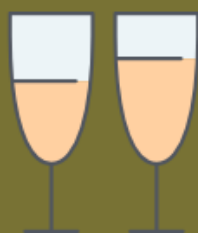


Eating Well to Win: Inspired Living Through Inspired Cooking [PDF]

Eating Well to Win:
Inspired Living Through
Inspired Cooking
Richard Ingraham



Book info:

Author: *Richard Ingraham*

Format: *208 pages*

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Description:

#1 Amazon New Release! â The best cookbook for peak performance livingPeak performance eating from Chef Richard â chef to the stars: Chef Richard Ingraham has been personal chef for NBA star Dwyane Wade for more than a decade. The Miami native is also a Chopped contender and the founder of the private chef network, ChefRLI, which caters to professional athletes. Now this chef to star athletes is ready to share the secrets of cooking for a peak performance lifestyle. He's worked with top tier athletes in all the major sports including Asante Samuels, Santana Moss, Antrel Rolle and Michael Oher from the National Football League, Manny Machado and Jon Jay from Major League Baseball and NBA stars Patrick Ewing, John Wall and of course, Dwyane Wade. Chef RLI has also worked with top entertainers such as Gabrielle Union and Kelly Rowland. The company's corporate clients include the Food Network and Walmart.

How you can have a peak performance diet and learn the benefits of eating well to win: Chef Richard's book is designed for those who want to change their diet to achieve peak performance, whether that be at the gym or the office. This is an insider's guide to how it really happens. Step-by-step in 90

recipes he will show the CrossFit enthusiast, the working mom and the weekend golfer how to eat for optimum performance because he knows all of the secrets, and it's not all kale smoothies and grilled chicken. In addition to his recipes, Chef Richard will share what he's learned about eating well to live well throughout his career from his parents and grandparents, who were his first culinary instructors, to his celebrity clients. Readers will get advice on how changing what you put in your body will change what you put out into the universe and make you feel better physically and emotionally. It's not just about making sure you get the right mix of veggies and carbs. This is about feeding your spirit as well. Chef Richard is serving up recipes for inspired living.

Recommendations:

Review quote

From the Foreword

"And those doggone cookies and red velvet cupcakes; they're too good and get me every time! I'm sure the recipes in the book will have you feeling the same way. Whether you're looking to plan a dinner party with friends and family or cook meals to keep you in shape, Rich will have you covered. Don't just perceive him as an "athlete's chef"...he is a diversified chef that can cook it all, for all. Rich puts his heart and soul into his dishes and I'm so glad he's now found a way to share it with the world!" - Dwayne Wade "Rich is one of those people who is fortunate enough to love what he does for a living, and it really truly shows. There's nothing he can't make whether it's chocolate chip pancakes from scratch with fresh fruit and whipped cream, to a full Easter extravaganza, to authentic down home southern comfort food, to an Italian feast fitting of white tablecloths and waiters in tuxedos. If I were on death row, the call I would make for my last meal would definitely be to Rich!"

- Deirdre Maloney, entrepreneur, co-founder of BPMW, a full-service, fashion consultancy "Just when I think I knew of every healthy, tasty, fun way to make food, Rich shows me five more!"

-AJ Johnson, actress "Never in my life have I tasted more delicious and flavorful food that's actually nutritious, as the meals exquisitely prepared by Chef Rich. As an actress, I have to eat meals that are low in fat and bad carbs that also give me enough energy to get through my day... Chef Rich does this like no one I've ever worked with before. He's simply amazing and the best around!"

-Gabrielle Union, actress