



Power Food On the Go: Prepare, Store, and Take Away, 49 New Power Food Recipes from Rens Kroes

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Power foodies are constantly on the go--to work, to the gym, or play--Rens Kroes wants you to take your delicious and healthy food with you! There's no reason to buy a smoothie at the spin class smoothie bar, make your own favorite Power Food smoothie and bring it with you!

Busy days at work often mean finding a lunch at a food truck or cafe, but not with Rens' make-ahead ideas and cool take-along packaging! You'll be able to bring your own Power Food lunch with you to work.

Energetic from the design, to the recipes, to the beautiful food and lifestyle photography within, *Power Food On the Go* will inspire you to embrace the Rens Kroes enthusiasm for food, health, and life on the go.

Power Food On the Go: Prepare, Store, and Take Away, 49 New Power Food Recipes from Rens Kroes Details

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Author : Rens Kroes

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From Reader Review Power Food On the Go: Prepare, Store, and Take Away, 49 New Power Food Recipes from Rens Kroes for online ebook

Lisa says

This one was so much better than the first one I was way more excited. The pictures were better without so much of her in her underwear and looking ridiculous. This book was actually a nice small travel size. This one I think that I will keep.

Melissa Barton says

I was fortunate to receive this book in exchange for an honest review. First, I want to clarify for potential readers, this is not a book of super fast recipes. This is a book with some great recipes that you make ahead, but that make very healthy portable food. Good things you can make and store so you can grab and go when the time comes. The photographs of the food are lovely and inspiring, dare I call it food porn? That said, I could have done without the photo of the author in her underwear. Just why? I will certainly try some of the recipes as they look appetizing and fairly healthy.

Victoria Peipert says

+interesting recipes

- very sweet dish heavy (lots of fruity, nutty, date, coconut driven items - more veggie dishes would've been nice)

+/- makes some dishes for healthy eating feel more accessible but also includes dishes that require a lot of work

+nice categorization (quick recipes, make ahead recipes, etc.)

Meredith says

It's a very millennial format, and the pictures depict that. I could see busy university students and twenty-somethings being attracted to it.

GONZA says

I was a little disappointed because I don't consider food on the go the meal I have to prepare the day before, I thought there were going to be recipes in this book, that I can prepare like 10 minutes before going away, There are some, but few, mostly you need a little bit of planning and preparation, but they look delicious and good enough to make it worthy. I specially appreciate the vegetarian/non vegetarian version, and the pictures

were really beautiful.

Sono rimasta un pochino delusa perché mi aspettavo piatti che potevo preparare una decina di minuti prima di uscire, invece la maggior parte sono da preparare il giorno prima e quindi necessitano anche un accurata pianificazione, però alcune brevi ricette al volo ci sono. Ho apprezzato particolarmente la possibilità di avere la maggior parte dei piatti nella loro versione vegetariana/non vegetariana.e le foto sono veramente belle.

THANKS TO NETGALLEY FOR THE PREVIEW!

Dawnie says

Beautiful cookbook with great ideas and recipes and nice pictures.

I really like how this book gives you the options of making it right now, the night before or even generally preparing it a little while ahead. I think that is a wonderful way to structure this type of book because really everyone can use this book in some way.

It is however a really healthy book- i personally love that about it- but there are also people i personally know that would not find that many recipes in this book that they would love to try simply because of the overly healthiness of the recipes.

And while i understand that it is Power Food on the go, i also think that it would have been nice to include a few recipes that are still Power Food but also a bit less extremely healthy so that it actually caters to a few more people.

Still its a great book and has wonderful ideas!

Thanks to NetGalley, the publisher and the author for providing me with a free e-copy of this book in exchange for a free and honest review of this book.

Ashley Hite says

I received a free copy from Netgalley in exchange for an honest review.

I found Rens Kroes' new cookbook "Power Food On the Go" fun, helpful, and full of healthy options for quick meals. She has listed some basic information about kitchen equipment, healthy ingredients to stock up on, storage containers and has recipes for breakfast, lunch, snacks and drinks. Each meal is labeled with a time schedule for how long the preparations take; these include "Sunday prep" for the more time consuming options, "day before" and "last minute". Rens has also listed how long each times can keep, supplies and helpful tips. The recipes are easy to follow and add interesting variety to a healthy lifestyle. I found a number of items I can not wait to try including her "Salty Snack" a sweet potato and walnut ball or her homemade pecan butter. The photos are fun and are Instagram ready. The cookbook is geared toward a younger audience and great for anyone looking for healthy options to take with them.

Kristine says

Power Food on the Go by Rens Kroes is a free NetGalley ebook that I read in late September.

As short in length as it is on time, the recipes shown are breakfast, lunch, snack, and drink recipes that can be stored for later use and toteable while going somewhere. What I didn't quite expect from a 'power food' cookbook are posed, quirky, preppy, yet busy hipster photos with lots of mason jars, tile, unvarnished wood, denim, slate, and a perfectly outfitted, yet open-concept loft kitchen.

Mariska says

Een handig, klein boekje vol met lekker uitzienende receptjes. Het is handig opgezet en bevat mooie foto's. Inmiddels heb ik twee recepten geprobeerd (koffie muffins en home made chips), maar over allebei ben ik niet echt tevreden. Van het weekend ga ik er weer twee proberen en ik hoop dat deze beter bevallen...

Tricia says

The recipes are a little complicated but would be great to make up on a Sunday and have ready to grab throughout the week. Might have missed in the description but should be highlighted that it is geared towards vegetarians.

Janet says

This small book is an excellent resource for people who eat on the go or who would like to start taking food to work v.s buying lunch every day.

The recipes are pretty basic and many can be made the night before and the majority of the meals are very healthy. This is probably a perfect gift/book for a teenager who is starting to explore healthy cooking on their own.

Thank you, Net Galley for the opportunity to review this book --- as people who follow me know, I do not regurgitate what the book is about as that is what the description from the author and publisher at the top of the page are for.

Suzanne van Wilgenburgh says

Lekkerste bananabread ever!

Cindy says

Klein handig boekje vol receptjes voor mee te nemen: onbijtjes, lunches en snacks. on the wishlist.

Fleur Van Der Schaaf says

Alle recepten en tips gelezen. Nu helemaal gemotiveerd om er aan te beginnen!

Kirsten says

ik vind haar zo positief en inspirerend, en handige recepten om mee te nemen naar de universiteit!
