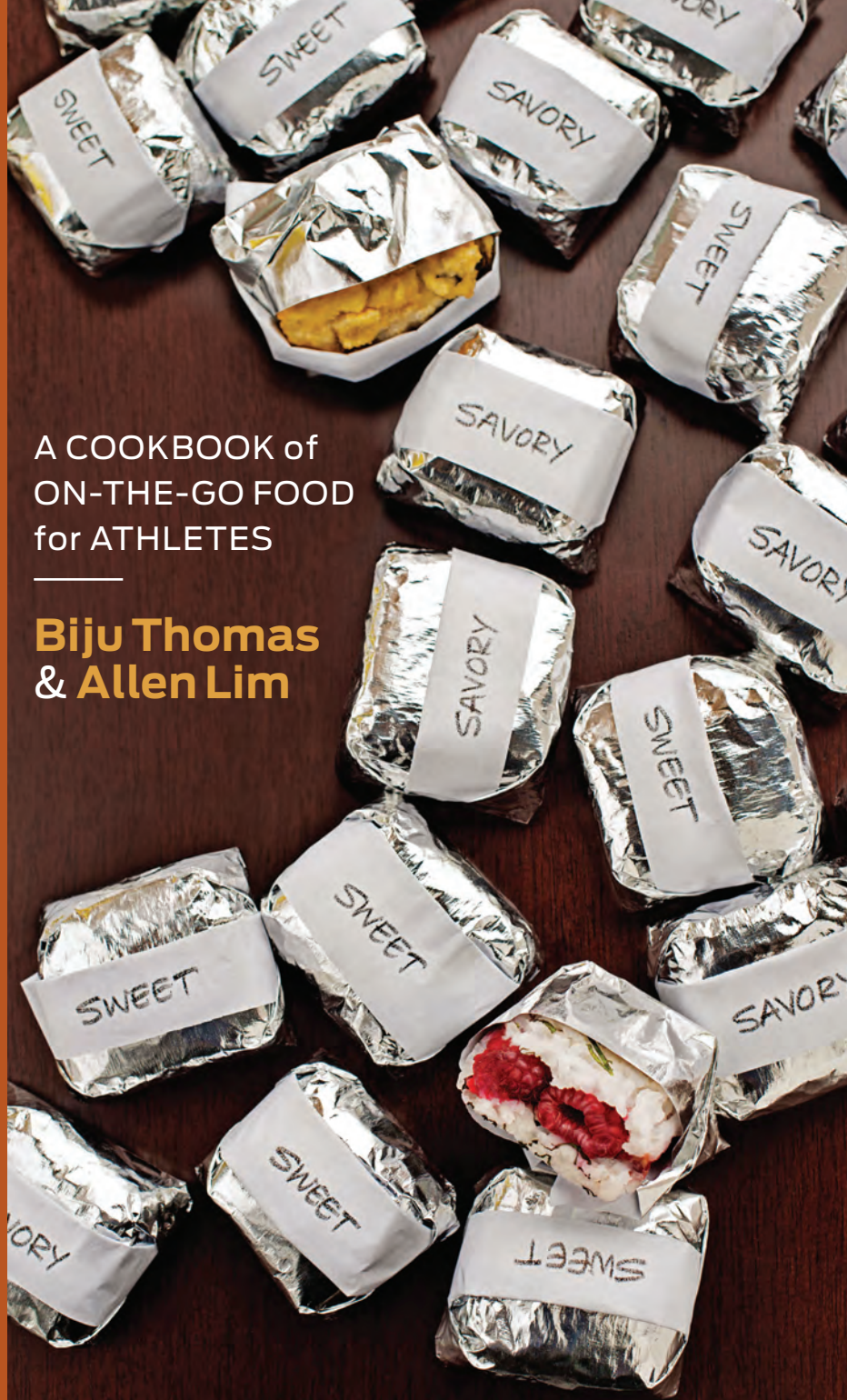


FEED ZONE PORTABLES

A COOKBOOK of
ON-THE-GO FOOD
for ATHLETES

Biju Thomas
& **Allen Lim**



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“THESE RECIPES ARE EASY, TASTY, EFFECTIVE, AND MADE WITH REAL LOVE FOR SPORT AND FOOD.”



GEORGE BENNETT *RADIO SHACK-LEOPARD-TREK PRO CYCLING TEAM*



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"GUT ROT IS NO LONGER AN EXCUSE IN TRIATHLON THANKS TO THE 'REAL FOOD REVOLUTION' CREATED BY ALLEN AND BIJU."



KRISTEN PETERSON *PROFESSIONAL TRIATHLETE*

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BLUEBERRY & CHOCOLATE COCONUT RICE CAKES

3 cups uncooked sticky rice
4½ cups water
¾ cup canned coconut milk
¼ cup raw sugar
juice of 1 lemon or other citrus
(~3 tablespoons)
1½ teaspoons coarse salt,
or to taste

6 ounces semisweet
chocolate chips
(half of a regular bag)
1 pint fresh blueberries

Combine rice, water, and a dash of salt in a rice cooker and let cook.

When the rice is finished cooking, transfer it to a large bowl and add coconut milk. Begin seasoning the rice with the sugar. The mixture should be slightly sweet to your palate (sometimes we use up to ½ cup of sugar). Squeeze in the lemon juice gradually, giving the mixture just a little bit of bite. Stir the rice mixture thoroughly and add salt to taste.

Once the rice has mostly cooled, spread half of the mixture into a 9" × 12" baking pan and press flat with a rice paddle. Then sprinkle the chocolate chips and berries evenly atop the rice. Gently press the remaining rice onto the berries and chocolate to create the second layer.

Let set up for a few minutes, then cut into squares and wrap.



Canned **COCONUT MILK** is thicker and creamier than the coconut milk found in the refrigerated section of your grocery store.

PER SERVING> Energy 249 cal, Fat 6 g, Sodium 194 mg, Carbs 45 g, Fiber 2 g, Protein 4 g, Water 65%



Food athletes crave, made from scratch

Real food is a revolutionary idea in a sports world crowded with bars, blocks, and gels making bold claims about performance. While working in the trenches of professional cycling, physiologist Allen Lim found a growing number of riders setting aside prepackaged “food” they were paid to promote in favor of small sandwiches, fresh pastries, and even leftover pizza. When the menu changed, no one could argue with the race results.

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