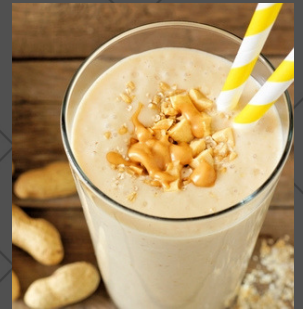


ATHLETE GAME DAY NUTRITION GUIDE

FUEL PERFORMANCE

SPEED RECOVERY

IMPROVE OVERALL HEALTH



BREAKFAST

LUNCH

DINNER

SNACKS

SHAKES

**THE COMPLETE ATHLETE &
PARENT GUIDE TO ELITE
SPORTS NUTRITION**

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WEEKLY TIPS!



IMPORTANCE OF NUTRITION FOR ATHLETIC PERFORMANCE (AND OVERALL HEALTH)

At Elite, we understand how vital nutrition can be for our athlete's performance, health, and recovery.

Because we place such a large emphasis on proper nutrition, we have created this **Game Day Nutrition Guide** to help guide athletes, parents, and coaches to make the proper nutritional choices.

Why is it important to get your nutrition dialed in before, during and after your training, practices, and games?

Before and During - Eating the proper foods before AND during your training and competition will help to boost your performance by providing your body with the proper fuel to allow you to go longer and harder as well as ensure your body is fully hydrated.



After - Eating the right foods following training and competition will ensure that your body has all the nutrients needed to recover, rebuild, rehydrate, and refuel. This is also an important time to get your muscles the nutrients they need to grow.



PROTEINS, CARBOHYDRATES, AND FATS

When it comes to nutrition, we can break down all of food into 3 broad categories - Protein, Carbohydrates (Carbs), and Fats.

PROTEIN

Protein is important for muscle recovery, growth, and repair for active athletes and should be included with pre- and post- training/game meals (especially vital after competition, practices, training).

Because muscle is constantly breaking down and rebuilding, it is also important for athletes to consume protein all throughout the day - aim for ~1 gram of protein per pound of body weight per day.

HEALTHY PROTEIN SOURCES

- Meats such as chicken, beef, pork, fish
- Eggs
- Greek Yogurt
- Cottage Cheese
- Protein Shakes / Protein Bars

CARBOHYDRATES

Carbs are an important energy/fuel source for athletes and **MUST** be included with pre- and post-training/game meals. Carbohydrates, in the liquid form, can also be consumed during practice, games, competition to help ensure the athlete stays fueled throughout.

Just like protein, carbs should also be consumed throughout the day to ensure the athlete's fuel tank stays full.

Athletes should consume slower digesting or more "complex" carbs away from their training and competitions and focus on faster-digesting carbs right before (~1 hour) and during their training and competitions.

SLOWER DIGESTING CARBS

- Vegetables and Fruits
- Rice (white and brown)
- Quinoa
- Potatoes (white and sweet)
- Rolled Oats
- Beans/Lentils/Legumes

FAST DIGESTING CARBS

- Granola bars
- Applesauce
- Dried Fruit
- Raw Honey
- Dextrose Drink (carb powder)
- Rice Cakes



PROTEINS, CARBOHYDRATES, AND FATS

FAT

Fats are not as important for athletes from a “performance” standpoint, but healthy fats are essential to make up a complete diet and provide the body with essential nutrients it needs to function properly.

Because fats are not generally used to improve athletic performance, they are not as vital to include with pre- and post- training/game meals.

However, just because fats aren't as vital for performance doesn't mean we want to neglect them in our diet. We still want to include healthy fats in meals/snacks that are further away from our training/competition.

HEALTHY FAT SOURCES

- Extra virgin olive oil
- Extra virgin coconut oil
- Grass fed butter
- Nuts and seeds (preferably raw)
- Flaxseed and chia seeds
- Eggs
- Avocado

IMPORTANCE OF HYDRATION FOR ATHLETIC PERFORMANCE (AND OVERALL HEALTH)

With the body being made up of a little over half water, it is a no-brainer why it is important to stay hydrated.

One of the most underrated and often overlooked aspects of sports nutrition is an athlete's hydration level. It is proven that exercise performance is impaired when an athlete is dehydrated by as little as 2% of body weight.

