



Rocket Fuel: Power-Packed Food for Sports and Adventure

By Matthew Kadey RD

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In *Rocket Fuel*, award-winning dietitian Matt Kadey offers up delicious, creative, and convenient real-food recipes to power your everyday exercise and weekend adventures.

Kadey's ingenious *Rocket Fuel* foods?like easy-to-make muffins, bars, pies, bites, gels, smoothies, balls, wraps, and cookies?will inspire how you fuel for your favorite sports. Since studies show that real food works just as well as processed sports food products, you'll enjoy a huge variety of flavors and a healthier, more nutritious performance fuel that's free of artificial stuff and high price tags. Kadey's DIY performance foods include dozens of new flavors and innovative forms that ensure you'll always look forward to your next exercise snack.

Rocket Fuel is more than a cookbook of easy, healthy recipes. Kadey simplifies the rocket science of sports nutrition into easy-to-follow guidelines that will work for anyone in any sport or activity. *Rocket Fuel* foods are grouped into Before, During, and After Exercise so your body will get exactly what it needs at exactly the right times. For those with special dietary restrictions, each recipe is flagged as dairy-free, freezer-friendly, gluten-free, paleo-friendly, and vegetarian or vegan-friendly.

Rocket Fuel offers:

- 126 recipe ideas for power-packed foods, snacks, and light meals including bowls, puddings, wraps, sandwiches, bites, balls, squares, bars, drinks, patties, cakes, stacks, drinks, smoothies, shakes, soups, muffins, sliders, pies, rolls, DIY energy shots, and all-natural sports drinks.
- 33 Before, 43 During, and 50 After Exercise recipes
- 79 dairy free, 85 gluten free, 76 vegetarian, and 33 paleo-friendly recipes
- Smart-yet-simple sports nutrition guidelines for before, during, and after exercise
- Complete nutrition facts for every recipe

What you eat for energy can make the difference between an epic day or a

disappointment. *Rocket Fuel* makes it easy to power up for workouts, recharge during halftime, or stay energized on the trail.

Matt Kadey is a James Beard Award-winning food journalist, registered dietitian, and recipe developer. He has written for top health/fitness and sports magazines. Kadey holds a masters degree in sports nutrition and is the author of *Muffin Tin Chef* and *The No-Cook, No-Bake Cookbook*.

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Editorial Review

Review

“Rocket Fuel caters to athletes and active people seeking healthy, natural alternatives to the energy bar aisle.” ? **Gear Junkie**

“You barely have time to work out, let alone make a post-workout snack. But that doesn’t mean you have to settle for another boring packet of almonds, or a super-processed, super-sugary energy bar. Whip up any of these six easy-to-make, portable, post-exercise snacks from the new cookbook, *Rocket Fuel: Power-Packed Food for Sports and Adventure*, by registered dietitian Matt Kadey, and you’ll have delicious, take-anywhere eats. Bonus: all 6 snacks help your body keep muscle and burn fat.” ? **Prevention**

“Fuel up before, during, and after your run with homemade eats.” ? **Women’s Running**

“More than 80 simple and quick homemade fuel recipes for the everyday athlete.” ? **Competitor**

“As any serious athlete can attest to, what you eat before, during and after your intense workouts can have a profound effect on your performance in the gym and after your workout...Recipes from Kadey’s book are easy to make, taste delicious, and will help you fuel up to reach your goals.” ? **Oxygen magazine**

“Mostly, it’s research that inspired Matthew Kadey’s recipes...The registered dietitian also finds inspiration at the local market...Apart from the recipes, *Rocket Fuel* has great advice on fueling, including the timing of your pre-ride food, the number of carbs you should take in during the ride, and the mix of carbs and protein you should have after. *Rocket Fuel* is a great reference for any athlete.” ? **Canadian Cycling**

“Don’t settle for junk calories to squash those hunger pangs...Take your pre-workout snack up a gastronomic notch and reap the benefits of long-last energy.” ? **Muscle & Performance**

“You might be really, really tired of energy bars. If so, take a look at Matthew Kadey’s new book *Rocket Fuel*. In it, he shows how easily you can make snacks, smoothies, and energy bars yourself. The benefits are huge: You can tailor your power food to include ingredients you like.” ? **Vegetarian Times**

“*Rocket Fuel* provides a bounty of functional and downright tasty ideas for DIY pre, during, and post-workout nibbles that will help runners and other athletes of all stripes rise above the competition.” ? **Canadian Running**

“Check out *Rocket Fuel* for easy, delicious, sensible recipes.” ? **IDEA Fitness Journal**

