

Golden Coast Track Club

**Sports Nutrition Guide:
Recipes for All Types of Training Days**

by Jen Rhines



Welcome

Welcome to the Golden Coast Track Club Health and Wellness sports nutrition guide! Our philosophy is that your overall fitness is the sum of your physical activity, nutrition and mindset. It is our hope that the pages below give you insight into how we look at nutrition in relation to optimizing your performance and recovery on a daily basis.

This Sports Nutrition Guide will focus on two major topics: **Protein** and **Antioxidants**.

We get lots of emails and messages with questions about how much protein does one need to consume as an endurance athlete. Our answer is that it depends on the day and on what type of training you have planned. In the following pages we will give you protein suggestions and provide menu examples of what to eat on each of the different types of training days.

We also get lots of questions about how to speed up the recovery process from hard training. One of the best ways to do that is through good food, and in particular, foods high in antioxidants. Antioxidants are important for both keeping our immune systems strong and reducing overall inflammation. Below we will explain to you what antioxidants are, how they work and how best to include them in your diet. We will share with you our favorite recipes that are packed full of antioxidants so that you too can recover faster from your hard training efforts!





Disclaimer:

The information provided here is based on my experiences as a coach and athlete as well as my work with some of the finest sports nutritionists from around the world. I am not a medical professional, licensed dietitian or nutritionist. This guide is intended as a starting point for creating a healthy diet, but should not be construed as medical advice. If you need specific advice for your dietary needs please seek the help of a licensed professional. This guide is not a prescription and is not intended as a cure or remedy for any health problems, diseases or dietary issues that you may have. Please consult your healthcare provider before engaging in any major changes to your diet.

Antioxidants: What Are They and Why Are They Important?

We've heard for a long time now that antioxidants are good for us, but what exactly are they and how do they help? The definition of an antioxidant is a compound that inhibits oxidation. To understand how this works we first need to talk about oxidation. Technically, oxidation is the process in which one atom strips electrons from another, and this chemical reaction can produce free radicals. Free radicals are unstable and highly reactive atoms or groups of atoms that contain an unpaired electron. These chemically unstable free radicals search our bodies looking for electrons to pair with from healthy cells. During this process they harm neighboring cells and start a chain reaction of cellular damage. Antioxidants neutralize free radicals by donating their own electrons to balance them and stop these destructive chain reactions.

We accumulate free radicals in the body due to oxidative stress, which is caused by many factors including exercise, environmental pollution and diet. When our bodies accumulate more free radicals than antioxidants our cells are damaged. Our bodies produce some antioxidants on their own, but others we need to get from food. Eating a diet high in antioxidants helps us to combat and prevent oxidative stress. Maintaining this high antioxidant balance supports our immune systems, repairs cellular damage and slows the aging process.

Antioxidants: Foods & ORAC Values

Now that we know why antioxidants are so important, let's talk about high antioxidant foods and their ORAC values. ORAC stands for Oxygen Radical Absorbance Capacity, and the ORAC value is a common way to measure the antioxidant capacity of a food. This value is obtained by measuring the time it takes for antioxidants to react to free radicals, and the amount of antioxidants in the food itself. The theory is that the higher the score of the food on the ORAC scale, the more effective it will be at neutralizing free radicals.

Below is a chart of many of the ingredients with high ORAC values that I have included in the recipes:

Spices	ORAC Value	Fruits & Vegetables	ORAC Value	Nuts, Seeds & Legumes	ORAC Value
Cinnamon	131,420	Goji Berries	25,300	Cacao Powder	95,500
Turmeric	127,068	Ginger Root	14,840	Cacao Nibs	62,100
Cumin	50,372	Garlic	5,708	Walnuts	13,541
Ginger	39,041	Cilantro	5,141	Black Beans	8,494
Chili Powder	23,636	Raspberries	5,065		
Paprika	21,932	Blueberries	4,669		
Cayenne	19,671	Strawberries	4,302		



*ORAC Values from Superfoodly.com

Protein: What Is It?

First of all, what is protein? It is a macronutrient that provides the building blocks for all living tissue in the body. Protein is made of long chains of amino acids, which are linked together by peptide bonds. In humans, there are 20 amino acids that are created to build proteins. Of these amino acids 10 are considered non-essential because our bodies are capable of producing them. Another 9 of these are considered essential since our bodies cannot produce them itself; we must obtain them from food. There is also one that is deemed semi-essential since it needs to be consumed only under certain circumstances. It's important to note that the essential amino acids are not more important than the non-essential amino acids; the terms are simply differentiating that you must obtain the essentials from your diet. Protein supplies the amino acid building blocks required to repair muscle fibers from exercise induced damaged. It also promotes muscle growth and training induced adaptation. With optimal protein intake (and therefore amino acids intake) the faster you will recover from your training and the sooner you'll be ready for the next hard workout.

What Happens When You Consume Too Little or Too Much Protein?