Because of this, it is important that athletes make a **conscious** effort to be consuming fluids all throughout the day. If the athlete waits until they become thirsty it is already too late. As a general rule, we like all of our athletes to consume half their body weight in ounces of water (and even more on days when they are more active).



GAME DAY MEAL AND SNACK TIMING TIPS

➤ 2 Hours Before a Game/Practice (or between events) Meal Tips

You can consume a larger meal when you have more than 2 hours before an event because your body has more time to fully digest the meal. Think of filling your plate up with half starchy carbohydrates, a quarter protein, and a quarter non-starchy vegetables.



1-2 Hours Before a Game/Practice (or between events) Meal Tips

With under 2 hours before the event, you can still consume a meal, however, you do not want to focus on “pigging out”. Rather focus on a smaller meal that is carbohydrate dense with some protein (avoid adding healthy fats and high fiber foods (vegetables, beans, etc) to your meal at this point as it will slow down digestion).



30-60 Minutes Before a Game/Practice (or between events) Meal Tips

With under 60 minutes before your event, you want to focus mainly on faster-digesting carbohydrates. Again, keep it light and don't overeat. Usually, you want to focus on liquid calories (sports drinks) or something light, like a banana.

Also be sure at this point that you are fully hydrated and that you are drinking water up to (and throughout) the event.



GAME DAY MEAL TIPS



Breakfast Is King - So Don't Skip It!

When you first wake up in the morning, it is important to eat a hearty breakfast consisting of protein, slower digesting carbs, and healthy fats. Your body has just gone 8-10 hours without any food so be sure to provide it with the nutrients it needs to fuel you for the day along with giving your muscles the proper building blocks it needs to recover and grow. Be sure to also include a tall glass of water first thing in the morning to ensure you re-hydrate.

A great breakfast option would include grilled potatoes paired with scrambled eggs and fruit along with calcium-fortified orange juice or glass of almond milk. If you aren't a "morning eater", then make a protein and fruit smoothie - blend together protein powder, almond milk, fruit (berries, banana, etc) along with some healthy fats (flax seed, peanut butter).



Prepare and Pack Your Lunch

Many student-athletes compete after school making lunch an essential fuel source. Lunch should be hearty and represent as many food groups as possible, including whole grains, lean protein, fruit, vegetables and low-fat dairy.

Include healthy wraps consisting of lean meat, greens (lettuce, spinach, etc), and cheese. Fruit, as well as veggies (dipped in hummus), provide an excellent source of carbs. For lighter athletes looking to add more muscle mass, be sure to also include more calorie dense foods such as nuts, trail mix, and even peanut butter and jelly sandwich.



Let the Competition Begin!

Once the training session, practice, or game begins then the athlete needs to focus on staying hydrated as well as ensuring they continue to refuel their body with carbs.

The best way to replenish their fuel is to add some dextrose powder to their water. This will give their water some fast digesting fuel that they can use to continue to go harder for longer (for questions on this, please contact an Elite coach as we do carry dextrose powder).



GAME DAY MEAL TIPS



Post-practice Snack

Sometimes the athletes will arrive home after practice or a game and have to wait several hours before dinner is prepared and ready to eat. Rather than just sit around and wait, it is important for athletes to consume a healthy snack consisting of carbs and protein to help speed up the recovery process from their training/game.

Because of this, it is important to have pre-prepared snacks ready when the athlete arrives home and hungry. Rather than snack on “junk”, the athlete can snack on healthy foods - this can include sliced fresh fruit, greek yogurt, and protein + fruit smoothies.








Post-game family dinner

Similar to the post-practice/game snack, the first meal following a practice or game should be a tasty and filling one that includes all five food groups- protein, grains, vegetables, fruit, and dairy.

Lean cuts of meat served with healthy carbs (such as rice, potatoes, quinoa, beans/lentils) and vegetables (salad and cooked vegetables) make a great post-game dinner.



