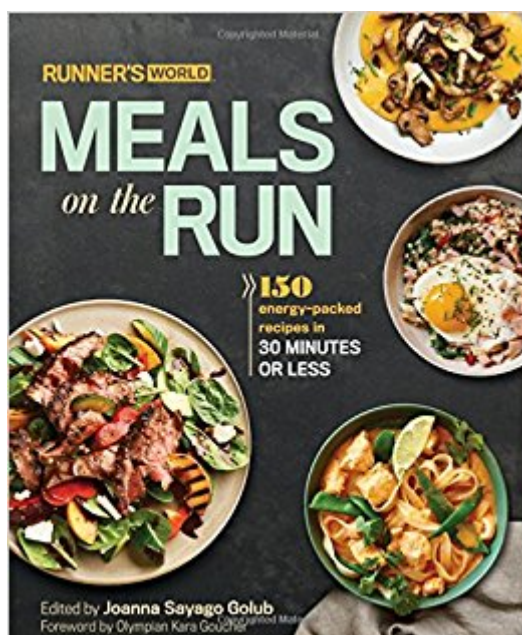


The book was found

# 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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Runner's World Meals on the Run: 150 energy-packed recipes in 30 minutes or less Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! The Maze Runner (Maze Runner, Book One) (The Maze Runner Series) Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Runner's World Train Smart, Run Forever: How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow

Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Cookbook) Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) A Modern Way to Cook: 150+ Vegetarian Recipes for Quick, Flavor-Packed Meals Run Patty Run: The Story of a Very Special Long-Distance Runner Who Lights the Way for Others Gluten Free Cookbook for Busy People on a Budget: 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes for Healthier Living series 1) Foods that Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, and Move You Towards Recovery Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers Quick Keto Meals in 30 Minutes or Less: 100 Easy Prep-and-Cook Low-Carb Recipes for Maximum Weight Loss and Improved Health

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