Here Are Some of the Associated Risks:

Too Little Protein	Too Much Protein
Slows Metabolism, can lead to lethargy, fatigue and weight gain	Extra Protein Gets Converted to Glucose, may cause weight gain
Causes a Catabolic State, your body breaks down protein rich tissues (your muscles) to access amino acids	Stresses the Kidneys, your body has to remove more nitrogen waste products from your blood, can cause chronic dehydration
Impairs Immune System, leaving you susceptible to a greater number and/or more severe infections	Accelerates cellular functions, therefore accelerates the aging process.

Protein: How Much Do I Need?

Ok, so now that we have the basics sorted out how much protein do we need on a daily basis? And how does this differ when adding in physical activity?

Many experts recommend consuming 0.7 - 1.0 grams of protein per pound of lean body mass. To calculate this specifically you will need to know your body fat percentage. If you don't know it, you can make an approximate calculation.

Suggested Protein Intake Example Calculation:

For a 130 lb person with 25% body fat:

$130 - (.25 \times 130) = 97.5$ lbs lean body mass

At .7g per lb lean body mass: $97.5 \times .7 = 68.25$ g protein

At 1.0 g per lb lean body mass: $97.5 \times 1.0 = 97.5$ g protein

So for this person the range for daily protein intake would be 68 - 98 grams, depending on age and activity level. Our protein needs increase as we age, and athletes also require more protein than sedentary people. If your goal is to build muscle you will want to stay near the top of your intake range. If you're looking to maintain your current body composition then your protein intake will be somewhere in the middle. On the rare occasion that you are looking to lose muscle mass you will want to stick to the bottom (or possibly just below) of your calculated range. However, we are each an experiment of one, so it may take some trial and error to determine what the right protein intake is for you. Some athletes will require much more than 1g protein per pound of lean body mass to build and/or maintain muscle mass. As with many things, I think if you listen to your body it will give you a good idea of what it needs.

Protein: Bioavailability

Bioavailability:

In general, protein quality is determined by the amount and types of amino acids that it contains; animal proteins are more complete than plant based proteins. Bioavailability is the percentage of absorbed protein that can actually be used by your body. This does not explain the amount of protein, but how much of the available protein can be synthesized by your body. Most plant based sources have lower bioavailability than animal based sources, so those that follow a plant based diet may need to pay extra attention to make sure they're absorbing an adequate amount of protein from their diets.

For example, whey protein powder is considered a complete protein because it contains all of the essential amino acids. Rice and Pea proteins are not both complete proteins but when you combine them together at approximately a 50/50 split, they provide a complete amino profile comparable to whey.

Note on Collagen Peptides:

Collagen supplies amino acids that are required by the body to build connective tissue and regulate cell growth. As we age our collagen making ability decreases, so supplementing with collagen becomes increasingly important. It supports skin, muscle, cartilage, ligaments, hair and helps stimulate bone growth. Collagen is also high in glycine, an anti-inflammatory amino acid, and low in cysteine. Collagen peptides are made by breaking down the full-length collagen molecules and are generally more bioavailable. They are more easily absorbed into the bloodstream because they are much shorter chains of amino acids than collagen.

Protein: Sources

Bioavailability of Common Protein Supplements - Descending Order:

Whey Isolate, Whey Concentrate, Egg White, Casein, Rice, Soy, Pea, Hemp

Animal Based Proteins:

All Whey: Contains all essential amino acids, enhances immune system, high in leucine (promotes muscle growth and recovery after endurance and resistance training)

Whey Isolate- Fast absorbing, lactose free, higher protein content than concentrate

Whey Concentrate- Low lactose level

Egg White: Contains all essential amino acids, second only to whey protein as a source of leucine

Casein: Contains all essential amino acids, absorbs more slowly than whey providing more steady release of amino acids

Plant Based Proteins:

Rice: Contains all of the essential amino acids, but is too low in lysine to be considered a complete protein

Soy: Can have heart health and hormone balancing benefits, but can also be highly allergic. Soy can help protect against cancer by filling estrogen receptor sites (which prevents more dangerous estrogens from doing so, reducing cancer risk)

Pea: Amino acid profile is similar to whey, but with lower bioavailability

Hemp: Contains all essential amino acids, but with lower bioavailability than animal proteins

Training Day Explanations

Rest Day:

No cardio exercise or strength training. This training day may include yoga, mobility work or other recovery modalities.

Easy Training Day:

