



FITNESS AND NUTRITION FOR A HEALTHIER YOU

# The Ins and Outs of Food

## Carbs:

- Fruits
- Vegetables
- Whole Grains
- Sugar too much added refined sugar is hard on the body
  - NO high fructose corn syrup
  - NO Food dyes
  - NO Sodium Benzoate
  - NO Aspartame, sucralose and saccharin

## Fat :

- Monounsaturated: nuts, seeds, avocado, olive oil
- Polyunsaturated:
- Saturated
- Trans fat are very bad for the body
  - NO Hydrogenated Fats

## Protein:

- Chicken
- Turkey
- Lean meats
- Low fat dairy
- Fish
- Beans
- Lentils
  - Organic free range Animal Products when available

## Also Important to Health:

### **Vitamins**

### **Minerals**

### **Phytochemicals**



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## 10 Ways to Achieve Peak Athletic Performance

1. Keep hydrated - drink water and clear or semi-clear liquids all day.  
A good indicator of proper hydration is light colored urine.
2. Eat 15-30 grams organic lean proteins immediately after a heavy workout. This will help with muscle recovery.
3. Eat at least 9-14 servings of fruits and veggies every day.  
Include 5-7 servings of dark green leafy veggies a week.
4. Eat two servings of fish a week: salmon, tuna, mackerel and/or take a high quality fish oil supplement.
5. Eat “good” monounsaturated fats including: Ground flax seed and flax seed oil, olive oil, nuts, seeds and avocados.
6. Eat high fiber whole grains like organic whole wheat, brown rice, oatmeal, quinoa, millet etc.
7. Choose organic meat and dairy as much as possible.
8. Do not exercise without fuel. Try to eat good quality carbs (fruits and grains), lean protein (beans, chicken, fish and egg whites) and healthy fats.
9. Get rid of toxins from your foods
10. Take Juice Plus everyday to bridge the gap between what you should eat and what you do eat everyday!!

[www.runsub5juiceplus.com](http://www.runsub5juiceplus.com)



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## A Properly Fueled Athlete

In order to perform at your best, it is important to continuously feed your body. Food is your body's fuel to keep exercising at a high intensity. A properly fueled athlete focuses on four aspects of nutrition: pre-exercise fuel, during race/meet fuel (if needed), post-exercise fuel, and hydration.

### **Pre-Exercise Fuel**

It is important to fuel your body before you exercise. Depending on how much time you have before a workout or race, you will want to fuel differently.

### **During Race/Meet Fuel**

While eating during a 2 or 3 mile race is not necessary, it is important in events lasting longer than 1 hour. If you are competing in multiple events during a track meet, this is also an important time for small bouts of refueling.

### **Post-Exercise Fuel**

Getting some protein in after a weights workout is important to help build your muscle tissue. Timing matters. Try to eat a healthy snack containing about 10 to 15 grams of protein and whole grain within 1 hour of your weights workout.

Ideas: egg white omelet, small container of organic greek yogurt, ½ cup low-fat cottage cheese + 4 whole grain crackers, Lara bar (peanut butter cookie), organic hardboiled egg + toast, ½ cup hummus + carrot sticks

### **Hydration and Exercise**

Dehydration can negatively impact your ability to exercise. It may make you feel sluggish or dizzy, causing you to cut a workout short. That's why it's important to stay hydrated!

Drink 2 to 3 cups of water before you exercise and then another cup 15 minutes right before you workout. Keep a water bottle next to you when you work out and drink as you feel thirsty (about every 15 to 20 minutes is good). Drink 2 more cups after you complete your workout.

**Water should be your fluid of choice before, during, and after exercise! Sports drinks like Gatorade are only necessary if you are working out at high intensity for longer than 1 hour.**



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Pre-Exercise Fuel

### Why is it important?

It is important to fuel your body before you exercise. If you go through practice without fueling, your body will be “running on empty,” but quite literally. It is difficult for you to perform at your best without the right nourishment before. A regular sized meal is well tolerated 3 to 4 hours before exercise, but if you don’t have time to get in a meal before you work out here are your options.

