THE FEED ZONE COOKBOOK

Fast and Flavorful Food for Athletes

BIJU THOMAS & ALLEN LIM

Copyright © 2011 by Biju Thomas and Allen Lim

All rights reserved. Printed in China.

No part of this book may be reproduced, stored in a retrieval system,
or transmitted, in any form or by any means, electronic or photocopy
or otherwise, without the prior written permission of the publisher except
in the case of brief quotations within critical articles and reviews.

velopress®

3002 Sterling Circle, Suite 100
Boulder, Colorado 80301-2338 USA
(303) 440-0601 ★ Fax (303) 444-6788 ★ E-mail velopress@competitorgroup.com

Distributed in the United States and Canada by Ingram Publisher Services

Library of Congress Cataloging-in-Publication Data
Thomas, Biju.
The feed zone cookbook: fast and flavorful food for athletes / Biju Thomas and Allen Lim.
p. cm.
Includes index.
ISBN 978-1-934030-76-9 (hardcover: alk. paper)
1. Athletes—Nutrition. 2. Cooking. I. Lim, Allen. II. Title.
TX361.A8T56 2011
613.2024796—dc23
2011028918

For information on purchasing VeloPress books,
please call (800) 811-4210 ext. 2138 or visit www.velopress.com.

★

Text set in Stainless and Caecilia.

11 12 13 / 10 9 8 7 6 5 4 3 2 1

CONTENTS

Foreword by Levi Leipheimer ix
Foreword by Timmy Duggan xi
Introduction by Allen Lim xii

Breakfast 28
Portables 82
Après 110
Dinner 170
Desserts 250
Basics 268

Appendixes 296
Index 305
Acknowledgments 312
About the Authors 314
Credits 316

In the Feed Zone Lab

8 FOOD TIMING
What to eat and when to eat it . . .
PRE-WORKOUT› See Breakfast menu
WORKOUT› See Portables menu and select handhelds
POST-WORKOUT› See Après menu

10 HOW HUNGRY ARE YOU?
Counting calories and managing hunger

13 DIVERGENT IDEAS ON DIET
Carbohydrate, gluten-free, and vegetarian

17 HYDRATION

In the Feed Zone Kitchen

18 HOW WE USE MACRONUTRIENTS
Carbohydrates, protein, and fat

19 BUILDING YOUR PLATE

20 FEED ZONE COOKING GUIDELINES
Smart substitutions, good shortcuts, reasonable indulgences, cooked and ready ingredients, recycling food

22 COMMON INGREDIENTS
What you should know about rice, eggs, sugar, and salt

26 THE ATHLETE'S KITCHEN
What you need to get started

Recipes Not to Miss

BREAKFAST MENU› Biju's Oatmeal ★ Mediterranean Pita ★ Sweet Potato and Egg Burrito ★ Rice and Eggs ★ Spanish Tortilla ★ Sweet Potato Pancakes

APRÈS MENU› Angel Hair with Bacon and Sweet Corn ★ Chicken Fried Rice ★ Pasta Salad with Walnuts and Blue Cheese ★ Lamb and Chickpea Stew

DINNER MENU› Steak and Eggplant Salad ★ Jalapeno and Potato Empanadas ★ Buffalo and Sweet Potato Tacos ★ Pizza with Spinach, Eggs, and Anchovies ★ Meatball Sliders ★ Chicken Tikka Masala ★ Flatiron Steak with Mustard Sauce

DESSERTS MENU› Flourless Chocolate Cake

Portable Foods

SAVORY› Sweet Potato Cakes ★ Bacon Potato Cakes ★ Boiled Potatoes ★ Sweet Potato and Egg Burrito ★ Ham and Cheese Burritos ★ Allen's Rice Cakes ★ Chicken Sausage Rice Cakes ★ Cashew and Bacon Rice Cakes ★ Jalapeno and Potato Empanadas ★ Buffalo Curry Empanadas

SWEET› Fig and Honey Rice Cakes ★ Chocolate Peanut Coconut Rice Cakes ★ Almond and Date Rice Cakes ★ Orange Almond Macaroons ★ Bacon Muffins ★ Rice and Banana Muffins ★ Brown Rice Muffins ★ Waffle Ride Sandwich

At the Back

272 How to make cooked and ready foods
297 Nutrition for additions and alternatives
301 Conversions

"**BIJU'S RECIPES ARE MIND-BLOWINGLY SIMPLE,** BUT THEIR FLAVORS AND QUALITY ARE AS GOOD AS A FIVE-STAR RESTAURANT. . . . BIJU WILL INSPIRE YOU TO WANT TO COOK." *—Matthew Busche, RadioShack pro cycling team*

"**ALLEN LIM HAS ALWAYS PREACHED EATING REAL, NATURAL FOODS** AS THEY PROVIDE FAR MORE OF WHAT WE NEED FOR ENERGY AND RECOVERY THAN ANY SUPPLEMENT. . . ." *—Lucas Euser, Team SpiderTech*

SERVINGS› 10
TIME› 30 minutes

Allen's Rice Cakes

I started making these rice cakes at training camps and races to give riders something savory and fresh to eat while on the bike. They became a huge hit since almost everything the riders ate was pre-packaged and sweet. Not only are these rice cakes delicious, they also provide a consistent energy source that doesn't upset the stomach.