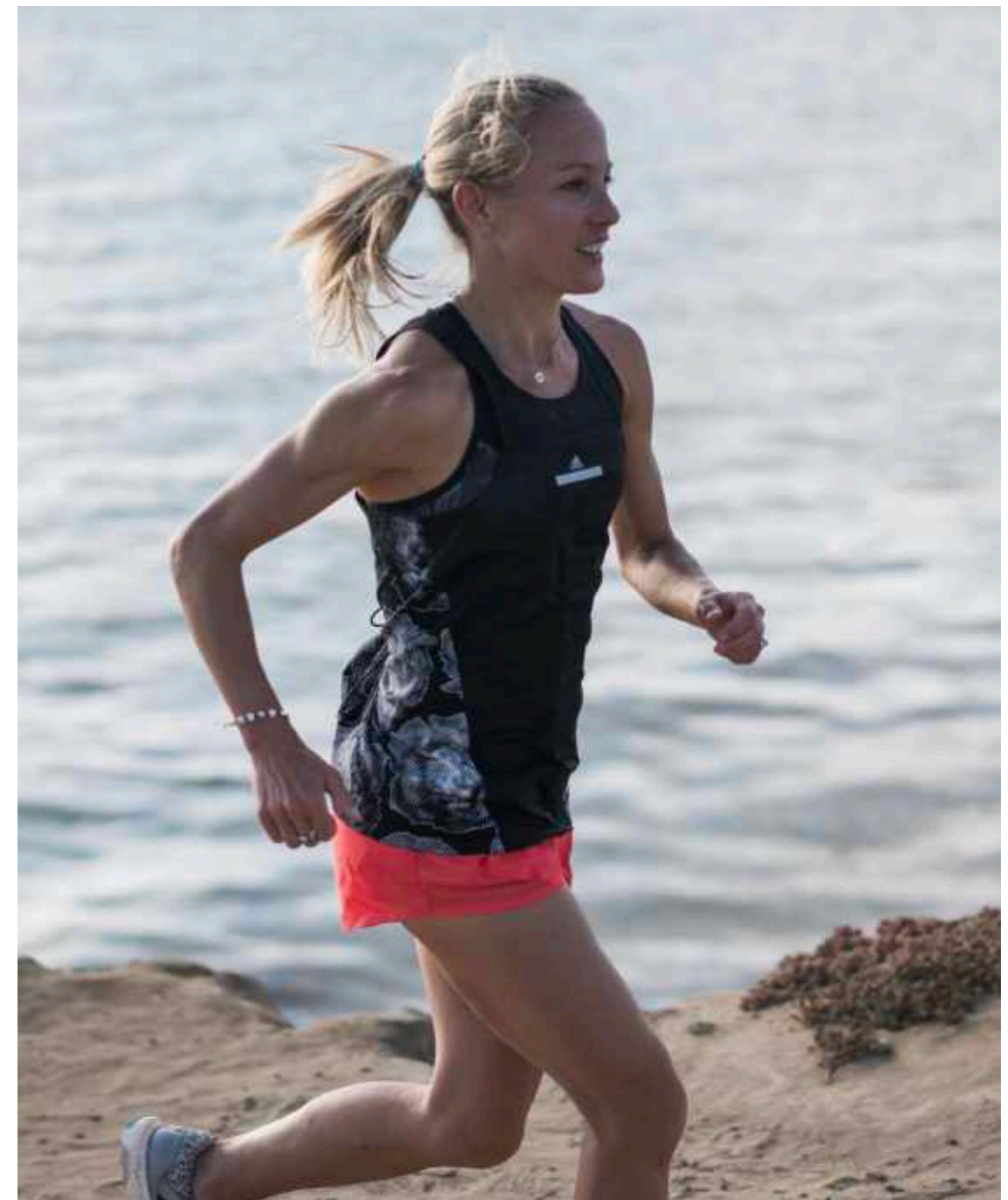
This is a low intensity cardio workout and/or light resistance strength training day. For the “Easy Training Day” in the recipes section we use a low intensity 45min run to determine the nutrient calculations.

Hard Training Day:

This is a high intensity cardio workout and/or hard resistance strength training day. For the “Hard Training Day” in the recipes section we use a high intensity 60min run and a 30min strength training session to determine the nutrient calculations.

Note on the Daily Recipe Plans:

The calorie count and macronutrient breakdown for each training day were calculated based on a female of a specific weight following the above training regimen. This plan is meant to be a guide as to how to structure your nutrition on different types of training days. However, it is not specific to any one individual, and your personal nutritional needs may vary.



Daily Recipe Plans

No Dietary Restrictions

Meal or Snack	Rest Day	Easy Training Day	Hard Training Day
Breakfast	Turmeric Omelet	Avocado Toast	Oatmeal with Berries
Smoothie	Raspberry Goji	Mango Turmeric	Chocolate Cherry
Lunch	Strawberry Spinach Salad	Quinoa Salad	Southwest Bowl
Snack	Antioxidant Granola Bars	Chocolate Chip Cookies	Blueberry Scones
Dinner	Steak Stir Fry	Seared Ahi	Bison Burger

Macros	Daily Totals	Daily Totals	Daily Totals
Calories	1568	1878	2248
Carbs	81.9 g	162.1 g	250.3 g
Protein	86.6 g	102.1 g	122.5 g
Fat	106.0 g	98.6 g	95.4 g

Daily Recipe Plans

Vegan

Meal or Snack	Rest Day	Easy Training Day	Hard Training Day
Breakfast	Turmeric Tofu Scramble	Avocado Toast	Oatmeal with Berries
Smoothie	Raspberry Goji	Mango Turmeric	Chocolate Cherry
Lunch	Strawberry Spinach Salad	Quinoa Salad	Southwest Bowl
Snack	Antioxidant Granola Bars	Chocolate Chip Cookies	Blueberry Muffins
Dinner	Seitan Stir Fry	Vegan Fish	Beyond Burger

