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# THE ATHLETE'S COOKBOOK

*for Fueling Up*

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# INTRODUCTION

What does Fueling Up mean?

Food is fuel. Without food, our bodies cannot run, jump, workout, breath or even sleep. As athlete's, you ask a lot of your body and it needs a lot in return to your demands to run faster, lift heavier or push harder. That return on investment is how you eat and drink, i.e. fueling up right. Choosing the foods that will get you ready for your workouts and foods that recover your body from a workout, that is what fuel up for performance means for an athlete.

There are a few notes when it comes to *fueling up right*:

- Pre-Fuel Meal - This is a meal consumed at least 3-4 hours before a workout. It provides simple carbohydrates and a little protein to top off your energy stores. Avoid high fat and fiber in this meal.
- Pre-Fuel Snack - This is a snack of quick digestible carbohydrates to give you a boost of energy to make sure you can finish a workout AND even jump start recovery
- Refuel Meal & Snack - These are foods that are rich in carbohydrates combined with protein, ideally 3-to-1 carbohydrate to protein ratio. This replenishes energy stores and heal muscle fibers to build strength and endurance.

Enjoy fueling up for performance!



# PRE-FUEL RECIPES: MEALS





## Cinnamon Oatmeal Pancakes

5 servings

25 minutes

### Ingredients

- 3 cups Oats (rolled)
- 1 tsp Baking Powder
- 1 tbsp Cinnamon
- 1 Egg
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Coconut Oil (divided)
- 1/4 cup Pomegranate Seeds
- 1/3 cup Raspberries
- 1/4 cup Pumpkin Seeds

### Directions

- 1 In a food processor, process the rolled oats until it creates a flour-like consistency. Add the baking powder and cinnamon and pulse to combine.
- 2 Add the egg, almond milk and half of the coconut oil to the oat mixture and process until well combined.
- 3 Add the remaining coconut oil to a large skillet and place over medium heat. Once hot, pour the batter into skillet to form one pancake about 3-inches wide.
- 4 Once small holes begin to appear in the surface of the pancake, flip over. Cook each side approximately 3 to 4 minutes. Repeat until the batter is finished.
- 5 Top the pancakes with pomegranate seeds, raspberries and pumpkin seeds. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days. Freeze for up to two months. Reheat by cooking in a pan with oil on medium heat or pop in the toaster if frozen.

**Serving Size,** One serving is roughly 2 pancakes.

**Additional Toppings,** Add nuts, seeds, or berries on top.



## Mashed Sweet Potato Breakfast Bowl

1 serving  
35 minutes

### Ingredients

- 1 Sweet Potato (medium sized, cut in half)
- 2 tbsps Unsweetened Almond Milk
- 1/3 cup Blueberries
- 1 tbsp Almond Butter
- 1 tsp Hemp Seeds

### Directions

- 1 Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
- 2 Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
- 3 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Nut-Free,** Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

**More Flavor,** Add a dash of cinnamon to the sweet potato.

**Additional Toppings,** Top with coconut or Greek yogurt and a drizzle of honey.

**Save Time,** Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.



## Strawberry Almond Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

### Directions

1

Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

### Notes

**Nut-Free,** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk,** Use coconut milk or cashew milk instead.

**Smoothie Consistency,** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber,** Add in some chopped leafy greens like spinach or kale.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.



## Oatmeal with Blueberries

1 serving  
10 minutes

### Ingredients

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Blueberries (fresh or frozen)

### Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

### Notes

**Extra Toppings,** Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

**No Blueberries,** Top with raspberries, strawberries, peaches or bananas.

**No Stove Top,** Cook oats in the microwave instead.





## Vanilla Chia Pudding with Berries

3 servings

3 hours

### Ingredients

- 1 1/3 cups Unsweetened Almond Milk (canned)
- 1 tbsp Maple Syrup
- 2 tsp Vanilla Extract
- 1/2 cup Chia Seeds
- 1 cup Blueberries
- 1 cup Strawberries

### Directions

- 1 In a medium-sized bowl, whisk together the almond milk, maple syrup, and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
- 2 Divide the chia pudding between bowls or containers and top with blueberries and strawberries. Enjoy!