2 cups uncooked calrose or other medium-grain "sticky" rice

3 cups water

8 ounces bacon

4 eggs

2 tablespoons liquid amino acids or low-sodium soy sauce

brown sugar

salt and grated parmesan (optional)

1. Combine rice and water in a rice cooker.
2. While rice is cooking, chop up bacon before frying, then fry in a medium sauté pan. When crispy, drain off fat and soak up excess fat with paper towels.
3. Beat the eggs in a small bowl and then scramble on high heat in the sauté pan. Don't worry about overcooking the eggs as they'll break up easily when mixed with the rice.
4. In a large bowl or in the rice cooker bowl, combine the cooked rice, bacon, and scrambled eggs. Add liquid amino acids or soy sauce and sugar to taste. After mixing, press into an 8- or 9-inch square baking pan to about 1½-inch thickness. Top with more brown sugar, salt to taste, and grated parmesan, if desired.

Cut and wrap individual cakes. Makes about 10 rice cakes.

TIP We always use calrose rice, a strain of medium-grain rice common in Asian cooking. This variety cooks fast (in 20 minutes or less), retains a nutty flavor, and is just sticky enough to hold our cakes together. If you can't find it, use another medium-grain rice or any kind marked "sushi rice."

PER SERVING (1 cake)› **Energy** 225 cal • **Fat** 8 g • **Sodium** 321 mg • **Carbs** 30 g • **Fiber** 1 g • **Protein** 9 g

About the Authors

BORN IN SOUTH INDIA, BIJU THOMAS first came to the United States at the age of three. Part of a large extended family, including five siblings and several cousins, he learned to love food by watching his mother and grandmother cook for and feed large groups with ease. The entire family found joy and comaraderie in cooking, constantly upstaging one another in the kitchen.

A self-taught chef, Biju soon discovered he had a deep passion for cooking. He began working in restaurants at age 15, moving quickly to the top of his field as an in-demand chef in Colorado, and then finally as an instructor and consultant to the industry, writing menus and helping to start restaurants around the country.

However, he had another great passion—cycling. Growing up in Colorado in the 1980s meant that he was surrounded by many of the greats of American cycling, including the 7-Eleven team and a generation of young cyclists who went on to define the sport.

In an attempt to marry his two greatest passions, Biju began to work with various cycling- and sports-related fund-raisers and events. This led him to Andy Hampsten, then to Jonathan Vaughters and an early Garmin pro cycling team, where he befriended Allen Lim.

Through those relationships, Biju has cooked and shared his love of food with many top cyclists, including Lance Armstrong; Levi Leipheimer; Tommy Danielson; Christian Vande Velde; and a new generation of riders, including Ben King and Matt Busche.

Biju contributes to MapMyRide and to other online media and various magazines while doing TV spots and heading up workshops and classes—all the while doing his best to remain a skinny chef on the roads around Boulder, Colorado.

"I WISH BIJU HAD COOKED FOR ME ALL THOSE YEARS I RACED BECAUSE IT WOULD HAVE MADE ME FASTER."

—Axel Merckx, former pro cyclist, Olympic medalist, and Belgian national champion

BORN IN THE PHILIPPINES, DR. ALLEN LIM began watching and helping his parents (who are originally from China) cook in the kitchen at the age of four—the same age that he taught himself to ride a bicycle. By age eight, Lim's affinity for food and cycling was in full bloom. He began spending hours on his dirt bike roaming the streets just outside of Los Angeles and teaching his parents classic Western recipes, like the Denver omelet, picked up at sleepover parties with his American friends.

This merging of cultures eventually led Lim to search for ways to turn his love for cycling and food into a legitimate career—a search that culminated with Lim earning his doctorate in 2004 in the Department of Integrative Physiology at CU Boulder. Having worked almost exclusively with professional cycling teams since 2004, Dr. Lim was the director of sport science for the RadioShack professional cycling team for the 2010 and 2011 seasons and formerly held the same title for the Garmin professional cycling team. He has the unique distinction of being the only American scientist to have worked and cooked at the Tour de France, guiding countless riders, including Floyd Landis and Lance Armstrong—controversial and inspiring winners of cycling's most prestigious race.

Through these experiences, Lim has come to know firsthand the complexity of sport—an arena where ambition, emotion, and culture can both fuel and oppose the practice of science, innovation, and fair play. These dichotomies have led Lim to look for ways to redefine his love for cycling and food as a legitimate tool for social change—a conversation he is eager to discuss on a ride or at the dinner table.

"SOME OF LIM'S FOODS ARE SCIENTIFIC AND OTHERS JUST FEEL GOOD, BUT ONE INGREDIENT WAS ALWAYS PRESENT: PASSION FROM THE ASIAN EQUATION."

—Christian Vande Velde, Team Garmin-Cervélo

HEALTH & FITNESS / NUTRITION > $24.95

THE FEED ZONE COOKBOOK is a no-fuss guide to preparing good food that will change the way endurance athletes eat.

With **refreshingly simple ingredients** that measure up to the demands of training and racing, Biju's recipes are easy to follow and big on flavor. His tantalizing mix of salty, sweet, and savory **satisfies an athlete's cravings and prepares the body for top performance**.

★ EAT LIKE THE PROS. FEED ZONE MEALS ARE THE **PERFECT BALANCE OF SCIENCE AND PRACTICE** FROM DR. ALLEN LIM AND CHEF BIJU THOMAS.

When **Dr. Allen Lim** left the lab to work with pro cyclists, he found a peloton weary of food. The sport's elite athletes were underperforming on bland fare and processed bars and gels. So Lim set out to make eating delicious and practical. His journey took him inside the kitchens of the Tour de France and delivered him to a dinner party where he met celebrated chef **Biju Thomas**.

Chef Biju and Dr. Lim vetted countless meals with the world's best endurance athletes. Now they share their energy-packed, wholesome recipes to make your meals easy to prepare, delicious to eat, and better for your performance.

velopress®
www.velopress.com

ISBN: 978-1-934030-76-9
52495
9 781934 030769