



TOOLS AND FUEL:
KEY ELEMENTS
FOR ANY
SUCCESSFUL RIDE



Recipes for Success

**HOW TO
MATCH THE
PROS—AT
THE DINNER
TABLE.**

BY ANNE STEIN

During race season, pro cyclists don't have to think much about food. Most have a team chef who handles meal planning, food shopping, and prep. But when they're not racing, they're on their own. We asked five top riders what they like to eat before, during, and after rides. Then we enlisted Nancy Clark, MS, RD, nutrition expert and author of *The Cyclist's Food Guide: Fueling for the Distance*, to explain how their choices stack up.

BEFORE A RIDE



TEJAY VAN GARDEREN, BMC

Oatmeal with a handful of almonds or walnuts, a few teaspoons of molasses for the iron and taste, and raisins or dried fruit **EXPERT SAYS** It's a good meal with plenty of carbs, but depending on how many nuts he uses, it could be low in protein. The fix? Instead of water, cook the oatmeal in milk. Also, instant oatmeal provides more iron than molasses.

ON THE BIKE



CHRIS HORNER, RadioShack-Nissan

Sandwich made with an over-easy egg, and a thick slice of Tillamook cheddar **EXPERT SAYS** The protein and fat in the eggs and cheese will keep his appetite in check throughout the ride. But carbs are the main fuel for exercise and he could use more. A bagel instead of the English muffin would provide a little extra energy.

AFTER A RIDE



CHRISTIAN VANDE VELDE, Garmin-Barracuda

Serrano (Spanish cured ham) on a baguette with olive oil and tomato **EXPERT SAYS** This portable meal is a good example of easy-to-digest carbs with protein and healthy fat for sustained energy. The salty ham will also help replace sodium lost through sweat.

AFTER A RACE



EVELYN STEVENS, Specialized-lululemon

Sweet potato, kale, broccoli, and roasted beets stir-fried with eggs or chicken in olive oil and coconut milk **EXPERT SAYS** This meal is full of nutrient-dense foods that are good for your health. Women athletes need extra iron, so I'd go with lean beef instead of chicken or eggs.

AFTER A RACE



TAYLOR PHINNEY, BMC

Pasta or risotto with Parmesan cheese and olive oil **EXPERT SAYS** Pasta and rice are good carb sources, but he needs protein for muscle recovery. Adding lean beef or ground turkey would help. To amp up flavor with less fat, try tomato sauce sprinkled with Parmesan.

Cook once, eat all week. No energy for food prep after a long ride? Tejay Van Garderen makes a big pot of quinoa or rice with veggies to snack on.



