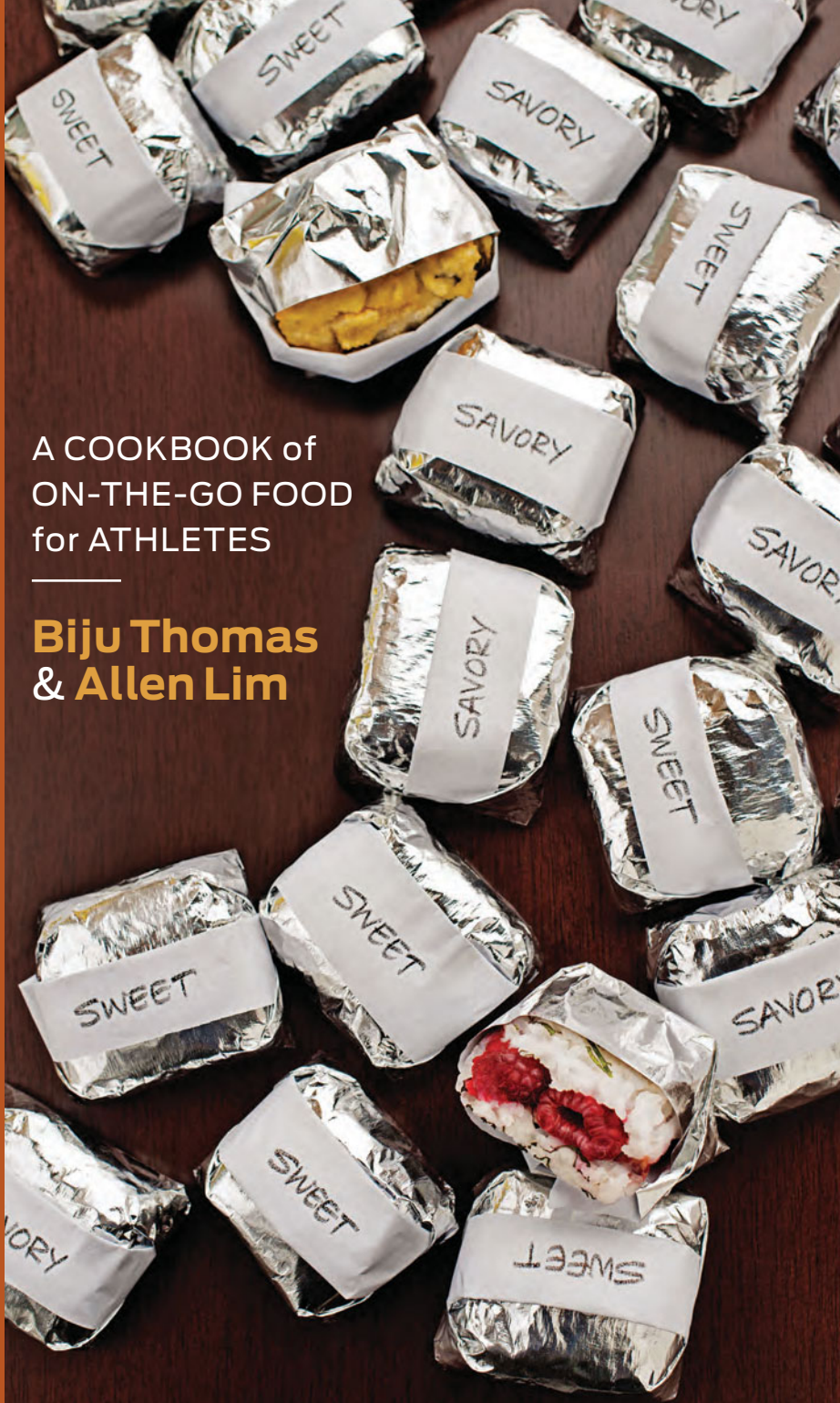


# FEED ZONE PORTABLES

A COOKBOOK of  
ON-THE-GO FOOD  
for ATHLETES

**Biju Thomas  
& Allen Lim**



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3002 Sterling Circle, Suite 100  
Boulder, Colorado 80301-2338 USA  
(303) 440-0601 \* Fax (303) 444-6788  
E-mail [velopress@competitorgroup.com](mailto:velopress@competitorgroup.com)

Distributed in the United States and Canada  
by Ingram Publisher Services

Library of Congress  
Cataloging-in-Publication Data

Thomas, Biju.