VEGGIE-LOADED BREAKFAST CASSEROLE

 CATEGORY:	BREAKFAST
 PREP TIME:	20 MINS
 COOK TIME:	45 MINS
 TOTAL TIME:	1 HOUR 5 MINS
 YIELD:	2-4

INGREDIENTS:

- 2 tablespoons olive oil
- 8-10 mushrooms, sliced
- 2 teaspoon minced garlic
- ½ red onion, diced
- 2 bell peppers, diced
- 2 cups packed baby spinach, roughly chopped
- 20 ounces shredded potatoes, thawed
- 10 eggs
- ⅓ cup half and half or milk (see notes)
- ¼ cup hot sauce (more or less to taste)
- salt and pepper
- 1 cup shredded cheese (see notes)





DIRECTIONS:

- In a large skillet over medium heat, heat 1 tablespoon of oil. Add the mushrooms and sauté them for 4 minutes or until they start to brown. Add a small pinch of salt along with onions and garlic and let cook for 2 minutes. Remove to a plate. Add the second tablespoon of oil, if needed, and sauté the peppers for 1 minute. Add in the baby spinach and allow it to wilt, remove from heat, set aside.
- Generously spray a 9x13 baking dish with nonstick cooking spray. Lay the shredded potatoes in the bottom of the dish and press to make sure they are spread out evenly. Add the veggies (both the mushrooms and the pepper mixtures) over the potatoes, set aside



VEGGIE-LOADED BREAKFAST CASSEROLE

	CATEGORY: BREAKFAST
	PREP TIME: 20 MINS
	COOK TIME: 45 MINS
	TOTAL TIME: 1 HOUR 5 MINS
	YIELD: 2-4

DIRECTIONS (CONT):






- Position a rack in the center of the oven and preheat the oven to 375°F if you are baking the casserole immediately.
- In a large bowl, whisk together the egg, half and half, hot sauce, and a big pinch of salt and pepper. Pour the egg mixture over the prepared veggies. Sprinkle the cheese over the top and another small pinch of salt and pepper.
- Bake the casserole, uncovered, until the cheese melts, and the top gets in and golden, 45-50 minutes. Allow the casserole to cool for 10 minutes before slicing and serving.

ADDITIONAL NOTES:

- TO MAKE AHEAD - prepare the casserole as directed, cover with plastic wrap and refrigerate overnight or as required (not to exceed 24 hours) and allow it to come to room temperature for 20 minutes before baking.
- The half and half can be replaced with any non dairy milk such as almond, soy, cashew, etc.
- Once cooked, this can be reheated the next couple of mornings for a quick and easy breakfast
- OTHER ADD INS - I kept this recipe vegetarian, but you can certainly add in browned sausage, ground turkey/beef, shredded chicken or ham. The cheeses I recommend for this casserole are cheddar (mild or sharp), mozzarella, and pepper jack, or swiss).



PEANUT BUTTER BANANA CHIA OATMEAL

-  **CATEGORY:** BREAKFAST/SNACK
-  **PREP TIME:** 5 MINS
-  **COOK TIME:** 10 MINS
-  **TOTAL TIME:** 15 MINS
-  **YIELD:** 2

INGREDIENTS:

- 1 cup old fashioned oats
- 1 banana, sliced (save a few for topping)
- 1 Tablespoon chia seeds
- 1 teaspoon cinnamon
- pinch of sea salt
- 3 cups of water, non-dairy milk or a blend of both
- 2 Tablespoons peanut butter or another type of nut butter

DIRECTIONS:

- Add oats, banana slices, chia seeds, cinnamon and sea salt to a pot. Add water and stir to combine. Heat over medium-high heat for 8-10 minutes or until all the liquid has been absorbed. Be sure to stir the oats several times while cooking to make sure the banana slices melt into the oats and the chia seeds don't clump. You'll know the oatmeal is done when all the liquid is absorbed and the oats are thick and fluffy.
- Portion oats into two bowls and serve with peanut butter, banana slices, and a sprinkle of chia seeds. Add a splash of non-dairy milk and/or maple syrup on top before serving, if desired.

