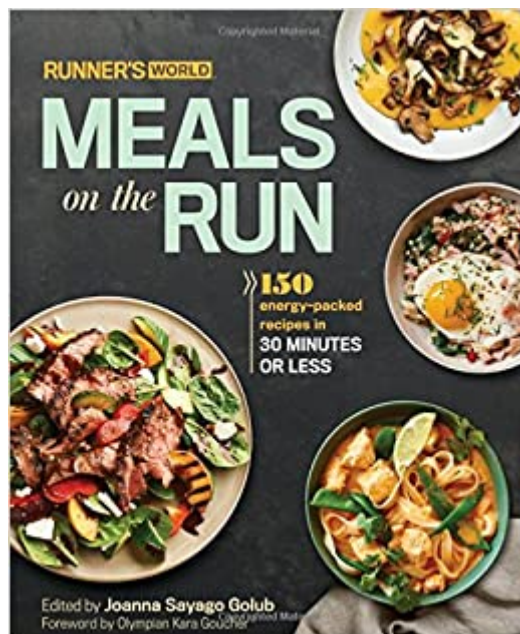




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Runner's World Meals On The Run: 150 Energy-packed Recipes In 30 Minutes Or Less



Synopsis

While all runners need to eat well to fuel their performance, most don't have the time to cook complex or labor-intensive meals to meet their unique nutritional needs. But if you've got 30 minutes, you can prepare fresh, delicious meals that will bolster your running and satisfy your appetite. *Meals on the Run* includes more than 150 healthy, energy-packed recipes that can all be prepared in small windows of time—some in 10 minutes or less! From simple snacks and smoothies to weeknight dinners, you'll find everything you need to get high-quality food on the table fast. If you follow a specialized diet—vegetarian, vegan, low-calorie, or gluten-free—or need your meals to match your training plan, each recipe is marked so you can easily see if a particular recipe fits your needs. Every delicious, healthy recipe in *Meals on the Run* features fresh, minimally processed ingredients that offer superior nutrition and taste. Once you get cooking, you'll find that fast meals can be synonymous with good taste, good health, and good running.

Book Information

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Customer Reviews

Joanna Sayago Golub is the nutrition editor of *Runner's World*. She resides in Pennsylvania.

Best cook book ever! My wife and I loved the pizza recipe in here!

Great cookbook to keep me fueled while marathon training

We have loved every recipe - and cook from this book several times a week.

I loved the original Runner's World cookbook and was excited to see this new book. I gave this to my kids as a gift in addition to a copy of my own. I have tried several recipes and have been very pleased. They are quick, nutritious, and delicious!

Really great variety of recipes, all very easy to prepare, and a lot of overlapping ingredients so less to shop for at the grocery store. And everything seems very healthy. Great cookbook in general, and super nice that it's catered to runners!

Best cookbook ever! No dud recipes and everything is super easy to make! Cannot recommend this book enough!

Awesome recipes Healthy and tasty recipes! I love this cookbook. I also bought it for a running friend and she loves it as well.

Looks perfect for quick and easy meals.

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