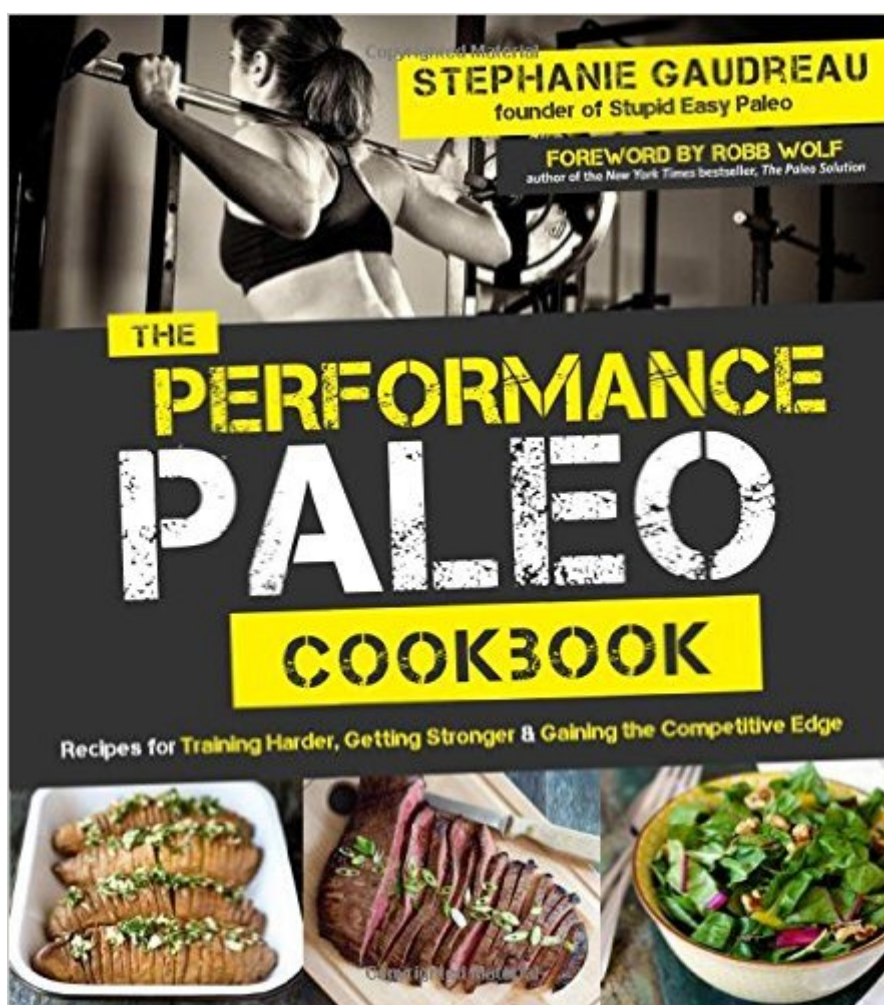


The book was found

The Performance Paleo Cookbook: Recipes For Training Harder, Getting Stronger And Gaining The Competitive Edge



Synopsis

DELICIOUS, NUTRIENT-PACKED MEALS TO FUEL A BETTER PERFORMANCE You train hard to perform well; your food should fuel the process and taste good, too. The Performance Paleo Cookbook gives you all the information and recipes you need to prepare delicious food that will help you get stronger today. When you train, your body needs the right combination of nutrients-whether it's to support your workout or to aid in recovery. Following a Paleo-based diet with smart modifications for training is the best way to maximize your workout so that you can get stronger and raise your performance. In this book you will get meal strategies based on your workout, meal combinations that pack a nutrient punch and recipes that will nourish you throughout your day-from pre-workout snacks to post-workout fuel and dozens of other carb-dense, nutrient-boosting meals to keep you at your best. And with 100 delicious recipes like Mocha-Rubbed Slow Cooker Pot Roast, Honey Garlic Lemon Chicken Wings, Baked Cinnamon Carrots, Savory Salt & Vinegar Coconut Chips and Banana Fudgesicles, who says healthy food has to taste bad? No matter how you choose to test the limits of your body, The Performance Paleo Cookbook has got your back with tasty, energizing food to help you train harder, recover faster and perform better.

Book Information

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Customer Reviews

The "Paleo Diet" may have started out in the common vernacular and understanding as another way of eating to promote weight loss, but it is now so much more. People like myself have discovered that eating whole and unprocessed foods similar to what our ancient ancestors might have eaten has tremendous healing benefits, and helps healthy people fuel their bodies more

effectively for athletic performance. It only makes sense that eating what our bodies evolved to thrive on would make us healthy and strong, doesn't it? And yet, somewhere along the way athletes started believing that artificially flavored, chemically enhanced, and highly processed supplements, bars, and beverages were a necessary element of getting strong and competitive. The Performance Paleo Cookbook aims to prove that a diet of whole foods rich in micronutrients and low in pro-inflammatory elements, consisting of meat, seafood, eggs, vegetables, fruits, and healthy fats, provides everything a competitive athlete (or weekend warrior) needs and packages it in a way that works for busy folks without hours to spend in the kitchen. The book includes more than 100 ideas for pre- and post-workout eats, meat-based dishes, carb-dense sides, tons of veggies, and sauces. Each recipe includes macronutrient breakdowns and if you need meal planning inspiration, Stephanie has helpfully included a chart that suggests fifty different recipe combo ideas. One of the highlights in the introduction to the book are seven different meal strategies based on when during the day you typically work out, the demands of the rest of your day, and your preferences.

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