### If you have....

<b>30 min to 1 hr before exercise</b>	Mostly liquids or piece of fresh fruit	1 C. Water, fresh orange, small handful of grapes, small handful raisins, cup of fresh melon, ½ banana
<b>1 to 2 hours before exercise</b>	Small snack and liquids	Piece of fruit, granola bar, piece of toast with light spread of nut butter, yogurt, muffin
<b>2 to 3 hours before exercise</b>	Small meal and liquids	Fruit smoothie, half sandwich + fruit, bowl of cereal, bowl of broth-based soup + slice of bread

\*Avoid eating foods high in fat and protein before exercise. They take much longer to digest and may cause stomach upset.

**Disclaimer!:** Just because certain foods are on a list to eat 2-3 hours before exercise (or any other time for that matter) does not mean that these are your only options. Everyone’s stomach reacts differently to foods especially when nervous before a race. To figure out what is best for you, experiment! While some are able to tolerate just about anything, others might be limited to certain foods, such as a peanut butter and banana sandwich with water. You might find that you have a so called “iron stomach” or may be on the queasy end of the stomach tolerance scale.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## During Race/Meet Fuel

Eating during races is generally reserved for endurance races (half marathon/marathons, triathlons, Iron Mans); normally it is not recommended to eat during exercise unless it is for longer than 1 hour. It is not necessary to replenish your stores during a 2 or 3 miles. Your body has enough stored to get you through that race. But during track meets, many athletes have to run multiple events that are usually spread apart. Running the 3200 and 1600 or the 4x800, 800, and 4x400? Sound familiar? You may know the feeling of being hungry between events. If you can, a small snack might help you race better!

Whether or not you eat between events varies from athlete to athlete. But if you can tolerate small amounts of food, it may be a good idea to have a small snack to tide you over.

### **Examples of between-event snacks...**

- ▶ Fresh orange, small handful of grapes, small handful raisins, cup of fresh melon, ½ banana
- ▶ Granola bar
- ▶ Piece of toast with light spread of nut butter
- ▶ Yogurt
- ▶ Clif bar, Lara bar, Kind bar, Bonk breaker bar

\*\*These are not your only options! Pick what snack works best for you

### **Can't tolerate a snack?**

Don't worry! What you can do for yourself to prepare for the next event is simple: Hydrate. Small sips of water will help rehydrate you, especially during long, hot meets.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Post-Exercise Fuel

### Why is it important?

Getting some protein in after a weights workout is important to help build your muscle tissue. Timing matters. Try to eat a healthy snack containing about 10 to 15 grams of protein within 1 hour of your weights workout. Some ideas for post-weights workout nutrition...

- ▶ Egg white omelet
- ▶ Small container of organic greek yogurt
- ▶ ½ cup low-fat cottage cheese
- ▶ Lara bar (peanut butter cookie)
- ▶ Organic hardboiled egg
- ▶ ½ cup hummus + carrot sticks

After running workouts, protein and carbohydrates are both important. Just like after a weights workout, it is important to start refueling within 1 hour after the workout.

### Some easy post-running workout meals are...

<b>Quick Dinner Ideas</b>			
Grilled turkey and cheese sandwich on whole wheat bread with a side of baby carrots, an apple, and a glass of milk/soymilk or 100% juice	Cheese quesadillas with corn salsa and peppers or other vegetables, grapes, and a glass of milk or soymilk	Whole Wheat Pasta with tomato sauce and chicken/tofu, and a glass of 100% juice or milk or soymilk	Burger or vegetarian patty on a whole wheat bun with lettuce and tomato, yogurt, baked chips, and a glass of milk or soymilk



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Are you hydrated?

Hydration is one key to optimum performance especially during the grueling warm weather for long distance runners. Just as it is important to consume a healthful diet in order to properly fuel your body, you also need enough fluid.

### Key functions

- Helps you digest and absorb the food you eat.
- Helps your body remove waste.
- Delivers nutrients where they need to go in the body.
- Maintains your body temperature.

### How Much Water Do You Need?

Most adults need 8-10 glasses of water each day, but this can vary greatly depending on climate, age, activity level, and health status.

