CONTENTS

xiii Preface

1 An Introduction to the Racing Weight Program
21 Practical Tips to Get You Started
30 Racing Weight Recipes

240 Acknowledgments
241 Credits
242 Diet Quality Score Tables
243 Conversions & Equivalents
244 Nutrient Content Guide to Recipes
247 Index
255 About the Authors
BREAKFAST

37  Toast with Cottage Cheese & Raspberry Preserves
38  Peanut-Butter Granola
41  Oat Bran with Cherries & Almonds
43  Chocolate Chia Power Pudding
44  Tropical Mango Electrolyte Booster
48  Nut Butter & Banana Toast
51  Chocolate Peanut-Butter Banana Shake

LUNCH & DINNER

57  White Bean, Tomato & Cucumber Salad
59  Bean, Corn & Cheese Quesadilla
60  Black-Bean Burger Fajita Salad
63  Tomato & Beef Florentine Soup
64  Chipotle Chicken Avocado Wrap
67  Easy Eggplant Marinara
68  Cauliflower, White Bean & Cheddar Soup
71  Pear & Blue Cheese Salad with Walnuts
72  Rosemary Garlic Chicken
75  Garden Minestrone with Kale
76  Baked Portobello with Tomato
78  Pork & Pepper Sauce over Rotini
81  Spinach Salad with Red Quinoa
82  Greek Tortilla Pizza
85  One-Pot Quinoa, Chicken & Veggies
87  Portobello & Chicken Sausage Bowl
88  Beef & Butternut Squash Hash
91  Eggplant Primavera Sauce

CONCEPTS & TIPS
32  Breakfast Cereal Done Right
34  Winner’s Circle Yogurt
37  How to Know It’s 100% Whole Grain
46  Eggs 3 Ways
48  Peanut Butter and Other Nut Butters
51  Perfectly Ripe Bananas
54  5-Minute Burrito
71  Buying Prewashed Greens
82  What Makes a Good Tortilla?
THE ATHLETE WITH SOME COOKING EXPERIENCE

BREAKFAST

95 Lemon-Poppy Protein Bars
97 Mushroom & Pepper-Jack Egg Muffins
98 Apple-Bran Muffins
101 Blueberry-Walnut Pancakes
102 Pumpkin & Maple-Nut Oatmeal
104 Coconut-Banana Protein Bars
107 Broccoli-Cheese Omelet
109 Greena Colada Smoothie
110 Almond & Fruit Granola
112 Banana-Pecan Pancakes
114 Greens, Eggs & Yam

LUNCH & DINNER

122 Arugula, Barley & Blackberry Salad
124 Roasted Red Pepper & Red Lentil Soup
127 Beefy Stuffed Poblanos
128 Black Bean & Cheddar Burgers
130 Quinoa & Chickpea Salad
133 Chicken Souvlaki with Tzatziki Sauce
134 Lentil Salad
137 Lean Turkey Burgers
138 Steak with Charred Corn Salsa
140 Raspberry & Feta Salad with Wheat Berries
143 Asparagus & Blue Cheese Soup
145 Cod with Tomatoes, Dill & Feta
146 Wheat Berry Salad with Feta & Olives
149 Flaxseed & Herb-Crusted Chicken
151  Cashew-Crusted Salmon
153  Tomato-Basil Soup with Pearl Barley
154  Turkey Meatballs & Fettuccine
157  Beef-Vegetable Ragu over Spaghetti Squash
159  Two-Bean Pumpkin Chili
160  Sole with Lemon & Capers
160  Greek Potatoes
163  Beef Stew with Sweet Potatoes
164  Red Lentils with Kale & Tomatoes
166  Individual Meat Loaves
168  Sour Cream & Onion Mashed Cauliflower

CONCEPTS & TIPS

104  Divide and Conquer
109  Why Use Protein Powder?
110  Dried Fruit, Hold the Sugar
116  Eat Healthy Anywhere
120  Brown Rice 4 Ways
151  Wild Versus Farmed Salmon
169  Variety Without Hassle
THE ATHLETE WHO LOVES TO COOK

BREAKFAST

173  Raspberry-Pear Smoothie
175  Cinnamon-Raisin Wheat Berry Bowl
176  Pumpkin Spice Muffins
179  Vegetable Frittata
181  Fig & Bran Bars
182  Raspberry Scones
184  Apple-Raisin Bars
187  Almond-Crusted French Toast with Berries
189  Nectarine & Sweet Cheese–Stuffed French Toast
190  Scrambled Eggs with Cheddar & Apple
193  Vanilla-Chai Oatmeal Bars
194  Spiced Sweet-Potato & Almond Smoothie
197  Crustless Kale Quiche
198  Blueberry Spelt Quick Bread
200  Savory Zucchini Pancakes
202  Homemade Turkey Sausage Patties