Macros	Daily Totals	Daily Totals	Daily Totals
Calories	1607	1980	2301
Carbs	107.8 g	169.9 g	243 g
Protein	75.0 g	88.1 g	122.1 g
Fat	109.9 g	115.7 g	104.3 g

Rest Day

Breakfast - No Dietary Restrictions

Turmeric Omelet - 1 Serving

Ingredients	Amount
Avocado Oil	1 tsp
Eggs	2
Turmeric, ground	1/4 tsp
Red Bell Pepper, chopped	1/4 cup
Spinach, chopped	1/4 cup
Cilantro, chopped	1 tbsp

Directions:

1. Beat eggs together with turmeric
2. Heat avocado oil in pan over low-medium heat
3. Pour eggs into pan, allow them to spread out
4. Once they are mostly cooked add red pepper and spinach, fold omelet in half
5. Let omelet finish cooking for about 1 minute, remove from heat
6. Garnish with cilantro



Macros	Per Serving
Calories	191
Total Fat:	14 g
Saturated Fat	3.4 g
Total Carbohydrates:	4 g
Fiber:	1.1 g
Sugar	2.6 g
Protein:	11.7 g

Rest Day

Breakfast - Vegan

Turmeric Tofu Scramble - 1 Serving

Ingredients	Amount
Avocado Oil	1 tsp
Tofu, firm	6 oz
Turmeric, ground	1/4 tsp
Red Bell Pepper, chopped	1/4 cup
Spinach, chopped	1/4 cup
Cilantro, chopped	1 tbsp
Black Salt	1/4 tsp

Directions:

1. Chop/crumble tofu into small pieces
2. Heat avocado oil in pan over low-medium heat
3. Add turmeric, salt, red pepper and spinach, stir well
4. Cook over medium heat for 4-5 min
5. Remove from heat
6. Garnish with cilantro



Macros	Per Serving
Calories	230
Total Fat:	14.1 g
Saturated Fat	2.4 g
Total Carbohydrates:	9.5 g
Fiber:	3.2 g
Sugar	3 g
Protein:	21.1 g

Rest Day

Smoothie- No Dietary Restrictions

Raspberry Goji Berry Smoothie

Ingredients	Amount
Raspberries	1/4 cup
Goji Berries	2 tbsp
Ginger, freshly chopped	1 tsp
Vanilla Extract	1/2 tsp
Almond Milk, vanilla unsweetened	1 cup
Coconut Cream	1/4 cup
Swerve (sweetener)	2 tsp
Ice Cubes, small	8

Directions:

Combine all ingredients in a blender, blend on high until smooth.

Smoothie- Vegan Version

Add 1/2 scoop pea protein powder.

* Note on Total Carbohydrates, total includes sugar alcohols (erythritol) in Swerve sweetener



Macros (NDR)	Macros (Vegan)	
Calories	227	258
Total Fat:	16.1 g	16.2 g
Saturated Fat	12.2 g	12.2 g
Total Carbohydrates:	25.7 g *	26.2 g*
Fiber:	5.9 g	5.9 g
Sugar	6 g	6.5 g
Protein:	3.3 g	10.1 g

Rest Day

Lunch- No Dietary Restrictions

Strawberry Spinach Salad- 1 Serving

Ingredients	Amount
Spinach	1 cup
Strawberries, sliced	3/4 cup
Walnuts, chopped	1/4 cup
Chicken Breast, cooked	3 oz
Balsamic Vinaigrette	2 tbsp

Directions for Salad:

Combine all ingredients, toss with vinaigrette. See page 18 for the Balsamic Vinaigrette recipe.

Lunch- Vegan Version

Replace chicken with 1 serving of Vegan Goat Cheese. See page 17 for the Vegan Goat Cheese recipe.



Macros (NDR)	Macros (Vegan)	
Calories	512	618
Total Fat:	36.9 g	56.1 g
Saturated Fat	4.8 g	7.5 g
Total Carbohydrates:	16.2 g	26.4 g
Fiber:	5 g	5.5 g
Sugar	8.4 g	10.5 g
Protein:	32.5 g	10.1 g

Recipe

Vegan Goat Cheese - 3 Servings

Ingredients	Amount
Cashews, raw	3/4 cup
Avocado Oil	1/4 cup
Lemon Juice	1/4 cup
Water	1 oz
Salt	1.5 tsp
Black Pepper	2 tsp

Directions:

1. Soak the cashews for 6-8 hours
2. Preheat oven to 200 degrees F, line a baking sheet with parchment paper
3. Combine all ingredients in a blender or food processor
4. Spread the cashew mixture on to one side of a piece of cheesecloth
5. Roll it up to form a log, secure ends
6. Place on the prepared baking sheet
7. Bake for 35 minutes, or until the cheese is set
8. Remove cheesecloth



Macros	Per Serving
Calories	349
Total Fat:	32.5 g
Saturated Fat	4.7 g
Total Carbohydrates:	12.2 g
Fiber:	1.5 g
Sugar	2.4 g
Protein:	6.2 g