### How Can You Tell if You're Hydrated?

The best way to stay properly hydrated is to drink when you are thirsty and monitor your urine color. Your pee should be pale yellow or clear. Dark pee is a sign of dehydration.

### How Can You Get Enough Fluid?

- Keep a full water bottle near at all times (just like at camp!)
- Track your intake in your food and fitness journal
- Add sliced citrus fruit or cucumbers to your water
- Eat adequate amounts of fruits and vegetables



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Iron

Iron is important especially in female runners because it functions to transport oxygen in the body. Because runners perform regular intense exercise, they are at risk for iron deficiency. Female runners with a menstrual cycle are at even more risk. You should be consuming at least 18mg of iron per day.

### Iron Deficiency Anemia Symptoms:

- Chronic fatigue
- Pale skin
- Rapid heart rate
- Weakness
- Dizziness

Symptoms are slow to develop, so iron deficiency anemia often goes unnoticed until symptoms are severe. A subtle way to detect is a decline in racing performance (that occurs for no other explainable reason)

Iron Deficiency Anemia can develop for many reasons including:

- Poor diet quality
- Excessive menstruation
- Gastrointestinal disorders/issues, etc.

## Get Tested!

Getting blood work is truly the only way to officially diagnosis iron deficiency anemia. These are simple tests that can be obtained from a simple blood draw

Ask your doctor for the following blood tests:

- Complete Blood Count, CBC (to test your hemoglobin)
- Ferritin (to test your iron stores)
- Vitamin B<sub>12</sub>
- Folic Acid
- Total Iron Binding Capacity (TIBC)
- Vitamin D<sub>3</sub>



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Dealing with Iron Deficiency Anemia

### Food First

- Consume a diet rich in iron (see next page)
- Keep in mind the differences in bioavailability between iron sources:
  - **Heme iron** is more readily absorbed
    - Grass fed beef, clams, oysters, turkey
  - **Nonheme iron** is absorbed differently
    - Spinach, quinoa, tofu, etc.
    - Try pairing nonheme iron sources with foods that contain vitamin C. This will help with absorption

### Cooking with Cast Iron

- Cooking foods with a cast iron skillet can increase iron intake by up to **20 times!**
  - Especially acidic foods, such as tomato sauce
- Cast iron skillets also are beneficial in that:
  - It requires less oil for cooking
  - It is a known chemical-free alternative to nonstick pans