LUNCH & DINNER

206  Curried Chicken Salad with Pistachios
206  Chickpea-Flour Crackers
208  Carrot & Cremini Soup
211  Apple, Blueberry & Chicken Salad with Glazed Pecans
212  Seared Tuna with Mango-Cucumber Salsa
214  Autumn Stuffed Acorn Squash
217  Millet with Herbs & Roasted Tomatoes
219  Apricot, Basil & Goat Cheese–Stuffed Chicken
221  Root Vegetables with Rosemary & Olive Oil
223  Quinoa "Fried Rice"
223  Wasabi Meatballs
225  Spinach & Feta Pie with Chickpea-Flour Crust
226  Salmon Cakes
226  Wild Rice with Onion & Thyme
228  Soba Noodles with Beef, Asparagus & Mushrooms
231  Asian Chicken with Peanut Sauce
232  Thai Green Curry with Shrimp & Scallops
235  Curried Lentils & Couscous
237  Roasted Chicken
238  Mushroom Quinoa

CONCEPTS & TIPS

179  Sunday Chopfest
203  A Well-Stocked Freezer
239  Smart Tips for Food Storage
PREFACE

This is not a typical cookbook. It is a cookbook for endurance athletes, who are as different from other categories of eaters as bicycle seats are different from recliners. Cyclists, cross-country skiers, rowers, runners, swimmers, and triathletes have special dietary goals and nutritional needs that are not shared by their nonathlete friends. These unique dietary requirements—especially as they relate to the goal of performance weight management—are thoroughly addressed in my book Racing Weight: How to Get Lean for Peak Performance. This cookbook presents original recipes that are consistent with the guidelines offered in that book. Of course, these recipes may also serve as healthy meals for any nonathletes in your household, but they were created especially for athletes like you.

Most cookbooks are written for people who have a preexisting interest in cooking. The Racing Weight Cookbook does not presume such an interest because it is intended to enable all endurance athletes, regardless of cooking experience, to feed themselves in a way that conforms to the Racing Weight system. While there are plenty of recipes in the following pages that will appeal to experienced cooks, there are also many that require no special kitchen skills. My highest priority in putting together this book was to ensure that it was useful even to those athletes who generally would rather wash up after dinner than prepare it.

In this regard, my own limited cooking abilities were an advantage. Never drawn to the kitchen, I managed to put off learning how to cook until after I graduated from college. I hadn’t been at it very long when I developed persistent stomach pains. Eventually I deduced that the discomfort was caused by pasta sauce. It wasn’t that my stomach was especially sensitive to the acids in tomatoes.
The problem, rather, was that I was eating the same meal every single night: spaghetti with ground turkey mixed into Ragú Chunky Gardenstyle Primavera Sauce and a giant stalk of steamed broccoli on the side.

I realized then that in order to be truly healthy, I needed to break out of my comfort zone and learn how to prepare some other kinds of meals. I did not exactly become Wolfgang Puck, but I very slowly added simple meals to my repertoire. I took shortcuts at every opportunity, such as buying canned soups and adding veggies to them instead of making my own soups from scratch. The one thing I refused to do was lower my nutritional standards. Through this combination of laziness and high standards I learned lots of little tricks that enabled me to fuel my body for maximum health and performance without spending more time than I could bear stirring the contents of saucepans. All of the tricks and shortcuts I’ve picked up over the years are shared in the Racing Weight Cookbook. If you can use a can opener, you can use this resource to take control of your diet and reach your optimal racing weight.

Having said this, I hasten to add that cooking is like endurance training (and most other pursuits): The more you put into it, the more you get out of it. Many years ago I had the good fortune to marry a woman whose enthusiasm for cooking has proved infectious. Together we eat a wide variety of enjoyable, healthy meals. This experience has taught me that every endurance athlete should be encouraged to go beyond the basics and learn how to prepare some meals that offer as much pleasure as they do nutrition.

