**The Feed Zone Service Course**

**Sunday, May 20**

**The Feed Zone Service Course: Amgen Tour stage 8**

By Dr. Allen Lim & Biju Thomas

***Editor’s Note:*** *During the Amgen Tour of California, VeloNews.com will present The Feed Zone Service Course, the official daily race menu of Levi Leipheimer’s Omega Pharma-Quick Step team, courtesy of Dr. Allen Lim, chef Biju Thomas and* [*Skratch Labs*](http://www.skratchlabs.com/)*.*

**BREAKFAST MENU**

Biju’s Oatmeal with Toasted Nut Mix

Muesli

Beet Juice

Pasta and Eggs

Mixed Berries and Fruit with Yogurt

Soft Scrambled Eggs with Fresh Herbs

**RIDE MENU**

Allen Lim’s Rice Cakes

**RECOVERY MENU**

Sweet Potato and Egg Burrito

Chicken Fried Rice

**Beet Juice**

We started athletes juicing to increase the nutrient density of their diets without adding a lot of bulk. Beet juice has been used to treat ailments ranging from anemia to constipation. To maximize the entire nutrient value of the beet, save the pulp and blend it into dishes with a red sauce or use it as a base for veggie burgers.

3 medium beets, peeled

1 apple, cored

4 medium carrots, peeled

OPTIONAL ADDITIONS

¼ of a fresh pineapple

1 cup chopped kale

½ cup packed fresh parsley

1 cup chopped celery

Cut the vegetables to whatever size works best in your juicer. Process according to manufacturer’s instructions.

Peeling the vegetables will reduce the bitterness and make the pulp more usable as an ingredient later.

PER SERVING> Energy 151 cal • Fat 1 g • Sodium 146 mg • Carbs 36 g • Fiber 1 g • Protein 4 g

*This recipe used with permission from* [*“The Feed Zone Cookbook”*](http://feedzonecookbook.com/about/)

**DINNER MENU**

No dinner for you!

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