### Notes

**Storage,** Keeps well in an airtight container in the fridge for up to 5 days.



## Sweet Potato Pancakes

1 serving  
20 minutes

### Ingredients

- 1 Sweet Potato (small)
- 2 Egg (whisked)
- 1 1/2 tsps Coconut Oil
- 1/4 tsp Cinnamon
- 1 tbsp Maple Syrup

### Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

### Notes

**Spice it Up,** Add nutmeg and/or ginger spice.

**Toppings,** Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



## Breakfast Potato & Egg Tacos

3 servings

40 minutes

### Ingredients

- 2 cups Mini Potatoes (quartered)
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1/8 tsp Sea Salt
- 1/2 tsp Smoked Paprika
- 1 tsp Avocado Oil
- 3 Egg
- 6 Corn Tortilla
- 1/3 cup Organic Salsa
- 1 1/2 ozs Cheddar Cheese (shredded)
- 1 Avocado (optional, sliced)
- 1/4 cup Microgreens (optional)

### Directions

- 1 Preheat the oven to 425°F (218°C). Add the potatoes, onion, bell pepper, sea salt, paprika and avocado oil in a baking dish. Toss well to coat. Bake for 30 minutes, until the potatoes are cooked through.
- 2 Heat a skillet over medium heat and scramble the eggs until cooked through. Set aside.
- 3 Top each tortilla with potato mix, eggs, and salsa. Add shredded cheese, sliced avocado, and microgreens (optional). Enjoy!

### Notes

**No White Potatoes,** Use diced sweet potato instead.

**Dairy-Free,** Omit the cheese.

**Prep Ahead,** Cook the potatoes ahead of time. Scramble the eggs just before serving.

**Serving Size,** One serving is equal to two filled tacos.

**Make it Vegan,** Omit the cheese and use tofu instead of eggs.



## Peanut Butter Breakfast Quinoa

2 servings

40 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 cup Unsweetened Almond Milk (from the can)
- 1 tbsp Maple Syrup
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt
- 1/4 cup All Natural Peanut Butter
- 1 cup Strawberries (sliced)

### Directions

- 1 Add uncooked quinoa to a medium pot with a tight-fitting lid. Whisk in water, coconut milk, maple syrup, cinnamon and salt.
- 2 Bring to a gentle boil then reduce to medium-low and cover with lid. Let simmer, stirring frequently to prevent quinoa from sticking to the bottom of the pot, for 25 minutes or until quinoa is tender.
- 3 Remove from heat and stir in peanut butter until well mixed. Divide into bowls and then top with strawberries. Enjoy!

### Notes

**No Coconut Milk,** Any unsweetened nondairy or dairy milk will work.

**No Peanut Butter,** Use another natural nut butter like almond.

**Leftovers,** Store in the fridge up to 4 days. Reheat with an extra splash of milk or water.

**More Toppings,** Crushed peanuts, sliced banana or a drizzle of maple syrup.



## Sweet Potato & Turkey Breakfast Patties

5 servings

1 hour

### Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 1 lb Extra Lean Ground Turkey
- 1 Garlic (large clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 3 Using a paper towel, gently pat the turkey to remove excess moisture.
- 4 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 5 Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days or freeze for up to two months.

**Serving Size,** One serving is approximately two patties.

**More Flavor,** Add black pepper, onion powder or red pepper flakes.

**Sweet Potato,** One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.



## Chia Oats with Kiwi

4 servings

25 minutes

### Ingredients

- 2 cups Water
- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 2 Kiwi (chopped)

### Directions

- 1 In a small saucepan, bring the water to a boil and add in the oats and chia seeds. Cook for 10 to 15 minutes or until oats are cooked through.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to four days.

**Serving Size,** One serving is equal to half a cup of oatmeal and half of a kiwi.

**More Flavor,** Add cinnamon or maple syrup.

**Additional Toppings,** Add nuts, seeds and berries.



## Flaxseed Pudding Parfait

1 serving

35 minutes

### Ingredients

- 1/4 cup Ground Flax Seed
- 1/2 tsp Cinnamon
- 1/2 cup Unsweetened Almond Milk
- 1 1/2 tsps Maple Syrup
- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Raspberries
- 2 tbsps Pecans (crushed)

### Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Nut-Free,** Use pumpkin seeds or hemp seeds instead of pecans.

**More Flavor,** Add vanilla extract or a variety of berries.



## Chocolate Cherry Chia Pudding

1 serving  
30 minutes

### Ingredients

2 tbsps Chia Seeds  
1/2 cup Plain Coconut Milk  
(unsweetened, from the carton)  
2 tbsps Chocolate Protein Powder  
1/3 cup Cherries (pitted)  
1 1/2 tps Unsweetened Shredded  
Coconut

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**No Protein Powder,** Use raw cacao powder instead of protein powder, using half the amount.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.

**Additional Toppings,** Add granola or cacao nibs on top for crunch.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.





