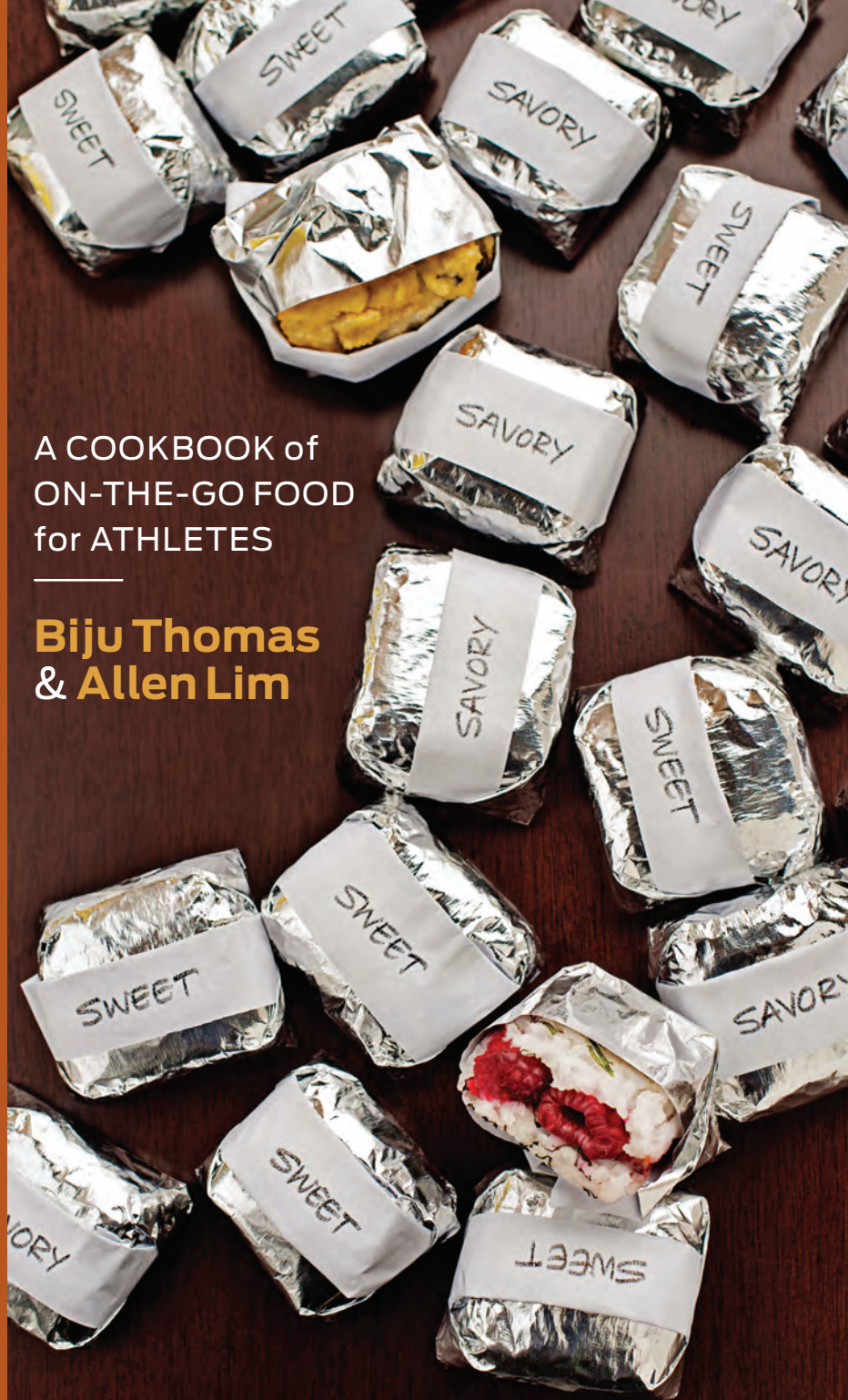


# FEED ZONE PORTABLES

A COOKBOOK of  
ON-THE-GO FOOD  
for ATHLETES

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**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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## CRISPY RICE OMELET

1 tablespoon olive oil  
**COOKED** 1 cup cooked rice  
6 eggs  
1½ teaspoons grated parmesan  
coarse salt and pepper to taste

Liberally coat a medium nonstick sauté pan with olive oil and place it over high heat.

Once the pan is hot, add the cooked rice to the sauté pan, spread evenly, and cook until crisp (about 3 minutes). Lightly beat the eggs in a medium bowl and pour over the rice. Mix gently, then let the eggs begin to set up.

Loosen the edges of the omelet with a spatula as you tilt the pan, allowing the uncooked eggs to fill in around the edges. Cover and cook until the eggs in the center of the pan set up, or finish in the oven at 350 degrees for about 5 minutes. Top with grated parmesan and a hearty shake of coarse salt and pepper.

*Cut into 6 triangles. Let cool to the touch before wrapping. Store extras in the refrigerator.*

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**PER SERVING** Energy 133 cal, Fat 8 g, Sodium 268 mg, Carbs 7 g, Fiber 0 g, Protein 8 g, Water 46%



## 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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