Recipe

Balsamic Vinaigrette- 8 Servings

Vegan Version: Omit honey, add 1 tsp sugar

Ingredients	Amount
Olive Oil	1/2 cup
Balsamic Vinegar	1/4 cup
Garlic, fresh	1 clove
Honey	1 tsp
Dijon Mustard	1 tsp
Basil, dried	1 tsp
Black Pepper	1/4 tsp
Salt	1/4 tsp

Directions:

1. Mince the garlic, set aside
2. Whisk together the balsamic vinegar, garlic, honey, dijon, basil, pepper and salt
3. Gradually whisk the olive oil into the mixture



Macros	Per Serving
Calories	131
Total Fat:	13.5 g
Saturated Fat	1.9 g
Total Carbohydrates:	2.3 g
Fiber:	0.1 g
Sugar	1.9 g
Protein:	0.1 g

Rest Day

Snack- No Dietary Restrictions

Antioxidant Granola Bars - 16 Servings

Ingredients	Amount
Dates, chopped	1 cup
Goji Berries	1/4 cup
Almonds, chopped	1/2 cup
Oats	1 1/2 cups
Cacao Nibs	4 tbsp
Chocolate Chips, semi-sweet	1/2 cup
Almond Butter	1/4 cup
Honey	4 tbsp

Directions:

1. Toast oats in oven at 350 degrees F for 10-15 min
2. Chop pitted dates in a food processor or blender
3. Combine oats, almonds and dates in a large mixing bowl, set aside
4. Warm almond butter and honey in a small saucepan over low heat
5. Pour over oat mixture and blend together. Add goji berries, chocolate chips and cocoa nibs.
6. Spread mixture into an 8x8 inch parchment lined baking pan, pressing down until uniformly flattened
7. Cover and place in fridge or freezer for 15-20 min
8. Remove bars from pan and chop into squares



	Macros (NDR)	Macros (Vegan)
Calories	146	151
Total Fat:	7.4 g	7.4 g
Saturated Fat	2 g	2 g
Total Carbohydrates:	19.1 g	19.8 g
Fiber:	2.6 g	2.6 g
Sugar	11 g	10.1 g
Protein:	3.4 g	3.6 g

Snack- Vegan Version:

Replace 4 tbsp honey with 5 tbsp brown rice syrup.

Rest Day

Dinner- No Dietary Restrictions

Steak Stir Fry- 1 Serving

Ingredients	Amount
Skirt Steak	4 oz
Avocado Oil	1 tbsp
Garlic	1 clove
Ginger, freshly chopped	1 tbsp
Onion, chopped	1/4 cup
Red Bell Pepper, chopped	1/2 cup
Spinach, chopped	1 cup
Vegetable Stock	1/4 cup
Soy Sauce	2 tbsp

Directions:

1. In a medium pan warm avocado oil over medium heat.
2. Add garlic and steak, cook 4-5 min
3. Add onion, gingers, pepper and spinach, cook until desired wellness
4. Combine vegetable stock with soy sauce, toss with stir fry when done.

Dinner- Vegan Version

Replace steak with 4 oz of seitan



Macros (NDR)	Macros (Vegan)	
Calories	492	349
Total Fat:	31.6 g	16.1 g
Saturated Fat	8.5 g	1.8 g
Total Carbohydrates:	16.9 g	25.8 g
Fiber:	3.8 g	5.5 g
Sugar	6.6 g	10.1 g
Protein:	35.6 g	30.1 g

