



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*





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# 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

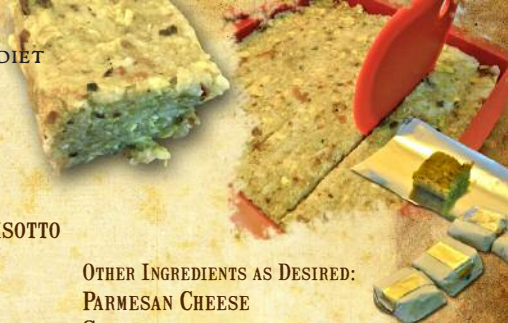
FRUIT

## 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*





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# 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*