“*Rocket Fuel* is a must-read book filled with information and recipes that will keep you going through all your athletic exploits. It isn’t just a cookbook. *Rocket Fuel* offers a series of guidelines that demystifies the world of sports nutrition and helps you come up with a plan to keep yourself energized before, during, and after your workouts. Kadey does a great job of reminding us that fueling doesn’t need to be complicated, and that real foods can work just as well as packaged sports nutrition products.” ? **Triathlon Magazine Canada**

“Quick ideas for before, during, and after the run. What differentiates this book from other similar cookbooks is in its creativity. Kadey isn’t interested in status-quo snacking. Some of the James Beard

Award-winning writer's recipes sound delicious. Where *Rocket Fuel* is at its strongest is in the classic recipes Kadey offers up with a subtle twist." ? **Canadian Running**

From the Back Cover

ROCKET FUEL foods work better and taste better than prepackaged foods. Whether you're powering up for a workout, staying energized on the trail, or recharging afterward, the foods that fuel your body can make all the difference.

With more than 120 sweet and savory recipes, *Rocket Fuel* makes it easy to enjoy a huge variety of flavors before, during, and after the adrenaline rush. Dietitian Matthew Kadey has lined up delicious whole foods that are specifically calibrated to help you perform and recover faster.

Rocket Fuel gives you the real-food advantage:

- Dietitian-approved fuel takes the guesswork out of what to eat and when.
- Natural ingredients are easy on your gut and give your workouts, backcountry expeditions, and races the lift they deserve.
- Creative, versatile recipes bring big flavor, saving you from eating the same foods over and over.

You don't have to be a chef to make food for sports. Kadey makes easy work of food prep, assembling the right ingredients in smart combinations so food functions like great gear, making your favorite sports even more rewarding.

Accelerate your everyday exercise and weekend adventures with *Rocket Fuel*. You'll save money, feel better, and find more motivation for all of your active pursuits!

Matthew Kadey is a James Beard Award-winning food journalist and registered dietitian. He develops recipes and writes for top health and fitness magazines including *Bicycling*, *Men's Health*, *Women's Health*, and *Runner's World*. When he's not touring the world on his bike, he lives in Ontario, Canada.

About the Author

Matthew Kadey is a James Beard Award-winning food journalist and a registered dietitian. He is a recipe developer and nutrition writer for top health/fitness magazines and has written for *Bicycling*, *Canadian Cycling*, *Canadian Running*, *Competitor*, *Delicious Living*, *Eating Well*, *Experience Life*, *Men's Health*, *Men's Journal*, *Prevention*, *Runner's World*, *Shape*, *Trail Runner*, *Triathlete*, *WebMD*, *Women's Health*, *Women's Running*, and *Yoga Journal*. Kadey won the James Beard Award in 2013 for Food Journalism. He holds a masters degree in sports nutrition and is the author of *Muffin Tin Chef* and *The No-Cook, No-Bake Cookbook*. He lives in Ontario, Canada.

Users Review

From reader reviews:

Martin Adams:

In this era which is the greater individual or who has ability to do something more are more treasured than other. Do you want to become certainly one of it? It is just simple solution to have that. What you need to do

is just spending your time not very much but quite enough to experience a look at some books. One of the books in the top listing in your reading list is usually Rocket Fuel: Power-Packed Food for Sports and Adventure. This book that is certainly qualified as The Hungry Hills can get you closer in getting precious person. By looking upward and review this guide you can get many advantages.

Roger Dupre:

As a college student exactly feel bored to be able to reading. If their teacher requested them to go to the library or to make summary for some guide, they are complained. Just little students that has reading's heart or real their interest. They just do what the educator want, like asked to go to the library. They go to there but nothing reading seriously. Any students feel that examining is not important, boring along with can't see colorful photographs on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore this Rocket Fuel: Power-Packed Food for Sports and Adventure can make you experience more interested to read.

Mark Mata:

What is your hobby? Have you heard which question when you got pupils? We believe that that problem was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. And also you know that little person including reading or as reading become their hobby. You must know that reading is very important and also book as to be the point. Book is important thing to provide you knowledge, except your teacher or lecturer. You see good news or update regarding something by book. Amount types of books that can you take to be your object. One of them is this Rocket Fuel: Power-Packed Food for Sports and Adventure.

James Floyd:

A number of people said that they feel weary when they reading a guide. They are directly felt this when they get a half regions of the book. You can choose often the book Rocket Fuel: Power-Packed Food for Sports and Adventure to make your own reading is interesting. Your skill of reading expertise is developing when you just like reading. Try to choose simple book to make you enjoy to read it and mingle the feeling about book and examining especially. It is to be initially opinion for you to like to open up a book and examine it. Beside that the reserve Rocket Fuel: Power-Packed Food for Sports and Adventure can to be a newly purchased friend when you're really feel alone and confuse with the information must you're doing of the time.

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