



Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less

Joanna Sayago Golub

[Download now](#)

[Read Online](#) 

Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less

Joanna Sayago Golub

Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less Joanna Sayago Golub

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.

Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less Details

Date : Published October 6th 2015 by Rodale Books

ISBN : 9781623365837

Author : Joanna Sayago Golub

Format : Hardcover 288 pages

Genre : Food and Drink, Cookbooks, Cooking, Nonfiction

 [Download Runner's World Meals on the Run: 150 energy-packed ...pdf](#)

 [Read Online Runner's World Meals on the Run: 150 energy-pack ...pdf](#)

Download and Read Free Online Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less Joanna Sayago Golub

From Reader Review Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less for online ebook

Leah says

If you subscribe to the magazine, there is very little new content here.

Sharon Huether says

I won this free book from Goodreads First reads. A great cookbook emphasizing on nourishing, quick and easy meals, only taking 30 minutes.

A salad really intrigued me, is the Jicama salad with red cabbage. It only has 42 calories per serving. There are many smoothie recipes, meals before you run, after running, vegan and vegetarian meals.

I think this cookbook would be useful for any one.

Bookerina Lovington says

I love this book! While I have definitely not tried all of the recipes in this book, everything I have tried so far is delicious, easy to make, and quick to make. The instructions are easy to follow, the book itself is attractive, and I would definitely recommend buying this.

Courtenay says

I received a free copy in exchange for an honest review.

While I haven't had the chance to try all the recipes in the book what I have tried has turned out very well. I'm not personally a runner however I am a vegetarian and am very conscious of trying to get enough protein in my diet. I was sure that I would have to adapt most the recipes however was pleasantly surprised to find they even had vegan recipes clearly labelled in the book. It was awesome that there were pictures for each recipe and the directions were very easy to follow. Overall this is a great cookbook and is suitable for anyone with any dietary restrictions as it labels whether it's gluten free, vegan, paleo etc.

Amanda Evans says

Looking forward to making some of the recipes and as a Weight Watcher I'm deeply grateful that so many of them will work with the Freestyle plan!

elizabeth says

This book is full of recipes that are stupid easy to make. Most of them are a short list of ingredients and short cooking times. Prep can take a little while on ones that require more chopping (or if you make your own mirepoix), but still feasible for a meal in under an hour. I've made a few and so far they've been good and not too confusing.

Each recipe also has a color-coded category label attached to it so you know where it fits best into your daily running and training regime as well as your dietary needs. I'm not kidding, this book is genius. The categories: prerun, recovery, vegetarian, vegan, gluten-free, hydrating, low-calorie, 5-minute fix, and 10 minutes tops. Useful!

Ginny says

This is a beautiful books full of wonderful recipes which are great for the runners in my life. I will share the recipes with anyone needing quick, energy-packed recipes.

Melanie Moreau says

I received a copy of this book via Goodreads giveaways.

I have to say that this book has a lot of good information and recipes. Although I am not a runner, I find the information relevant to anyone that exercises and wants to watch how/what they eat. I would highly recommend this book to those that fall into those areas.

Adrienne Twain-witton says

Of the handful of recipes I've tried from this book, all have been simple, successful, quick and nutritious. There's a pretty good selection of recipes for vegetarians and pescatarians, which is a nice departure from the usual death-by-chicken-breast collection in a lot of nutrition guides for athletes.

Lisa says

I got this for christmas from my awesome sister. I love everything somany good things to make and eat.

Katrice says

Loved their first cookbook and this is no different. Tasty recipes that I can't wait to come home and make after work.

D says

good enough suggestions.

Jim says

I think it's more accessible than Run Fast, Eat Slow. All of the recipes are pretty quick to make. The almond-cherry granola, bow ties with tomato, basil and avocado sauce and "baked" granola apples were excellent.

Saffana Anwar says

AMAZING Avocado dressing :)