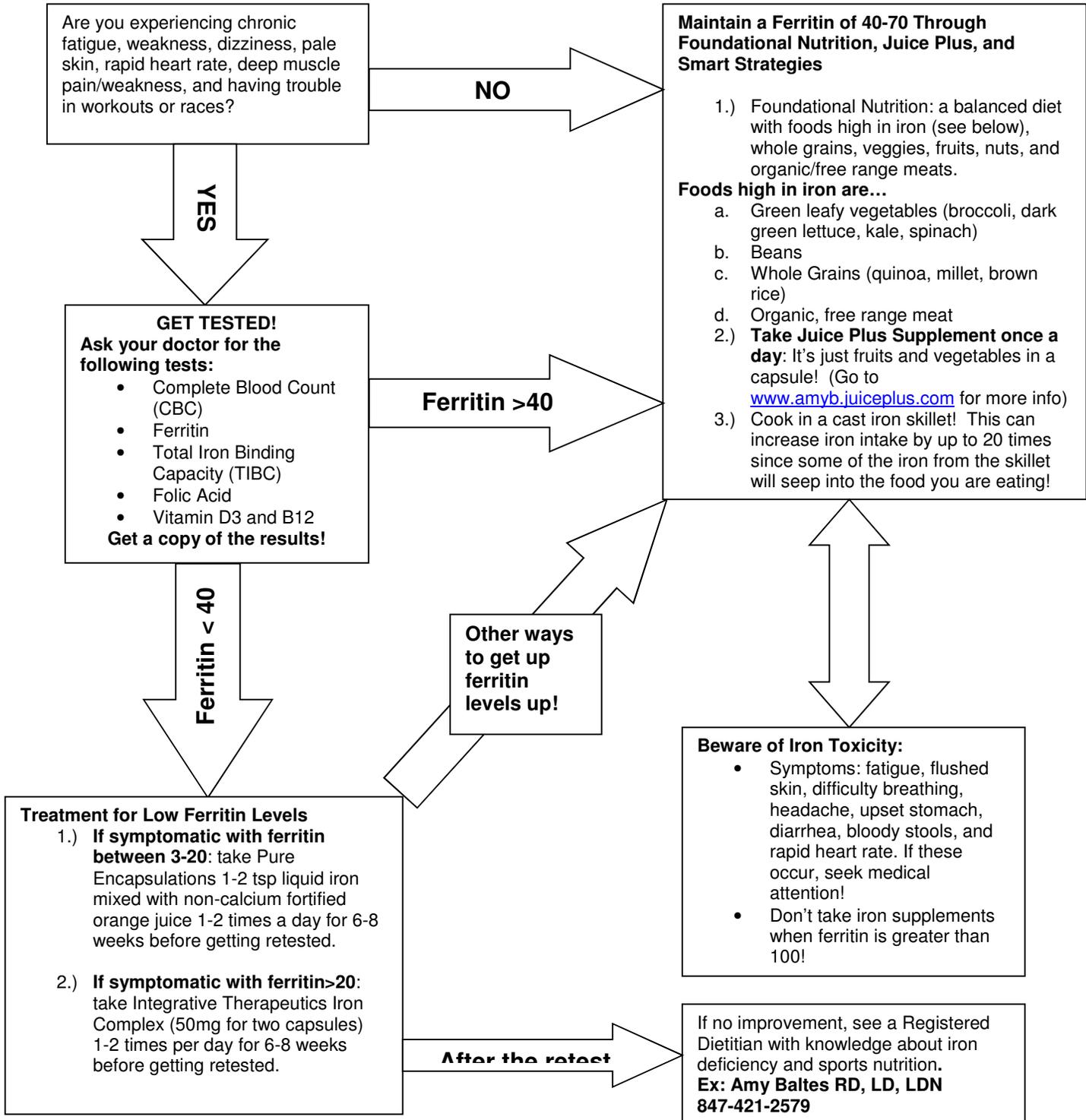
**Supplementation:** dosage should be individualized according to a Registered Dietitian and Physician

- Pill form
  - Supplements containing ferrous succinate are most effective as it is more absorbable
- Liquid iron
  - Used if ferritin levels < 10mg/dL
  - 2 tsp alone or combined with orange juice
- Beware of iron supplementation toxicity!

### Get Re-tested!

- Test 6 weeks after supplementation begins

# Everything You Need to Know About Iron!





FITNESS AND NUTRITION FOR A HEALTHIER YOU

## IRON CONTENT OF FOODS

Food	Serving	mg
Grass Fed Beef	3 ounces	3.5
Clams	3 ounces	3.0
Oysters	3 ounces	4.5
Turkey, dark only	3 ounces	2.3
Turkey, white	3 ounces	1.6
Chicken, white meat	3 ounces	1.1
Pork	3 ounces	0.8
Eggs	1 each	0.9
Soybeans, cooked	1 cup	8.8
Blackstrap molasses	2 Tbsp	7.2
Lentils, cooked	1 cup	6.6
Spinach, cooked	1 cup	6.4
Quinoa, cooked	1 cup	6.3
Tofu	4 ounces	6.0
Whole Grain Bagel, enriched	3 ounces	5.2
Lima beans, cooked	1 cup	4.4
Swiss chard, cooked	1 cup	4.0
Black beans, cooked	1 cup	3.6
Pinto beans, cooked	1 cup	3.5
Chickpeas, cooked	1 cup	3.2
Potato	1 large	3.2
Kidney beans, cooked	1 cup	3.0
Prune juice	8 ounces	3.0
Beet greens, cooked	1 cup	2.7
Tahini	2 Tbsp	2.7
Peas, cooked	1 cup	2.5
Cashews	1/4 cup	2.1
Brussels sprouts, cooked	1 cup	1.9
Bok choy, cooked	1 cup	1.8
Bulgur, cooked	1 cup	1.7
Raisins	1/2 cup	1.6
Almonds	1/4 cup	1.5
Apricots, dried	15 halves	1.4
Veggie burger, commercial	1 patty	1.4
Watermelon	1/8 medium	1.4