Feed zone portables : a cookbook of on-the-go  
food for athletes / Biju Thomas & Allen Lim.

pages cm

Includes index.

ISBN 978-1-937715-00-7 (hardback)

1. Athletes--Nutrition. 2. Snack foods. I. Title.

TX361.A8T56 2013

641.5'3--dc23

2013003073

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books, please call (800) 811-4210 ext. 2138  
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13 14 15 / 10 9 8 7 6 5 4 3 2 1



# CONTENTS

## Forewords

☆ Taylor Phinney *xii*

☆ Tim Johnson *xiv*

## Preface *xvi*

## INTRODUCTION by Allen Lim, PhD 1

Do You Really Need to Eat That? 4

Hydration› Why Sweat Matters 18

Do We Drink or Eat Our Calories? 22

Why Solid Food Is Not the Same as Liquid Food 38

What Makes a Great Portable? 52

## PORTABLES RECIPES

Rice Cakes 65

Baked Eggs 97

Two-Bite Pies 115

Baked Cakes & Cookies 143

Griddle Cakes, Pancakes & Waffles 171

Aha! Portables 197

Take & Make 231

## Appendixes

☆ A› Nutrition Facts for Recipes 249

☆ B› Nutrition Facts for Additions & Alternatives 253

☆ C› Conversions 259

Index 261

Acknowledgments 268

About the Authors 270

Credits 272



## RICE CAKES

### SAVORY

- The Denver Rice Cake 72
- Red Lentil Rice Cakes 74
- Masala Chicken Rice Cakes 80
- Swiss Rice Cakes 83
- Spiced Beef & Onion Rice Cakes 87

### SWEET

- Blueberry & Chocolate Coconut Rice Cakes 89
- Raspberry & Mint Rice Cakes 90
- Cinnamon Apple Rice Cakes 93
- PB&J Rice Cakes 94



**“THESE RECIPES ARE EASY, TASTY, EFFECTIVE, AND MADE WITH REAL LOVE FOR SPORT AND FOOD.”**



**GEORGE BENNETT** *RADIOSHACK-LEOPARD-TREK PRO CYCLING TEAM*



## BAKED EGGS

- Basic Baked Eggs 101
- Rice Soufflé 105
- Mushroom & Swiss Frittata 106
- Potato & Leek Frittata 109
- Spinach & Zucchini Frittata 110
- Crispy Rice Omelet 113

## TWO-BITE PIES

### PIE CRUSTS

- Traditional Pie Crust 118
- Gluten-Free Pie Crust 120
- Warm Dough 135
- Quick Crust 136

### PIE PREP

- Turnover Pies 119
- Muffin-Tin Pies 121

### SAVORY FILLINGS

- Beef & Sweet Potato 123
- Curry Potato & Chicken 124
- Black Bean & Peanut Molé 129
- Golden Beet & Chicken Pot Pie 133

### SWEET FILLINGS

- Apple 139
- Blueberry 139
- Strawberries & Cream 139
- Banana Walnut 139



## BAKED CAKES & COOKIES

### SAVORY

- Sausage & Potato Cakes 146
- Spinach & Red Pepper Polenta Cakes 149
- Crispy Grits 150
- Mushroom & Thyme Bread Cake 153

### SWEET

- French Toast Cakes 156
- Chocolate Cakes 158
- Spiced Pumpkin Cakes 163
- Sweet Cream Grits 164
- Snickerdoodle Cookies 167
- Nut Butter Cookies 167
- Chocolate Chip Cookies 168

## GRIDDLE CAKES, PANCAKES & WAFFLES

- Griddle Cakes 174
- Scallion Pancakes 176
- Mashed Potato Cakes 179
- Sweet Corn Cakes 181
- Carrot Waffles 183
- Beet Juice Waffle Sandwiches 184
- Cheesy Potato Waffles 189
- Banana Waffles 190
- Sweet Potato Cakes 194



"GUT ROT IS NO LONGER AN EXCUSE IN TRIATHLON THANKS TO THE 'REAL FOOD REVOLUTION' CREATED BY ALLEN AND BIJU."



