

Power Recipes

Include these into your training diet to help meet your nutritional needs

Recipes sampled from Macedonio, M and Dunford, M. The Athlete's Guide to Making Weight, 2009.

Quick and Easy Cheerios® Cereal Mix - *A portable, high-energy snack*

- 12 roasted almonds
- 1 ½ cups (42 g) Cheerios® (any variety)
- 2 Tbsp (18 g) raisins, dried cranberries, or dried blueberries

1. Combine roasted almonds with cereal and dried fruit. Store in an airtight container.

335 calories, 8 grams protein, 58 grams carbohydrate

Yogurt and Fruit Shake – *A terrific recovery drink*

- 1 Banana (the riper the better)
- 1 cup (240 g) fat-free yogurt or 1 cup low-fat kifer
- ½ cup (256 g) orange juice
- 1 cup (256 g) fresh or frozen fruit (berries, peaches, kiwi, pineapple, mango, cantaloupe)

1. Combine ingredients and blend until smooth.

410 calories, 16 g Protein, 89 grams carbohydrate

Tuna, Apple and Walnut Salad – *This salad provides you with a good mix of protein, carbohydrates and healthy fats*

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| 6 oz (180 g) tuna packed in water | 2 Tbsp (30 g) fat-free plain yogurt |
| 1 small apple, finely chopped | 2 Tbsp (30 g) pickle relish |
| 1 stalk celery, finely chopped | 2 Tsp (10 g) Dijon mustard |
| ½ small onion, finely chopped | Ground black pepper, onion powder, and garlic powder (optional) |
| 2 Tbsp (16 g) roasted walnuts, coarsely chopped | |
| 2 Tbsp (30 g) light mayonnaise | |

1. Combine all ingredients and mix well
2. Season to taste with pepper, onion powder and garlic powder

685 calories, 50 grams protein, 49 grams carbohydrate

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