging from modern Danish-French restaurants to the world's top restaurant Noma and the kiteboarding expedition boat, Offshore Odysseys. She has been with the world tour pro cycling team Tinkoff Saxo since 2011 and is working in parallel with Danish morning TV as well as developing recipes for a number of sports publications.

Users Review

From reader reviews:

Phillip Ruiz:

This The Grand Tour Cookbook book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is information inside this guide incredible fresh, you will get details which is getting deeper you actually read a lot of information you will get. This The Grand Tour Cookbook without we recognize teach the one who studying it become critical in considering and analyzing. Don't become worry The Grand Tour Cookbook can bring when you are and not make your case space or bookshelves' turn out to be full because you can have it with your lovely laptop even mobile phone. This The Grand Tour Cookbook having very good arrangement in word in addition to layout, so you will not sense uninterested in reading.

Peter Holmes:

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Lanell Sessions:

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Bryon Diaz:

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