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## All About GMOs

- Genetically Modified Organisms (GMOs) are plants or animals whose DNA has been altered through genetic engineering. Genetically Modified (GM) foods are a product of GMOs.
- Society is often unaware of the amount of GMO consumption and how prevalent it is in our food chain; 75% of food sold in grocery stores are conventionally farmed.
- In the last 20 years, there has been a rapid increase in allergies, asthma, autoimmune disorders, ADHD, and autism which could be caused by consumption of GM foods.
- Pesticides placed in GM foods could also be linked to cancer, and early puberty.

### Common Ingredients

Aspartame  
Ascorbic Acid  
Sodium Ascorbate  
Hydrolyzed Vegetable Protein  
Lactic Acid  
Maltodextrins  
Molasses  
Monosodium Glutamate  
Sucrose  
Textured Vegetable Protein (TVP)  
Xanthan Gum  
Yeast Products

### Common GMO Foods

Tomatoes  
Potatoes  
Salmon  
Corn  
Canola  
Alfalfa  
Soy

- To avoid GMO products, look for the non-GMO Project label:



- Eating organic is another way to ensure avoiding GMO products



FITNESS AND NUTRITION FOR A HEALTHIER YOU



## All About Organics

Below are some of the key differences between conventional and organic farming methods:

Conventional	Organic
Apply chemical fertilizers to promote plant growth.	Apply natural fertilizers, such as manure or compost, to feed soil and plants.
Use synthetic herbicides to manage weeds.	Use environmentally-generated plant-killing compounds; rotate crops, till, hand weed or mulch to manage weeds.
Give animals antibiotics, growth hormones and medications to prevent disease and spur growth.	Give animals organic feed and allow them access to the outdoors. Use preventive measures — such as rotational grazing, a balanced diet and clean housing — to help minimize disease.

- Eating organic has the potential to lower the incidence of autism, learning disorders, diabetes, allergies, migraines, and hyperactivity.
- Studies show that organic food is higher in antioxidants than their counterparts; Organic fruit and vegetables are shown to be more nutritious, and organic meat and dairy prove to be higher in omega 3-fatty acids and conjugated linoleic acids (CLA)- which helps lower bad cholesterol!
- Fruits and vegetables have been deemed the “Dirty Dozen” that test positive for various chemicals when conventionally grown:
  - Celery, peaches, strawberries, apples, blueberries, nectarines, sweet bell peppers, dark leafy greens (spinach, kale, collard greens), cherries, potatoes, grapes
- The “Clean 15” include fruits and vegetables that are safe in the non-organic form as they retain little or no pesticides:
  - Onions, avocados, sweet corn, pineapples, mango, sweet peas, asparagus, kiwi, cabbage, eggplants, cantaloupe, watermelon, grapefruit, sweet potatoes, sweet onions



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Supplements for Athletes

Supplements are certainly not for everyone, but if you think that you need a supplement it is important to talk with your doctor and dietitian before starting one. Here are some common supplements that are credible and safe!

### Foundation Supplement

Juice Plus Orchard, Garden and Vineyard Blends

[www.runsub5juiceplus.com](http://www.runsub5juiceplus.com)

### Fish Oil

Nordic Naturals

Ortho Omega 3 by Orthomolecular

### Vitamin D3

Bio D Mulsion D by Biotics research

Vitamin D 3 by Orthomolecular

### Electrolyte and Fluid replacement

Generation UCAN

Accelerade by Pacific Health Labs

Hammer Nutrition Endurolytes Fizz

Heed by Hammer Nutrition

Ironman Perform by Powerbar

### Recovery

Generation UCAN

Endurox R4 by Pacific Health Labs

Complete Protein Powder by Juice Plus

Hammer Nutrition Recovery

## Body Image



As maturing and talented young women, there are many threats to having a positive body image. Viewing yourself in a positive light is so important for your overall health. Many people will pressure you to succeed, you may even fear failure. But you have to realize that you can only do your best. If you leave every practice and race knowing that you gave it your all, you have already succeeded!

