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# A COOKBOOK FOR FOOD LOVERS, TRAVELLERS & ARMCHAIR EXPLORERS

**This is the only cookbook you will ever need to pack. Get dirty and make your next adventure taste better!**

San Diego, California, April 14, 2017-- LISA THOMAS has been exploring the planet by motorbike for over 14 continuous years. Finally, for the first time, she shares her stories and “go-to” recipes in *Dirty Dining: An Adventurer’s Cookbook*. Each dish has been perfected, prepared, photographed, and shared in the most challenging regions of the world. Adventure dining at it’s best, enjoy the experience in the safety of your own kitchen or pack it along on your next trip.

From comfort food and exotic dishes to sweet and gooey guilty desserts, adventurers and armchair travelers alike will appreciate each recipe’s simplicity and ease of preparation, along with the photographs and the tales of adventure that accompanies each one.

This book is worthy of display on your coffee table, but you may find yourself popping a copy in your backpack or bike bag to made your next adventure taste better.

## FROM THE AUTHOR

This book is not intended to be a gourmet cooking guide but gets down to the nitty-gritty of how to create real meals when there is nothing much around to eat. In *Dirty Dining*, I’ve shared lessons learned from my time travelling the world and from my background as a health and fitness professional. I want to show you how, with just a small selection of basic foodstuffs, it is possible to produce quick, tasty and nutritious meals.

“*Visually stunning, this hugely entertaining book is packed with hard earned on the road experience, top healthy eating tips, and mouth-watering recipes that are so good you’ll want to be using them at home, too. Even novice cooks will find the recipes easy to follow; each is a taste bud journey and there’s no better introduction to the flavours of the world. For me, an important part of the beauty of this collection of recipes is that none will burn your travel budget. Never has so much tasty and practical cookery advice been put in one place with so much fun involved. I guarantee you’ll be smiling as you cook!* —**Sam Manicom, Author, Motorcycle Adventure Travel Books**

“*Eating healthily on the road is often more of a challenge than the ride itself! Lisa Thomas knows better than anyone how to whip up a great meal in the middle of nowhere, from limited or frankly peculiar ingredients, using just the few utensils that can be carried on a motorcycle —she’s been doing it for fourteen years! This book will inspire you to avoid the gas station snacks and become an adventure gourmet.* —**Lois Pryce, Author, Lois on the Loose**

## ABOUT THE AUTHOR



Lisa Thomas is considered the world’s foremost female adventurer rider, having ridden longer and farther in a single journey than any other female motorcyclist in history. Lisa’s occasionally lavish but often tough and extraordinary life is the stuff of legend. She has dined with Maasai warriors, business moguls, and presidents. She is an International Ambassador for global brands like BMW Motorrad and is on the advisory council for the Ted Simon Foundation. She is food lover, cook, keynote speaker, motivator, writer, photographer, and musician.

## DIRTY DINING

### An Adventurer’s Cookbook

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Photography: Simon Thomas

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*“Lisa is hands down  
the Julia Child of the  
adventure world.”*

—*Luanna Van Holten*  
*Black Swan Moto*

## MORE INFO

Find out more about Lisa  
and Simon Thomas and their  
adventures at  
[2RIDETHEWORLD.com](http://2RIDETHEWORLD.com)

## CONTACT

Carla King

[hello@misadventuresmedia.com](mailto:hello@misadventuresmedia.com)

1.510.230.4261

Skype: carlaking

Lisa Thomas

[lisathomas@2ridetheworld.com](mailto:lisathomas@2ridetheworld.com)