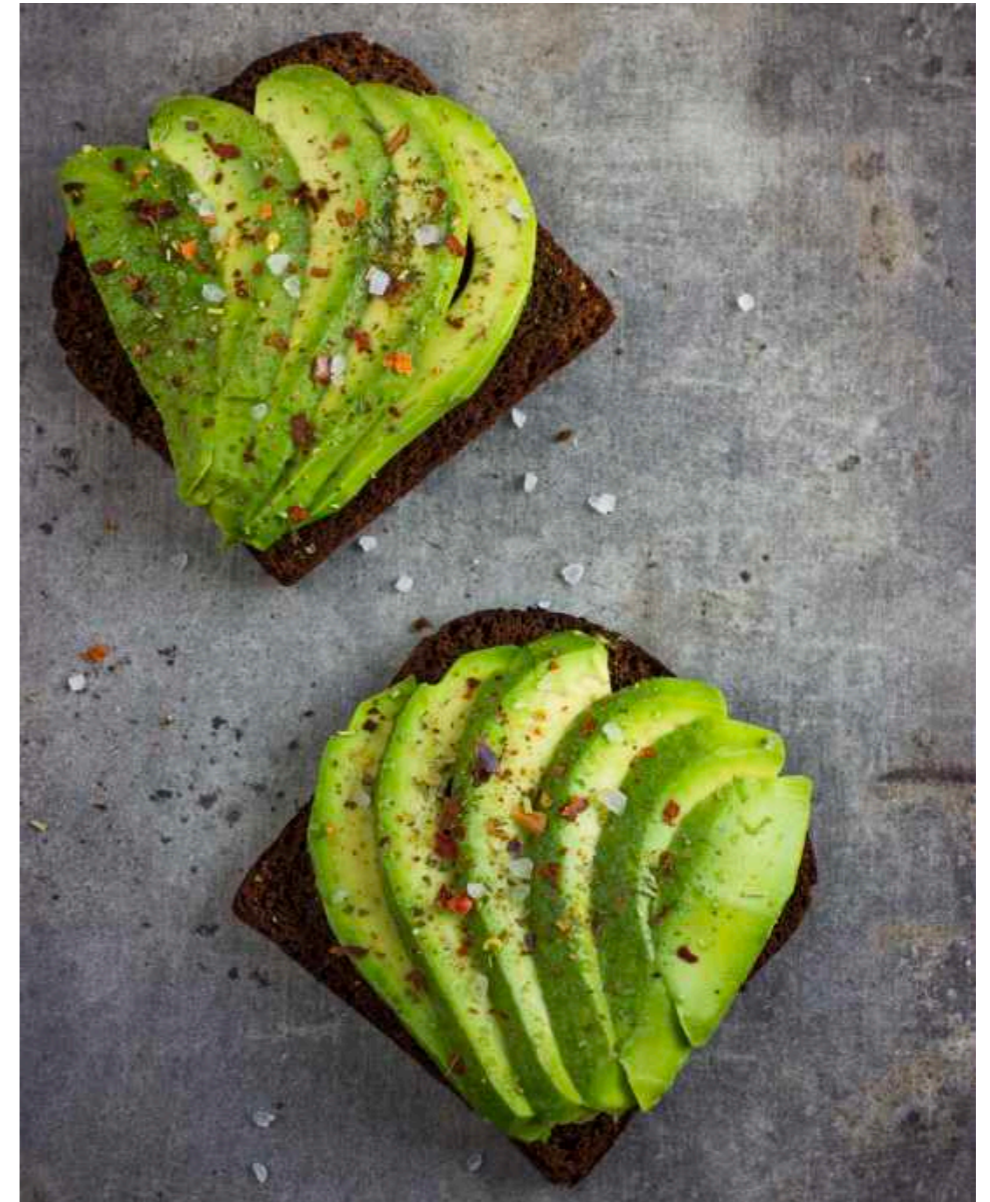
Easy Training Day

Breakfast - No Dietary Restrictions & Vegan

Avocado Toast- 1 Serving

Ingredients	Amount
Whole Grain Bread	2 slices
Avocado, large	1/2
Olive Oil	1 tsp
Salt	to taste
Black Pepper	to taste
Red Pepper	to taste

Macros	Per Serving
Calories	293
Total Fat:	18 g
Saturated Fat	2.1 g
Total Carbohydrates:	31.9 g
Fiber:	6.6 g
Sugar	2.2 g
Protein:	7.3 g



Directions:

1. Slice avocado
2. Toast bread, spread with olive oil
3. Arrange avocado on toast, sprinkle with salt and pepper as desired

Easy Training Day

Smoothie- No Dietary Restrictions

Mango Turmeric Smoothie- 1 Serving

Ingredients	Amount
Mangoes, frozen	1 1/2 cups
Coconut Oil	1 tsp
Ginger, ground (or fresh)	1 tsp
Cinnamon	1 tsp
Turmeric, ground	1 tsp
Almond Milk, unsweetened	1 cup
Collagen Peptides	2 scoops (20g)

Directions:

Combine all ingredients in a blender, blend on high until smooth.

Smoothie- Vegan Version

Replace collagen peptides with 2 scoops of a plant based collagen powder. Sunwarrior brand was used for the nutrition calculation (2 scoops=50g)



	Macros (NDR)	Macros (Vegan)
Calories	325	455
Total Fat:	8.3 g	12.3 g
Saturated Fat	3.9 g	4.9 g
Total Carbohydrates:	47.8 g	55.8 g
Fiber:	5.6 g	9.6 g
Sugar	38.2 g	38.2 g
Protein:	21.9 g	39.9 g

Easy Training Day

Lunch- No Dietary Restrictions

Quinoa Salad- 4 Servings

Ingredients	Amount
Quinoa, dry	1 cup
Asparagus, cooked	12 spears
Sun Dried Tomatoes	1/2 cup
Spinach, chopped	1 cup
Parmesan Cheese, crumbled	1/4 cup
Balsamic Vinaigrette, homemade	3-4 tbsp
Chicken Breast, cooked	12 oz

Directions:

1. Cook the quinoa as directed on the package
2. Chop cooked asparagus, sun dried tomatoes, and spinach
3. Chop/crumble parmesan into small pieces
4. Combine and serve with chicken, or add chickpeas for the vegan version
5. Add Balsamic Vinaigrette to individual servings, see page 18 for BV recipe