ADDITIONAL NOTES:

- Turn this recipe into overnight oats by using all the same ingredients but reducing the non-dairy milk to 2 cups instead of 3 cups. Mix everything together, let the mixture sit in the fridge overnight and enjoy the next morning with your favorite toppings.
- You can also mix in 1 scoop of protein powder to add an extra protein punch



GREEK YOGURT WITH GRAPES, BERRIES & GRANOLA

 **CATEGORY:** BREAKFAST/SNACK
 **PREP TIME:** 5 MINS
 **COOK TIME:** 0 MINS
 **TOTAL TIME:** 5 MINS
 **YIELD:** 2

INGREDIENTS:

- 2 cups plain low-fat Greek yogurt
- 1/2 cup halved seedless red and green grapes
- 1/4-1/2 cup blueberries
- 1/2 cup granola







DIRECTIONS:

- Divide the yogurt between 2 bowls. Dividing evenly, top with the grapes and granola.
- You can make multiple servings of these and keep in storage container in fridge for a quick and easy snack or breakfast.



ALMOND BUTTER, YOGURT, AND FRUIT PARFAIT

-  **CATEGORY:** BREAKFAST/SNACK
-  **PREP TIME:** 10 MINS
-  **COOK TIME:** 0 MINS
-  **TOTAL TIME:** 10 MINS
-  **YIELD:** 2

INGREDIENTS:

- 3/4 cup plain low-fat Greek yogurt
- 2 tablespoons almond butter (can substitute with peanut butter)
- 1 tablespoon honey (preferably raw)
- 1/4 cup halved grapes (can substitute with blueberries)
- 3 strawberries, quartered
- 2 tablespoons chopped roasted almonds



DIRECTIONS:





- Step 1: Whisk together the yogurt, almond butter, and honey in a medium bowl until smooth.
- Step 2: Layer with the grapes, strawberries, and roasted almonds.

ADDITIONAL NOTES:

- You can also mix in 1 scoop of protein powder to add an extra protein punch



PEANUT BUTTER + BANANA SMOOTHIE

-  **CATEGORY:** BREAKFAST/SNACK
-  **PREP TIME:** 8 MINS
-  **COOK TIME:** 0 MINS
-  **TOTAL TIME:** 8 MINS
-  **YIELD:** 2

INGREDIENTS:

- 3 frozen bananas
- 1/4 cup peanut butter (smooth or chunky)
- 1 1/2 cups almond milk (or regular milk)
- 1/2 cup 2% Greek yogurt
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1 tablespoon chopped roasted
- peanuts (optional)



DIRECTIONS:






- Throw a few frozen bananas into a blender cup along with the peanut butter, milk, yogurt, honey, and salt. No need to be too fussy about it. Blend until smooth. Top each with a teaspoon of chopped peanuts

ADDITIONAL NOTES:

- You can also mix in 1 scoop of protein powder to add an extra protein punch (chocolate, vanilla, or peanut butter flavored protein works best)



VANILLA BERRY PROTEIN SMOOTHIE

-  **CATEGORY:** BREAKFAST/SNACK
-  **PREP TIME:** 8 MINS
-  **COOK TIME:** 0 MINS
-  **TOTAL TIME:** 8 MINS
-  **YIELD:** 2

INGREDIENTS:

- 1 ½ cups water, or yogurt or milk of choice
- 1 scoop vanilla protein powder
- 1 cup strawberry, frozen
- 1 cup blueberry, frozen
- ½ cup raspberry, frozen
- ½ cup blackberry, frozen








DIRECTIONS:

- Put all ingredients into a blender and mix until smooth.



HEALTHY 5-INGREDIENT GRANOLA BARS

-  **CATEGORY:** ON THE GO SNACK
-  **PREP TIME:** 10 MINS
-  **COOK TIME:** 0 MINS
-  **TOTAL TIME:** 10 MINS
-  **YIELD:** 10

INGREDIENTS:

- 1 heaping cup packed dates, pitted
- 1/4 cup maple syrup, agave nectar, or honey
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds, loosely chopped
- 1 1/2 cups rolled oats
- Optional additions: chocolate chips, dried fruit, nuts, banana chips, vanilla, etc.








DIRECTIONS:

- Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency (you can also substitute raisins for dates).
- Optional step: Toast your oats (and almonds if raw) in a 350-degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw.
- Place oats, almonds and dates (or raisins) in a large mixing bowl - set aside.
- Warm honey and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.