Some coaches, parents, and peers put pressure to maintain a certain body type or weight. Never restrict your calories because someone tells you to. You work your body hard in practice to stay healthy and it deserves to be nourished! If you feel pressured in these ways, say something! Find an adult or confide in a friend who will help change the problem. Having these sort of pressures are dangerous for your academic and athletic performance, but mostly importantly, for your self-esteem.



## No Bake Energy Bites

(makes 18-20 bites)

### Ingredients

1 cup toasted oatmeal  
1/2 cup peanut butter (or other nut butter)  
1/3 cup honey  
1 cup toasted coconut flakes  
1/2 cup ground flaxseed or Chia Seed  
1/2 cup mini chocolate chips  
1 tsp vanilla

### Preparation

#### Toast Oatmeal and Coconut

Start with that goey peanut butter, honey and some oatmeal and pour them into your mixing bowl.

Then add in a cup of coconut flakes, sweetened or unsweetened...your call.

Then you can add in your mix-ins. I like to keep these somewhat healthy so I add mini-vegan chocolate chips and ground flaxseed. But you could also add in some chopped nuts, dates, raisins and even switch out the flaxseed to wheat bran or something similar or even cocoa powder. I love this recipe because it is pretty customizable to what you have in your pantry.

Then add in a teaspoon (or two) of vanilla!

Mix it all up and let it chill in your refrigerator for about a half hour.

Then roll into balls and enjoy your little bites of heaven...or energy...depending on what you put in them!

Store in an airtight container and keep refrigerated for up to 1 week.

### Nutrition

**Per serving:** 137 calories; 8 g fat (4 g sat, 2 g mono); 0 mg cholesterol; 14 g carbohydrates; 9 g added sugars; 4 g protein; 2 g fiber; 32 mg sodium; 80 mg potassium; 4 mg iron



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Chocolate Blueberry Energy Bars

\*slightly adapted from Brendan Brazier's book *Thrive*  
*Makes 12 small bars or balls*

### Ingredients

- 1 cup fresh dates, pits removed
- ¼ cup almonds
- ¼ cup blueberries
- ¼ cup cocoa powder (could also use raw cacao powder or carob powder)
- ¼ cup ground flaxseed
- ¼ cup brown rice protein powder
- ¼ cup sesame seeds
- 1 tsp fresh lemon juice
- ½ tsp lemon zest
- Sea salt to taste
- ½ cup cooked buckwheat (optional)
- ½ cup frozen blueberries

### Preparation

Combine all ingredients in your food processor except the buckwheat and frozen berries. Process until all ingredients mix and form into a dough. Knead in buckwheat and frozen berries. Break apart dough into 12 equal pieces. Roll into balls or bars. Wrap individually in plastic wrap or place in a plastic container. Store in the freezer.

**Nutritionals per bar:** 113 calories, 6 grams protein, 5 grams fat, 3 grams fiber.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Apricot Nut Bars

\*recipe from Whole Living

*Makes 6 bars*

### Ingredients

1 ½ cups dried apricots  
½ cup almonds  
2 Tablespoons unsweetened shredded coconut  
Sea salt

### Preparation

Place apricots, almonds, and 1 tablespoon of the coconut, and a pinch of salt into your food processor. Pulse until finely ground. Line a 9x5 inch loaf pan with parchment, leave an inch overhang on all sides. Transfer mixture to pan and press firmly into a rectangle. Use parchment overhang to remove from pan. Sprinkle bars with remaining coconut. Transfer to refrigerator and leave until firm, about 15 minutes. Slice into 6 bars. Store in airtight container up to 5 days.

