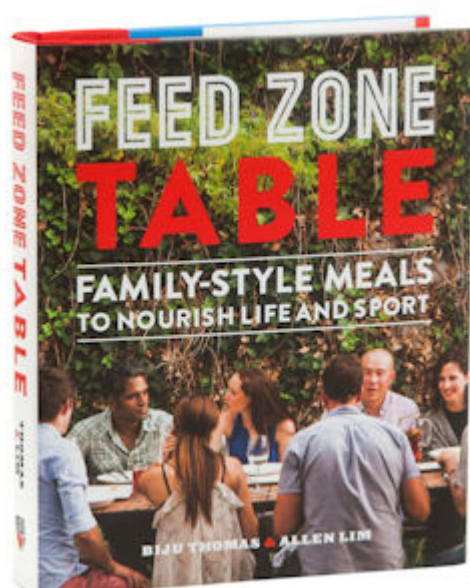




Skratch Labs Feed Zone Table Cookbook

skratch LABS



SL-ACC-CB-TABLE
CTF138

100 all new recipes to inspire family dinners
Flavourful food that's fun to prepare and share

Pack Quantity Piece
Price : £21.99 zero VAT

Overview

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 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 flavourful 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. Feed Zone Table brings 100 new recipes to the popular Feed Zone series which includes The Feed Zone Cookbook and Feed Zone Portables.