Lunch- Vegan Version

Replace chicken with 2 cups chickpeas



Macros (NDR)	Macros (Vegan)	
Calories	474	441
Total Fat:	19.4 g	17.8 g
Saturated Fat	5.2 g	4.3 g
Total Carbohydrates:	34.3 g	52.8 g
Fiber:	4.9 g	10.1 g
Sugar	6.6 g	9.9 g
Protein:	40.2 g	19.7 g

Easy Training Day

Snack- No Dietary Restrictions & Vegan

Chewy Chocolate Chip Cookies- 10 Servings

Ingredients	Amount
Almond Flour, fine	1 3/4 cup
Baking Soda	1/2 tsp
Salt	1/4 tsp
Coconut Oil	1/2 cup
Vanilla Extract	2 tsp
Almond Milk, unsweetened	3 tbsp
Coconut Sugar	1/2 cup
Chocolate Chips	3/4 cup

Directions:

1. Preheat oven to 350 degrees F
2. In a medium bowl combine almond flour, baking soda, and salt, set aside
3. Melt coconut oil in a small pan, add coconut sugar, almond milk, and vanilla extract. Blend until smooth
4. Combine wet and dry ingredients. Refrigerate dough for at least 20 minutes
5. Mix chocolate chips into dough, spoon on to parchment lined baking pan in balls, approximately 1 inch in diameter
6. Bake for 10-12 minutes, remove and let cool



Macros	Per Serving
Calories	314
Total Fat:	24.8 g
Saturated Fat	12.2 g
Total Carbohydrates:	22.3 g
Fiber:	2.9 g
Sugar	18 g
Protein:	4.7 g

Easy Training Day

Dinner- No Dietary Restrictions

Seared Ahi Tuna- 2 Servings

Ingredients	Amount
Ahi Tuna	8 oz
Avocado Oil	4 tbsp
Garlic, minced	1/2 clove
Ginger, freshly chopped	1 tsp
Lime Juice	1 lime
Soy Sauce	2 tbsp
Cilantro, chopped	to taste
White Rice, cooked	1 cup
Salt, Black Pepper	to taste

Directions:

1. In a small bowl combine 2 tbsp avocado oil, garlic, ginger, lime juice, soy sauce and cilantro
2. Heat remaining 2 tbsp avocado oil in skillet on medium high heat
3. Season tuna with salt and pepper, sear tuna for 1-2 min on each side, or to desired wellness
4. Serve with cilantro mixture over rice



Macros (NDR)	Macros (Vegan)	
Calories	470	475
Total Fat:	28.1 g	42.8 g
Saturated Fat	3.4 g	5.8 g
Total Carbohydrates:	25.8 g	7.2 g
Fiber:	0.6 g	0.4 g
Sugar	0.5 g	2.8 g
Protein:	27.9 g	16.4 g

Dinner- Vegan Version

Replace tuna with vegan fish fillets, serve without rice.

Hard Training Day

Breakfast - No Dietary Restrictions

Oatmeal with Berries & Walnuts- 1 Serving

Ingredients	Amount
Oats, old fashioned or rolled	1/4 cup
Walnuts	3 tbsp
Strawberries	1/4 cup
Blueberries	1/4 cup
Honey	2 tbsp
Cinnamon	to taste

Directions:

1. Bring 1/2 cup water to a boil, reduce heat to low
2. Add oats, cook for approximately 5 min or until water is absorbed
3. Slice strawberries and chop walnuts
4. Place oats in a bowl, add toppings

Breakfast- Vegan Version

Replace honey with sugar.



Macros	Per Serving
Calories	389
Total Fat:	16 g
Saturated Fat	1.7 g
Total Carbohydrates:	61.7 g
Fiber:	5.8 g
Sugar	40.9 g
Protein:	7 g

Hard Training Day

Smoothie- No Dietary Restrictions

Chocolate Cherry Smoothie- 1 Serving

Ingredients	Amount
Coconut Milk, sweetened	1 1/2 cups
Cherries, fresh or frozen	3/4 cup
Cacao Powder	1 tbsp
Vanilla Extract	1 tsp
Chocolate Whey Protein Powder	1 scoop
Ice Cubes, large	2

Directions:

Combine all ingredients in a blender, blend on high until smooth. Use less ice if using frozen cherries.

Smoothie- Vegan Version

Replace whey protein powder with 1 scoop pea protein powder and 1 scoop rice protein powder.



Macros (NDR)	Macros (Vegan)	
Calories	313	410
Total Fat:	8.5 g	8.5 g
Saturated Fat	7 g	6.1 g
Total Carbohydrates:	34.9 g	37 g
Fiber:	3.6 g	4.6 g
Sugar	26.1 g	25.1 g
Protein:	26.8 g	47.9 g

Hard Training Day

Lunch- No Dietary Restrictions & Vegan

Southwest Bowl - 2 Servings

Ingredients	Amount
Southwest Sweet Potatoes	1 serving
Brussel Sprouts, cooked	1 cup
Black Beans	1 cup
Grape Tomatoes, sliced	3/4 cup
Yellow Bell Pepper, chopped	1/2 cup
Onion, chopped	1/4 cup
Avocado	1 large
Cilantro, chopped	2 tbsp