**Nutritionals per bar:** 200 calories, 4 grams protein, 9 grams fat, 5 grams fiber.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Pumpkin Energy Bites

### Ingredients

- ½ cup pumpkin puree
- ½ cup almond butter
- ¼ cup maple syrup
- 1 tsp cinnamon
- 1 1/3 cup rolled oats
- 1/3 cup pepitas
- 1/3 cup raisins
- 2 T. chia seeds
- 1 tsp vanilla
- ¼ tsp nutmeg (optional)

### Preparation

Combine the pumpkin puree, almond butter, maple syrup, and pumpkin pie spice in a large bowl and stir until smooth. Fold in the rolled oats, pepitas, raisins, and chia seeds. Cover the bowl with plastic wrap and refrigerate for about 2 hours, or until the mixture is chilled and easy to work with. Roll the mixture into balls (if you have a small cookie dough scoop, that works perfectly!). Store the balls in the refrigerator or freezer and thaw for a few minutes before eating.

### Nutrition

**Per serving:** 189 calories; 10 g fat (1 g sat, 5 mono); 0 mg cholesterol; 23 g carbohydrates; 5 g added sugars; 5 g protein; 4 g fiber; 80 mg sodium; 251 mg potassium; 2 mg iron



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Build a Super Power Smoothie!

Smoothies make it easy to get great nutrition in a snap. But they can also become unhealthy if you add in the wrong things. Use the mix-n-match guide below to build a healthy meal-replacement smoothie.

<b>Step 1 Pick Your Fruit</b>	<b>Step 2 Pick your Veg</b>	<b>Step 3 Pick a Protein Powder</b>	<b>Step 4 Pick a Nut</b>	<b>Step 5 Pick A Health Booster</b>	<b>Step 6 Pick a Liquid</b>	<b>Step 7 Pick a Sweeten er (optional)</b>
Banana	Kale	Rice	Brazil	Cocoa powder *unsweetened	Rice Milk *unsweetened	Dates
Berries: blueberries, strawberries, raspberries	Spinach	Pea	Walnuts	Flax Seed	Almond Milk *unsweetened	Raisins
Cherries	Carrots	Whey	Almonds	Chia Seed	Soy Milk *unsweetened	
Pineapple	Sweet Potato	Protein Blend	Almond Butter	Wheat Germ	Water	
Mango	Pumpkin		Peanut Butter	Powdered Greens		
Peach	Beets					
	Broccoli					
Notes: Frozen fruit works great and stores very well. Choose organic when possible.	Notes: If using sweet potato, pumpkin, or beets, make sure they are cooked and peeled.	Notes: Try to find a protein powder without a lot of additives and sweeteners.	Notes: Nuts give smoothies a great texture and add great nutrition.			



FITNESS AND NUTRITION FOR A HEALTHIER YOU

**The General Recipe:** 1 cup of fruit, ½ cup hard veg or 1 cup leafy greens, 10-15 grams of protein powder (1-4 Tablespoons), 4 nuts or 1 tablespoon nut butter, 1-2 teaspoons health booster, 4-5 ice cubes (use more if using unfrozen fruit/veg), 1 date or 1 teaspoon raisins, add enough liquid to make it spin (about 4-8 ounces). Blend until smooth. Enjoy!

## How to Use the Smoothie Chart

Example #1	Example #2
1 Banana	½ Banana
1 C fresh spinach	½ C frozen mixed berries
1 tablespoon brown rice protein powder	1 C kale
1 tablespoon almond butter	1 tablespoon brown rice protein powder
1 teaspoon chia seed	2 Brazil nuts
8-10 ice cubes	1 tsp flax
1 tsp cocoa powder	4-5 ice cubes
Rice milk	water
1 teaspoon raisins	

- When you create a smoothie using the mix-n-match chart above, they will be nutritious enough to be a meal replacement. They will be too rich to use as a snack. If you want to make a healthy snack smoothie, use the chart but omit protein powder and nuts, or simply cut the recipe in half.
- Experiment with the general recipe to suit your taste. You may wish to add more vegetables, or ice.
- The type of blender you use makes a world of difference. High powered blenders are best for making nutritious smoothies. If you want to start having smoothies daily, you will need a good blender. Vitamix and Blendtech are two great brands.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Green Smoothie

- 2 cups mixture of frozen raspberries, peach and papaya chunks
- 1 cup Coconut Milk
- 1 cup pineapple juice or orange juice
- 1 cup organic spinach
- 1/3 Cup of Juice plus complete protein powder vanilla

Instructions for Green smoothies:

In a blender add juice and greens blend. Add the fruit and the rest of the ingredients then blend.

