



# **Feed Zone Table: Family-Style Meals to Nourish Life and Sport (The Feed Zone Series)**

*Chef Biju K. Thomas, Allen Lim PhD*

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**Science shows it's not just what we eat that matters; eating together matters, too.**

Chef Biju Thomas and Dr. Allen Lim have returned to the kitchen to champion dinner, the most social meal of the day. In their third cookbook, *Feed Zone Table*, Biju and Allen offer over 100 all-new recipes to bring friends and family to the table in a way that nourishes life and sport.

*Feed Zone Table* will inspire your family-style dinners with a delicious line up of drinks, starters, main courses, side dishes, fresh sauces, and desserts. Biju rolls out easy techniques for making flavorful food that's fun to prepare and share.

Enjoying dinnertime and eating well will nourish you, your family and friends--and your sports performance. Dr. Lim saw these benefits first-hand while working with professional athletes and shares new research on how social meals benefit everyone. Lim reveals why it matters--what science has to say about food, camaraderie, performance, and the pivotal role that the dinner table can play in an athlete's preparation.

Sports are often an escape from life, but *Feed Zone Table* is a warm invitation back to the table. We perform best when we nourish our bodies and feed our souls. Bring great food and people together with *Feed Zone Table* and you'll feel the difference.

*Feed Zone Table* brings over 100 new recipes to the popular Feed Zone series which includes *The Feed Zone Cookbook* and *Feed Zone Portables*. Included in the new *Feed Zone Table*:

- The Science Behind Social Meals
- 30+ Drinks, Starters, Sides, Salads, and Soups
- 35+ Poultry, Seafood, Pork, Beef, Lamb, and Bison Dishes
- 6 Meatless Dishes
- 40+ Sweets, Oils & Dressings, Sauces & Spices
- 15+ New Cooking Techniques
- Quick & Recipes, Nutrition Facts, Index

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