## Brownie Protein Pancakes

2 servings

15 minutes

### Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Organic Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

### Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

### Notes

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

**Save Time,** Make the pancake batter in a blender.

**Toppings,** Maple syrup, honey, fresh fruit, granola, seeds or nuts.

**Leftovers,** Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

**No Chickpea Flour,** Try oat flour instead. Results may vary.

# PRE-FUEL RECIPES: SNACKS





## Sweet Potato Toast with Yogurt & Blueberries

1 serving

15 minutes

### Ingredients

- 1/2 Sweet Potato (large)
- 2 tbsps Plain Greek Yogurt
- 1/4 cup Blueberries
- 1 tbsp Almond Butter
- 1/16 tsp Cinnamon

### Directions

- 1 Trim the pointy ends off of the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Place the sweet potato slices into the toaster and toast twice or until golden brown. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 3 Once the sweet potato has cooled slightly, add the yogurt to each slice. Top with blueberries, almond butter, and cinnamon. Enjoy!

### Notes

**Leftovers,** Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly 3 minutes per side.

**Dairy-Free,** Use coconut or cashew yogurt instead of Greek yogurt.

**Nut-Free,** Use coconut butter, tahini or sunflower seed butter instead of almond butter.

**Additional Toppings,** Add hemp seeds, flax seeds or chia seeds on top.



## No Bake Apple Cinnamon Bites

14 servings

15 minutes

### Ingredients

1 cup Oats (quick or traditional)  
1/4 cup Ground Flax Seed  
1/2 tsp Cinnamon  
1/3 cup Almond Butter  
2 tbsps Raw Honey  
1 Apple (peeled, cored and finely diced)

### Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

### Notes

**Vegan**, Use maple syrup instead of honey.

**Nut-Free**, Use sunflower seed butter instead of almond butter.

**Serving Size**, One serving is equal to one ball.



## Cinnamon Protein Energy Bites

14 servings

35 minutes

### Ingredients

1/3 cup Oats (quick)  
1/4 cup Oat Flour  
1/4 cup Vanilla Protein Powder  
1/4 cup Ground Flax Seed  
2 tbsps Chia Seeds  
1 1/2 tsps Cinnamon  
1/2 cup Almond Butter  
1/4 cup Maple Syrup  
1 tbsp Unsweetened Almond Milk  
(optional; if needed)

### Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

### Notes

**Storage,** Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

**Serving Size,** One serving is equal to one ball.

**Nut-Free,** Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.

**No Maple Syrup,** Use honey instead.

**Gluten-Free,** Use certified gluten-free quick oats.

**No Quick Oats,** For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

**No Protein Powder,** Use more oat flour instead.



## Breakfast Oatmeal Cookies

8 servings

20 minutes

### Ingredients

- 2 cups Oats (rolled)
- 3 Banana (mashed)
- 1/2 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/4 cup Organic Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

### Notes

**No Peanut Butter**, Use almond, cashew, or sunflower seed butter instead.

**Gluten-Free**, Use certified gluten-free oats.

**Sugar-Free**, Use sugar-free chocolate chips or dried cranberries.

**Leftovers**, Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

**Serving Size**, One serving is equal to one cookie.



## Toast with Peanut Butter

1 serving

5 minutes

### Ingredients

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

### Directions

- 1 Toast the bread slices, then spread on the peanut butter. Enjoy!

### Notes

Topping Ideas, Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

RECOVERY  
RECIPES:  
MEALS







## One Pan Chicken Thighs, Green Beans & Sweet Potato

2 servings

45 minutes

### Ingredients

8 ozs Chicken Thighs with Skin  
2 Sweet Potato (medium, cut into wedges)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/2 tsp Thyme (dried)  
2 cups Green Beans (trimmed)

### Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Place the chicken thighs and sweet potato on the baking sheet and drizzle with avocado oil. Season with salt, pepper, paprika and thyme. Bake for 30 minutes.
- 3 Remove from the oven and add the green beans to the baking sheet. Place back in the oven for 10 to 15 minutes, or until everything is cooked through. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container up to 3 days.

**No Thyme,** Use rosemary, parsley or basil instead.



## One Pan Hawaiian Salmon with Quinoa

4 servings

35 minutes

### Ingredients

- 4 Red Bell Pepper (sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 cups Pineapple (cored and sliced into rounds)
- 1 cup Quinoa
- 1 cup Water
- 3/4 cup Pineapple Juice

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 3 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 4 Combine water and pineapple juice in a pot with the quinoa. Bring to a boil then turn down to a simmer and cover for 15 minutes.
- 5 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

### Notes

**Leftovers,** Keeps well in the fridge for 2 to 3 days.

**No Salmon,** Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.



## Easy Chicken Fajitas

4 servings

20 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 14 ozs Chicken Breast (sliced into strips)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 Green Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 Yellow Onion (sliced)
- 8 Corn Tortillas

### Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

### Notes

**Optional Toppings,** Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

**Vegetarian Option,** Use sliced mushrooms instead of chicken.

**Grain-Free,** Use lettuce wraps instead of corn tortillas.

**No Chicken Breast,** Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

**Leftovers,** Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas.

**Serving Size,** One serving is equal to two fajitas.



## Lemon Butter Penne with Broccoli with Chicken

3 servings

20 minutes

### Ingredients

- 1 cup Brown Rice Penne (uncooked)
- 3 cups Broccoli (sliced into florets)
- 2 tbsps Butter
- 1/2 Lemon (juiced)
- 1/3 cup Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 6 ozs Chicken Breast (Grilled/Sauteed)

### Directions

- 1 Fill a medium-sized pot with water and bring to a boil. Add the pasta and cook as per the directions on the package.
- 2 In the last two minutes of cooking the pasta, add the broccoli to the pasta water. Drain the pasta and broccoli, then return it to the pot.
- 3 Add the butter, lemon juice, and hemp seeds to the pasta and broccoli. Stir well to coat. Season with sea salt and black pepper, divide between plates and enjoy!
- 4 Cook chicken breast how you want and add to the top of the dish.

### Notes

Dairy-Free, Use olive oil instead of butter.

# REFUEL RECIPES: SNACKS





## Triple Berry Protein Bowl

1 serving  
10 minutes

### Ingredients

- 1/2 cup Strawberries (sliced)
- 1/2 cup Blueberries
- 1/2 cup Blackberries
- 1 tbsp Almond Butter
- 1 tbsp Hemp Seeds
- 2 tbsps Slivered Almonds
- 1/4 cup Unsweetened Almond Milk

### Directions

1

Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!



## Cinnamon Raisin Nut Butter Cookies

8 servings

30 minutes

### Ingredients

- 3 Banana (ripe)
- 3/4 cup Egg Whites
- 1/4 cup All Natural Peanut Butter
- 1 cup Vanilla Protein Powder (plant-based)
- 1 cup Oats (rolled or quick)
- 1 tsp Cinnamon
- 1/2 cup Organic Dark Chocolate Chips
- 1/2 cup Ground Flax Seed

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and peanut butter, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

### Notes

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

**Leftovers,** Store in the fridge up to 4 days, or in the freezer for up to 6 months.

**No Chocolate Chips,** Use dried cranberries, dried cherries or cacao nibs instead.



## Anti Inflammatory Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Milk
- 1 cup Pineapple (diced into chunks)
- 1 tsp Ground Ginger
- 1/4 cup Vanilla Protein Powder
- 1 tsp Turmeric (powder)

### Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

### Notes

**Storage,** Refrigerate in a sealed jar overnight. Shake before drinking.

**No Pineapple,** Use mango, peaches or banana instead.





## Cinnamon Toast Morning Muffins

12 servings

30 minutes

### Ingredients

2 cups Oat Flour  
2 tbsps Oat Flour  
1 tbsp Baking Powder  
1/2 tsp Sea Salt  
2 tsps Cinnamon  
1/2 tsp Vanilla Extract  
11 ozs Tofu (silken)  
1 1/2 tsps Butter (melted)  
1 1/2 tsps Apple Cider Vinegar  
3/4 cup Maple Syrup  
1 tsp Cinnamon (for cinnamon sugar mix)  
2 tsps Coconut Sugar (for cinnamon sugar mix)

### Directions

- 1 Preheat oven to 400 degrees. Grease a muffin tin with 2 tsp butter.
- 2 Process rolled oats into your flour. Add the flour, baking powder, salt and cinnamon to a large mixing bowl and stir well.
- 3 In a blender, add the silken tofu, cider vinegar, espresso, melted butter and syrup. Blend until smooth.
- 4 Pour the wet mixture into the mixing bowl and stir until a batter forms.
- 5 Spoon batter into muffin tins and top each muffin with the cinnamon-sugar sprinkle - generous amounts.
- 6 Bake at 400 degrees for 12 minutes, then reduce heat to 350 and bake another 8 minutes. Serve warm or store in the fridge or freezer if not eating within a day.



## Peanut Butter Banana Protein Muffins

12 servings

20 minutes

### Ingredients

2 Banana (Brown Bananas are best)  
1 cup All Natural Peanut Butter  
2 Egg  
1/4 cup Honey  
1/4 cup Protein Powder  
1 tbsp Vanilla Extract  
1 tsp Baking Powder  
1/2 tsp Sea Salt  
1/2 cup Organic Dark Chocolate Chips

### Directions

- 1 Preheat oven to 400 degrees and spray a standard muffin tin with cooking spray.
- 2 Place all ingredients except the chocolate chips in a blender. Blend mixture approximately 30-45 seconds or until completely smooth.
- 3 Using a spatula or spoon lightly stir in the chocolate chips.
- 4 Scoop batter into muffin tin and bake 12-14 minutes or until muffins have set.