



# The Grand Tour Cookbook

*Hannah Grant*

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## **The Grand Tour Cookbook** Hannah Grant

The long awaited ultimate performance cookbook, a modern classic, a must-have for all cycling aficionados serious about nutritional intake. With 350-pages of easy-to-prepare recipes containing allergy friendly, natural, unprocessed foods, The Grand Tour Cookbook is the ultimate companion in the kitchen for athletes. With 350-pages of easy-to-prepare recipes containing allergy friendly, natural, unprocessed foods, The Grand Tour Cookbook is the ultimate companion in the kitchen for athletes. Based on actual food prepared for professional cycling s grueling 3-week Grand Tours including the Giro, Tour de France and the Vuelta, this book is a guide on how to cook, what to eat and how to maximize athletic performance throughout the year. Hannah Grant has a background in modern sports nutrition and The Grand Tour Cookbook focuses on the challenges presented by the caloric requirements of an endurance athlete: solutions are presented that comprise a beneficial carbohydrate intake, a bounty of ideas to keep vegetables, proteins and good fats captivating and mouth watering. Maximise your performance by changing the way you eat - lose weight, get more energy, conquer those goals and become a successful rider. Acknowledged by the world s best restaurant executive head chef Rene Redzepi (NOMA, Copenhagen), the book also features insight and experience from Exercise Physiologist-Nutrition Scientist Stacy T Sims, MSc, PhD, World Tour riders: Alberto Contador, Peter Sagan, Michael Rogers, Nicholas Roche, Ivan Basso, Roman Kreuziger, Michael Valgren, Christoffer Juul, and Body Therapist Kristoffer Glavind Kjær. Read opinions on food and nutrition for body and mind and how they optimise performance through eating intelligently

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