



GARMIN-SLIPSTREAM'S TOUR DE FRANCE DIET

POCKET PANINI

INGREDIENTS:

CROISSANT OR HAWAIIAN SWEET BREAD

CREAM CHEESE

JAM

CANADIAN BACON

PREPARATION:

CUT OPEN THE BREAD • SPREAD CREAM CHEESE ONE SIDE • SPREAD JAM ON OTHER SIDE

PLACE 2 PIECES OF CANADIAN BACON ON THE BREAD • FOLD BREAD BACK TOGETHER

CUT IN HALF • WRAP EACH HALF INDIVIDUALLY IN ALUMINUM FOIL

– EASY TO OPEN, EASY TO HOLD • RIDE • EAT

"These are great on the road, and they really help contrast some of the other flavors we give our riders."

- Dr. Allen Lim





GARMIN-SLIPSTREAM'S TOUR DE FRANCE DIET

RICE CAKE

INGREDIENTS:

1 CUP COOKED CALROSE RICE, MOCHI RICE OR RISOTTO

3 EGGS SCRAMBLED IN OLIVE OIL

FRIED PROSCIUTTO OR BACON

BALSAMIC VINEGAR

BRAGG LIQUID AMINOS (GLUTEN FREE) SOY SAUCE

SUGAR

OTHER INGREDIENTS AS DESIRED:

PARMESAN CHEESE

SALT

HONEY

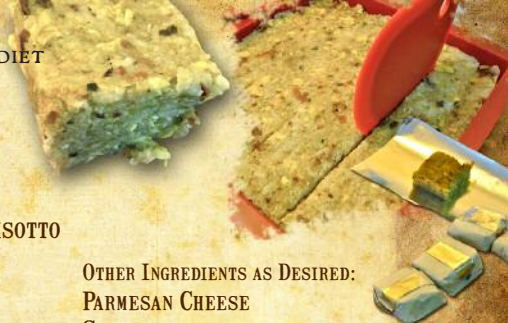
FRUIT

PREPARATION:

MIX IN LARGE BOWL AND ADD OTHER INGREDIENTS AS DESIRED • PLACE IN BROWNIE PAN OR LARGE PAN AND SMASH IT ALL DOWN (BEST TECHNIQUE IS TO PUT SARAN WRAP OVER ONE PAN AND USE ANOTHER PAN TO SQUASH IT DOWN) • SPRINKLE SUGAR OVER TOP TO CREATE A GLAZE
CUT INTO SMALL SQUARE PORTIONS • WRAP TIGHTLY IN ALUMINUM FOIL – EASY TO OPEN, EASY TO HOLD • RIDE • EAT

"These are such a delicacy in the peloton that some riders will use them to broker certain deals while racing."

- Dr. Allen Lim





GARMIN-SLIPSTREAM'S TOUR DE FRANCE DIET

POWER POTATOES

INGREDIENTS:

NEW POTATOES (THE SUGAR HAS NOT BEEN CONVERTED TO STARCH
SO THEY'RE BROKEN DOWN AND DIGESTED
OLIVE OIL MORE QUICKLY THAN REGULAR POTATOES)
PARMESAN CHEESE
SALT



PREPARATION:

BOIL POTATOES IN MEDIUM POT FOR 10-15 MINUTES • POUR BOILED POTATOES INTO STRAINER
RINSE WITH COLD WATER SO THEY CAN BE EASILY HANDLED • WHEN COOL, PEEL POTATOES BY HAND
PLACE PEELED POTATOES IN MEDIUM PAN • SPRINKLE MODERATE AMOUNT OF SALT THROUGHOUT ENTIRE PAN
POUR OLIVE OIL ON TOP OF POTATOES • GRATE PARMESAN CHEESE ON TOP OF POTATOES
WHAT DOESN'T STICK TO POTATOES BECOMES AN OLIVE SALTY, OILY, CHEESY PASTE
THAT CAN BE CAKED ON BY HAND • PRESS REMAINDER OF MIXTURE ON POTATOES
WRAP TIGHTLY IN ALUMINUM FOIL – EASY TO OPEN, EASY TO HOLD • RIDE • EAT

"Boiled potatoes have one of the highest glycemic indexes out there, which means they rapidly increase blood sugar. Riders say these things are like rocket fuel."

- Dr. Allen Lim