HEALTHY 5-INGREDIENT GRANOLA BARS

 **CATEGORY:** ON THE GO SNACK
 **PREP TIME:** 10 MINS
 **COOK TIME:** 0 MINS
 **TOTAL TIME:** 10 MINS
 **YIELD:** 10

DIRECTIONS (CONT):






- Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars.)
- Press down firmly until uniformly flattened - I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.
- Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.
- Remove bars from pan and chop into 10 even bars (or 9 squares). Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn't necessary.

ADDITIONAL NOTES:

- Although not ideal, if your dates don't feel sticky and moist, you can soak them in water for 10 minutes then drain before processing. This will help them blend better and hold the bars together better. But ideally, you can find fresh, sticky moist dates.



ELITE HOME-MADE TRAIL MIX

 **CATEGORY:** ON THE GO SNACK
 **PREP TIME:** 10 MINS
 **COOK TIME:** 0 MINS
 **TOTAL TIME:** 10 MINS
 **YIELD:** 10

INGREDIENTS:

Sweet-and-Salty Trail Mix Ingredients

Option 1

- 1/3 cup almonds
- 1/3 cup shelled pistachios
- 1/3 cup pumpkin seeds
- 4 tablespoons mini pretzels
- 4 tablespoons chopped dried apricots
- 4 tablespoons dried blueberries
- 4 tablespoons dark chocolate chips

Option 2

- 1/4 cup almonds
- 1/4 cup shelled pistachios
- 1/4 cup pumpkin seeds
- 5 tablespoons mini pretzels



Savory Trail Mix Ingredients

Option 1

- 1/3 cup wasabi-spice almonds
- 1/3 cup roasted and salted chickpeas
- 1/3 cup pumpkin seeds
- 1/2 cup mini pretzels
- 1/2 cup bagel chips

Option 2






- 1/4 cup wasabi-spice almonds
- 1/4 cup roasted and salted chickpeas
- 1/4 cup pepitas
- 3/4 cup mini pretzels
- 3/4 cup bagel chips

DIRECTIONS:

- Mix all of ingredients together. You can make large batches of trail mix and then take a serving or two with you on the go in a zip log back or travel container.



HIGH-PROTEIN BANANA AND PB SNACK

-  **CATEGORY:** SNACK
-  **PREP TIME:** 5 MINS
-  **COOK TIME:** 0 MINS
-  **TOTAL TIME:** 5 MINS
-  **YIELD:** 1

INGREDIENTS:

- Half medium banana
- Half tablespoon peanut butter
- 1/2 oz. vanilla protein powder
- Water



DIRECTIONS:


- Slice the banana in half lengthwise.
- Mix peanut butter and protein powder together in a small bowl. Add a few drops of water, and mix until a soft dough forms.
- Smear nut butter mixture on one half of the banana, and top with the other half.

DIRECTIONS:

- These can be premade and stored in the fridge to make this quick snack even faster.

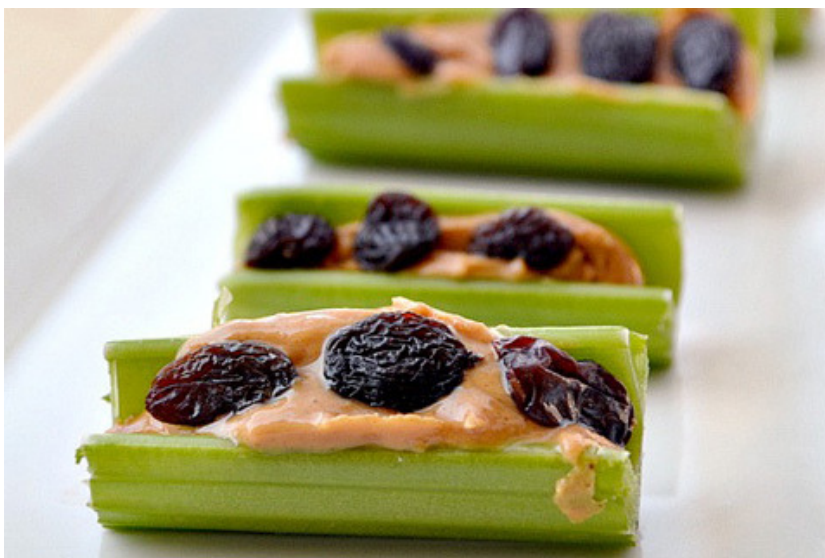


PEANUT BUTTER + CELERY

-  **CATEGORY:** SNACK
-  **PREP TIME:** 8 MINS
-  **COOK TIME:** 0 MINS
-  **TOTAL TIME:** 8 MINS
-  **YIELD:** 3-4

INGREDIENTS:

- 4 stalks celery, cut in half
- 1 tablespoon peanut butter
- Raisins



DIRECTIONS:






- Wash celery sticks and cut in half, giving you 8 sticks in total.
Spread 8 sticks with peanut butter and top with raisins.

DIRECTIONS:

- These can be premade and stored in the fridge to make this quick snack even faster.



GRAPES & COTTAGE CHEESE

-  **CATEGORY:** SNACK
-  **PREP TIME:** 3 MINS
-  **COOK TIME:** 0 MINS
-  **TOTAL TIME:** 3 MINS
-  **YIELD:** 1

INGREDIENTS:

- 1 cup cottage cheese
- 1 cup of grapes
- 1-2 pinches of cinnamon (optional)








DIRECTIONS:

- Mix grapes with cottage cheese and sprinkle some cinnamon on top



BANANA PEANUT BUTTER AND HONEY ROLL-UPS

 **CATEGORY:** SNACK
 **PREP TIME:** 6 MINS
 **COOK TIME:** 0 MINS
 **TOTAL TIME:** 6 MINS
 **YIELD:** 1

INGREDIENTS:

- 1 Flatout® Flatbread
- 1 tablespoons peanut butter
- ½ - 1 banana
- 1/2 Tablespoon honey (preferably raw)








DIRECTIONS:

- Spread peanut butter on flatbread. Slice one banana and spread evenly over the flatbread. Then, drizzle the honey on top. Roll up. Cut in half.



GREEK QUINOA BOWLS

 **CATEGORY:** LUNCH / DINNER
 **PREP TIME:** 3 MINS
 **COOK TIME:** 12 MINS
 **TOTAL TIME:** 15 MINS
 **YIELD:** 1

INGREDIENTS:

- 1 cup quinoa
- 1 + 1/2 cups water
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1/3 cup crumbled feta cheese
- 1/4 cup extra virgin olive oil
- 2-3 TBSP apple cider vinegar
- salt and pepper, to taste
- 1-2 TBSP fresh parsley

TASTY EXTRAS:

- Hummus
- Pita wedges
- Olives
- Fresh tomatoes
- Sliced or chopped avocado
- Lemon wedges








DIRECTIONS:

- First rinse and drain your quinoa using a mesh strainer or sieve.
- Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water. Stir as it toasts for just a few minutes. This step is optional but really adds to the nuttiness and fluff factor of the quinoa!
- Next add your water, set burner to high, and bring to a boil.



GREEK QUINOA BOWLS

-  **CATEGORY:** LUNCH / DINNER
-  **PREP TIME:** 3 MINS
-  **COOK TIME:** 12 MINS
-  **TOTAL TIME:** 15 MINS
-  **YIELD:** 1

DIRECTIONS (CONT):






- Once boiling, reduce heat to low and simmer, covered with the lid slightly ajar, for 12-13 minutes or until quinoa is fluffy and the liquid has been absorbed.
- While the quinoa cooks, chop and prep the remaining ingredients and whisk together your dressing ingredients.
- Snag your now-fluffy quinoa from the pot and give it a little fluff with a fork.
- For a chilled salad, you can pop the quinoa in the fridge for a few minutes prior to adding your veggies or simply let it cool on the countertop for a few minutes for a room temperature quinoa bowl. Totally up to you!
- For the super simple vinaigrette, whisk together olive oil, apple cider vinegar, salt, and pepper. How easy was that!?! Pour over your quinoa bowl and toss with a pair of forks or salad servers and dig. on. in.
- Add any additional salt and pepper to taste, if desired.