KRISTEN PETERSON *PROFESSIONAL TRIATHLETE*

## AHA! PORTABLES

- Pizza Rolls 201
- Cinnamon Rolls 201
- Basic Dough 203
- Baked Pasta 204
- Blueberry Kugel 207
- Idli 229

### BAKED RICE BALLS

- Date & Almond 210
- Lemon Ricotta 210
- Honey Banana 210
- Peaches & Coconut Cream 210
- Ham & Pineapple 212
- Barbeque Chicken 213

- Potato & Sweet Ginger 213
- Sweet & Sour Chicken 213
- Curry Pumpkin Date 213
- Spicy Black Bean 214
- Sweet Potato & Bacon 214

### STICKY BITES

- Cherry Chocolate 220
- Blueberry Coconut 220
- Carrot Cake 222
- Bitter Chocolate & Sea Salt 223
- Sesame Honey & Coconut 224
- Apple Pecan 226
- Banana Walnut 226

## TAKE & MAKE

- Portable Oatmeal 232
- Toasted Nut Mix 234
- Sweet Breakfast Burrito 237
- Liège Waffles 239
- Allen's Mochiko Krispies 240
- The Ride "Panini" 243
- Rolled Sandwiches 243



## PORTABLES HOW-TO'S

- ☆ What Makes a Great Portable? 52
- ☆ The Athlete's Kitchen 57
- ☆ Cutting Paper Foil 60
- ☆ Wrap It Up 62
- ☆ How to Make Perfect Sticky Rice 70
- ☆ Making the Most of Your Rice Cooker 77
- ☆ Layered Rice Cakes 84
- ☆ Fuss-Free Cooking with Muffin Tins 98
- ☆ Stack It! Baked Eggs & Carbs 103
- ☆ Fast-Track Your Pies 134
- ☆ How to Make a Quick Crust 136
- ☆ Change It Up! Baked Cakes Many Ways 144
- ☆ How to Shape Baked Rice Balls 216
- ☆ Storing & Wrapping Sticky Bites 227







## BLUEBERRY & CHOCOLATE COCONUT RICE CAKES

3 cups uncooked sticky rice  
4½ cups water  
¾ cup canned coconut milk  
¼ cup raw sugar  
juice of 1 lemon or other citrus  
(~3 tablespoons)  
1½ teaspoons coarse salt,  
or to taste  
  
6 ounces semisweet  
chocolate chips  
(half of a regular bag)  
1 pint fresh blueberries

Combine rice, water, and a dash of salt in a rice cooker and let cook.

When the rice is finished cooking, transfer it to a large bowl and add coconut milk. Begin seasoning the rice with the sugar. The mixture should be slightly sweet to your palate (sometimes we use up to ½ cup of sugar). Squeeze in the lemon juice gradually, giving the mixture just a little bit of bite. Stir the rice mixture thoroughly and add salt to taste.

Once the rice has mostly cooled, spread half of the mixture into a 9" × 12" baking pan and press flat with a rice paddle. Then sprinkle the chocolate chips and berries evenly atop the rice. Gently press the remaining rice onto the berries and chocolate to create the second layer.

*Let set up for a few minutes, then cut into squares and wrap.*



Canned **COCONUT MILK** is thicker and creamier than the coconut milk found in the refrigerated section of your grocery store.

PER SERVING › Energy 249 cal, Fat 6 g, Sodium 194 mg, Carbs 45 g, Fiber 2 g, Protein 4 g, Water 65%



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