That’s why I did not write this book alone. Georgie Fear is an outstanding cook who creates original meal recipes almost daily for her own enjoyment and to share with the clients she serves as a dietitian and nutrition coach. She is also a fitness fanatic (and a former triathlete and ultrarunner) who understands the special dietary needs of endurance athletes. I’ve known and admired Georgie for years, and when it came time to choose a collaborator for this book, my list of candidates had only one name on it: hers. All of these recipes were tested and perfected in her kitchen. Thanks to her contributions, the Racing Weight Cookbook has as much to offer foodies like her as five-minute cooks like me.
If you’re like most people (including most endurance athletes), one of these three phrases accurately describes your relationship with cooking:

1. I don’t cook.
2. I have some cooking experience.
3. I love to cook!

The recipes in this book are categorized in three levels that align with these self-descriptions. Level 1 recipes are so simple that even folks who claim they don’t cook can put them together without acquiring new skills. Level 2 recipes are a bit more involved but still fall well within the comfort zone of those who have followed basic recipes before. Level 3 recipes are also simple enough to be followed by anyone who can read English but entail a few more steps and some less common ingredients that may be familiar mainly to those who enjoy spending time in the kitchen.

If you haven’t cooked before, start with the Level 1 recipes. You can practice the Racing Weight system successfully with these meals alone. Once you’ve gained a little confidence, you can advance to Level 2 and ultimately to Level 3 recipes. If you’re already a little more comfortable in the kitchen, start by drawing from both the Level 1 and Level 2 recipes. You will be ready to advance to Level 3 in no time. And if you’re an experienced cook, there are no limitations on which recipes you can use to adhere to the Racing Weight system. Just don’t assume that the Level 1 recipes are “too basic” for you. These meals are no less wholesome than the more sophisticated ones, and even the most avid cook needs a break sometimes.

If anyone had told me 20 years ago, when I was fighting stomach pain from eating too much pasta sauce, that one day I would coauthor a cookbook, I would have thought I was hallucinating. Then again, this is not your typical cookbook. It’s just the sort of cookbook that I would use (and will use) myself as a runner and triathlete who loves to eat; does not have a lot of time and energy to cook; and is always looking to get leaner, lighter, and faster. I believe that you will discover this to be the perfect cooking resource for you too.

So what are we waiting for? Let’s eat!

Matt Fitzgerald
AN INTRODUCTION TO THE RACING WEIGHT PROGRAM

Every endurance athlete has an ideal racing weight. This is defined as the combination of body weight and body fat percentage at which an athlete performs best. Typically athletes perform best when they carry just a little more body fat than the minimum that is required to sustain good health. That’s because excess body fat slows athletes down by increasing gravitational resistance, interfering with heat dissipation, and hindering performance in other ways.

Many endurance athletes struggle to reach their racing weight for more or less the same reasons that nonathletes struggle to reach a healthy body weight (for instance, poor food choices and overeating). While the reasons may be the same, the solutions are quite different. Some pursue their racing weight by following popular diets that don’t supply enough energy to fuel hard training. I created the Racing Weight program to help athletes reach their racing weight the right way.

The Racing Weight program is a set of six dietary, behavioral, and exercise guidelines designed to help endurance athletes reach their optimal body weight and body composition for racing. All six are widely practiced by the world’s most successful endurance athletes and are supported by current science.

1. Improve your diet quality
2. Manage your appetite
3. Balance your energy sources
4. Monitor yourself
5. Time your nutrition
6. Train for Racing Weight

There is nothing radical about the system; it simply works—which means a lot in an environment where all too many athletes are persuaded to try things that don’t work. What follows is the essential information you will need to put the program into practice.
BEEF STEW WITH SWEET POTATOES

6 SERVINGS // 20 MINUTES PLUS 6 HOURS COOKING TIME

Substituting sweet potatoes for white potatoes boosts nutrition content, and this stew also has more veggies than many beef stew recipes. It has a great nutrient profile for a postworkout meal.

2 pounds lean beef, cubed
1½ cups beef broth
14 ounces frozen pearl onions, peeled
6 carrots, peeled and cut into 1-inch chunks
8 ounces cremini mushrooms, quartered
1 large (12 oz.) sweet potato, peeled and cubed
3 cloves garlic, minced
1 tablespoon Worcestershire sauce
2 teaspoons paprika
½ teaspoon seasoned salt
½ teaspoon ground black pepper
½ cup frozen peas

1 Combine all ingredients except peas in a slow cooker and stir. Cover and cook on low heat for 6 hours. Stir in peas when stew is done (the hot stew will cook them).

Per serving: 319 calories, 6 g fat, 29 g total carbohydrate, 6 g dietary fiber, 37 g protein

+ CARBS Double the sweet potato (to 1½ pounds) and use 1 cup of peas for 69 g total carbohydrate.

DQS COUNT (per serving) VEGETABLES 2 LEAN MEATS & FISH 1