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The New Grand Tour Cookbook 2

Hannah Grant

ISBN	9788794190206
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Size	278 mm x 218 mm
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- Eat like the professional riders
- Author is former head chef of the Saxo-Tinkoff pro cycling team
- The ultimate companion for athletes

The ultimate Tour de France performance cookbook and a must-have for all cycling aficionados serious about nutritional intake. With 350-pages of easy-to-prepare brand new 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 gruelling 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 maximise 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.

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*.







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