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Racing Weight Cookbook: Lean, Light Recipes for Athletes ...

" Racing Weight Cookbook is third in a series of guides by Matt Fitzgerald to help the endurance athlete lose your winter flab and get to be the lean, mean, cycling machine you imagine yourself to be. The cookbook includes 100 delicious-looking recipes, many of which can be prepared in under 15 minutes so you can hit the road."

Racing Weight Cookbook: Lean, Light Recipes for Athletes ...

1Combine all ingredients except peas in a slow cooker and stir. Cover and cook on low heat for 6 hours. Stir in peas when stew is done (the hot stew will cook them). Per serving: 319 calories, 6 g fat, 29 g total carbohydrate, 6 g dietary fiber, 37 g protein.

RACING WEIGHT - VeloPress

Lean, Light Recipes for Athletes. 2014. Racing Weight Cookbook delivers more than 100 flavorful, easy recipes for athletes that will help you hit your ideal weight without compromising your performance. Whatever your training demands, Racing Weight meals make it simple to dial in the right mix of carbs, fat, and protein and satisfy your appetite.

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