Directions:

1. Southwest Sweet Potatoes, see page 29 for recipe
2. Chop the bell pepper, onion and cilantro
3. Slice grape tomatoes, brussel sprouts and avocado
4. Mix all ingredients together as desired in a bowl
5. Add your choice of salsa or salad dressing



Macros	Per Serving
Calories	396
Total Fat:	15.3 g
Saturated Fat	2.1 g
Total Carbohydrates:	59.9 g
Fiber:	20.4 g
Sugar	9 g
Protein:	13.9 g

Recipe

Southwest Sweet Potatoes- 2 Servings

Ingredients	Amount
Sweet Potatoes	2 medium
Avocado Oil	1 tbsp
Chili Powder	1 tsp
Paprika	1/2 tsp
Garlic Salt	1/2 tsp
Cumin	1/2 tsp
Cayenne Pepper	1/4 tsp
Black Pepper	1/4 tsp

Directions:

1. Preheat oven to 400 degrees F, line baking sheet with parchment paper
2. Chop sweet potatoes into 1/2 inch cubes
3. Mix spices together in medium bowl, add sweet potatoes and avocado oil, blend well
4. Place potatoes on parchment paper, bake for 25-30 min or until tender



Macros	Per Serving
Calories	181
Total Fat:	7.3 g
Saturated Fat	0.9 g
Total Carbohydrates:	27.7 g
Fiber:	4.7 g
Sugar	5.6 g
Protein:	2.4 g

Hard Training Day

Snack- No Dietary Restrictions

Blueberry Lemon Scones- 6 Servings

Ingredients	Amount
Almond Flour	1 1/2 cup
Cassava Flour	1/2 cup
Coconut Flour	1/4 cup
Coconut Sugar	1/3 cup
Baking Powder	1 tbsp
Salt	1/4 tsp
Butter (room temperature)	5 tbsp
Eggs	2
Vanilla Extract	1/2 tsp
Lemon Zest	1 tsp
Blueberries	3/4 cup

Directions:

1. Preheat oven to 350 degrees F
2. In a medium bowl combine all 3 flours, sugar, baking powder, and salt, set aside
3. Combine butter, eggs, vanilla extract and lemon zest
4. Combine wet and dry ingredients, add blueberries
5. Form dough into a one inch thick disk, cut into 6 equal pieces, using your hands to form the disk
6. Place scones on a baking sheet lined with parchment paper. Bake for 18-20 minutes, or until lightly browned on the edges



Macros	Per Serving
Calories	376
Total Fat:	26 g
Saturated Fat	8.2 g
Total Carbohydrates:	31.2 g
Fiber:	5.8 g
Sugar	14.6 g
Protein:	8.7 g

Hard Training Day

Snack- Vegan

Blueberry Lemon Muffins- 10 Servings

Ingredients	Amount
Almond Flour	2 cups
Baking Powder	2 tsp
Baking Soda	1 tsp
Coconut Sugar	1/2 cup
Salt	1/2 tsp
Coconut Oil, melted	1/3 cup
Vanilla Extract	2 tsp
Lemon Zest	1 tsp
Lemon Juice	1 tbsp
Blueberries	1/2 cup



Directions:

1. Preheat oven to 350 degrees F
2. In a medium bowl combine almond flour, sugar, baking powder, baking soda and salt, set aside
3. Melt coconut oil, add vanilla extract, lemon juice and lemon zest
4. Combine wet and dry ingredients, add blueberries
5. Pour batter into a muffin pan greased with coconut oil
6. Bake for 12-14 minutes, let cool and remove from pan

Macros	Per Serving
Calories	236
Total Fat:	18.4 g
Saturated Fat	6.8 g
Total Carbohydrates:	15.5 g
Fiber:	2.6 g
Sugar	11.5 g
Protein:	4.7 g

Hard Training Day

Dinner- No Dietary Restrictions

Bison Burger with Sides- 1 Serving

Ingredients	Amount
Bison, ground	8 oz
Hamburger Bun	1
Tomato, large	2 slices
Barbeque Sauce	1 tbsp
Mixed Greens	1/2 cup
Onion, sliced into rings	2
Southwest Sweet Potatoes	1 serving

Directions:

1. Season ground meat to taste
2. Slice tomato and onion, set aside
3. Cook to desired wellness
4. Add tomato, onion and barbecue sauce (or other toppings) to burger
5. Serve on bun with side of mixed greens and Southwest Sweet Potatoes (see page 29 for Southwest Sweet Potato recipe)

Dinner- Vegan Version

Replace bison meat with 8 oz Beyond Meat



Macros (NDR)	Macros (Vegan)	
Calories	774	870
Total Fat:	29.6 g	46.1 g
Saturated Fat	10.1 g	13.9 g
Total Carbohydrates:	62.5 g	68.9 g
Fiber:	6.9 g	11.1 g
Sugar	15.4 g	15.5 g
Protein:	66.1 g	48.6 g

**We hope you enjoyed our recipes -
Stay Healthy & Stay Golden!**

