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Tel: +44 (0) 1394 389950
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Eat Race Win

Hannah Grant

ISBN	9788799816910
Publisher	Helmin Publishing
Binding	Hardback
Territory	World excluding Denmark
Size	278 mm x 218 mm
Pages	338 Pages
Price	£20.00

- Eat like the professional cycle riders
- Author is former head chef of the Saxo-Tinkoff pro cycling team
- The ultimate companion for athletes

The Ideal book for runners, triathletes and bike riders. Whether you are training to beat your personal best or competing for the trophy this book has got you covered! With 350 pages and more than 150 recipes ***Eat Race Win*** will keep you on top year round – and your family asking for more. Written by six-time grand tour winning performance chef Hannah Grant and sports physiologist Dr. Stacy Sims. Minimise food waste and optimise performance: Learn how to turn left over carbs into new and exciting meals the day after.

Hannah Grant is a trained chef and has worked at, among other places, Noma. For five years, she was the chef for Bjarne Riis' cycling team, Saxo-Tinkoff, where she took part in a number of Grand Tours. She has also been a chef at the Dakar Rally and has won a Daytime Emmy Award for the Amazon Prime show *Eat Race Win*.

Published 27th Aug 2025