## Healthy Cookie Dough Dip

- 1 can of chickpeas (drained and rinsed well)
- 1/8 tsp salt
- 1/8 tsp baking soda
- 2 tsp pure vanilla extract
- 1/4 cup nut butter of choice (I used PB for the sample I gave you)
- up to 1/4 cup milk of choice (we used coconut milk in the demo)
- 3 Tablespoons of pure maple syrup
- 1/3 cup chocolate chips Or cocoa nibs (I used a mixture)
- 2-3 Tablespoons of oats

Instructions

Drain and rinse the beans and then add all ingredients (except for chocolate chips) to a blender and blend or food processor until very smooth. Then mix in the chocolate chips. Best if refrigerated several hours or overnight.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Thai Chicken Pizza

- 4 Boneless Chicken Breasts sliced into thin strips
- 3-4 T. Thai Seasoning
- 1 T. Olive Oil
- 3-5 Cloves Garlic
- 1 med. Onion Chopped
- 6-8 Baby portabella mushrooms sliced (optional)

### Assorted Vegetables cut Julienne Style

- Zucchini, Yellow Squash
- Red yellow and/or green Peppers
- Carrots
- ¼ C. Cilantro Chopped
- ½ C. Shredded jack Cheese
- 4 Flatza Flat Bread Pizza or Brown rice tortilla

### SAUCE:

- 2 T. Peanut Butter
- 2 T. Pineapple Juice
- 1 t. Soy Sauce

Preheat oven to 400°

Sauté onions and garlic in olive oil. Add sliced chicken breast strips, sprinkle on Thai seasoning and sauté until browned. Once meat has cooked add your veggies and sprinkle with a little more Thai seasoning. While this is cooking (which should only take about 7-10 minutes, if that!!), combine all of your sauce ingredients in a separate bowl and mix until smooth. When chicken mixture is finished cooking turn off heat and add cilantro. Place tortillas on a cookie sheet or baking stone, spread peanut sauce, top with chicken mixture and sprinkle on shredded cheese. Cook in oven for about 5-10 minutes or until tortillas are crisp.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## **Kale Salad**

- 2 Cups baby kale
- 2 oz cooked chicken diced or shredded
- ¼ cup walnuts chopped
- Half of an avocado diced
- ½ lemon juiced
- 1 T olive oil
- Salt
- Pepper
- Fresh parmesan to taste

Mix all ingredients together and serve

## **Overnight Oatmeal Recipes**

### **Maple Blueberry**

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup almond milk
- 1/4 cup low-fat Greek yogurt
- 1-1/2 teaspoons dried chia seeds
- Dash of cinnamon
- 2 teaspoons maple syrup (more or less to taste)
- 1/4 cup blueberries (or enough to fill jar)

#### **Directions**

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, and maple syrup. Put lid on jar and shake until well combined. Remove lid, add blueberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.



FITNESS AND NUTRITION FOR A HEALTHIER YOU

## Raspberry vanilla

1/4 cup uncooked old fashioned rolled oats  
1/3 cup almond milk  
1/4 cup low-fat Greek yogurt  
1-1/2 teaspoons dried chia seeds  
Dash of cinnamon  
1/4 teaspoon vanilla extract  
1 tablespoon raspberry jam, preserves, or spread  
1/4 to 1/3 cup raspberries (cut each berry in half), or enough to fill jar

### Directions

In a half pint (1 cup) jar, add oats, milk, yogurt, chia seeds, vanilla, and raspberry jam. Put lid on jar and shake until well combined. Remove lid, add raspberries and stir until mixed throughout. Return lid to jar and refrigerate overnight or as long as 2-3 days. Eat chilled.