ADDITIONAL NOTES:

- For a speedy salad, do all your prepwork while your quinoa cooks. This way you'll only have one ridiculously step left after your quinoa is fluffy and ready to go. This salad can be made in advance to enjoy for weekday lunches or as a side dish for dinner. It's great room temperature and also wonderful chilled, so feel free to enjoy either way! As written, the recipe makes two entree-sized quinoa bowls or four sassy side dishes. Feel free to double the recipe if you're feeding a crowd!
- Add canned chicken or tuna to the salad for some added protein



TURKEY AND QUINOA SALAD

-  **CATEGORY:** LUNCH / DINNER
-  **PREP TIME:** 20 MINS
-  **COOK TIME:** 20 MINS
-  **TOTAL TIME:** 40 MINS
-  **YIELD:** 4

INGREDIENTS:

- 3 tablespoons extra-virgin olive oil
- 1 1/2 cups quinoa, rinsed
- Kosher salt
- 1 pound turkey cutlets
- 3 tablespoons chopped fresh tarragon and/or parsley
- Freshly ground pepper
- 1/2 small red onion, halved and sliced
- 1 1/2 pounds assorted heirloom tomatoes, chopped
- 1 Cubanelle chile pepper or other Italian frying pepper, seeded and chopped
- 4 Persian cucumbers, chopped
- 2 tablespoons sherry vinegar








DIRECTIONS:

- Heat 1/2 tablespoon olive oil in a large skillet over medium-high heat. Add the quinoa and cook, stirring, until lightly toasted, about 4 minutes. Add 4 cups water and 1/4 teaspoon salt and bring to a boil. Reduce the heat to medium and simmer until the water is absorbed and the quinoa is tender, about 15 minutes.



TURKEY AND QUINOA SALAD






 **CATEGORY:** LUNCH / DINNER
 **PREP TIME:** 20 MINS
 **COOK TIME:** 20 MINS
 **TOTAL TIME:** 40 MINS
 **YIELD:** 4

DIRECTIONS (CONT):

- Toss the turkey with half of the herbs, 1/4 teaspoon salt, and pepper to taste; set aside. Soak the onion slices in cold water, 10 minutes.
- Toss the tomatoes, chile, cucumbers, vinegar, 1 1/2 tablespoons olive oil, the remaining herbs, 1/4 teaspoon salt, and pepper to taste in a large bowl. Drain the onion, add to the tomato mixture and toss.
- Heat the remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Working in batches, add the turkey and cook until golden, about 3 minutes per side. Drain on paper towels, then cut into 2-inch pieces. Fluff the quinoa with a fork and divide among bowls. Top with the tomato mixture and turkey.



ONE PAN MEXICAN QUINOA

-  **CATEGORY:** LUNCH / DINNER
-  **PREP TIME:** 10 MINS
-  **COOK TIME:** 25 MINS
-  **TOTAL TIME:** 35 MINS
-  **YIELD:** 4

INGREDIENTS:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves








DIRECTIONS:

- Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
- Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
- Serve immediately.



LEMON CHICKEN STIR-FRY

-  **CATEGORY:** LUNCH / DINNER
-  **PREP TIME:** 10 MINS
-  **COOK TIME:** 25 MINS
-  **TOTAL TIME:** 35 MINS
-  **YIELD:** 4

INGREDIENTS:

- 2 tablespoons extra-virgin olive oil
- 1/2 onion, finely chopped
- 3 garlic cloves, minced
- 2 pounds skinless, boneless chicken breasts or trimmed thighs, cut into 3/4-inch pieces
- 1 tablespoon soy sauce, plus more for seasoning
- 1/4 teaspoon toasted sesame oil
- Kosher salt
- Freshly ground pepper
- 1 tablespoon plus 1 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 scallion, thinly sliced
- Steamed rice, for serving



DIRECTIONS:

- In a large skillet, heat the olive oil. Add the onion and cook over moderate heat, stirring, until softened, 4 minutes. Add the garlic and cook for 1 minute. Add the chicken and cook over moderately high heat, stirring occasionally, until browned all over, 3 minutes. Stir in the soy sauce and sesame oil, season with salt and pepper and stir-fry until the chicken is cooked through, 3 minutes longer. Remove from the heat and stir in the lemon zest and lemon juice. Season with salt, pepper and soy sauce. Transfer the chicken to a platter, top with the sliced scallion and serve with rice.



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