

NUTRITION RESET: What to Eat to Compete

Dress Up Your Salad

BASIC FRENCH VINAIGRETTE

Makes $\frac{3}{4}$ cup

- 1 tsp. minced shallots
- $\frac{1}{2}$ tsp. minced herbs
- Juice of one large lemon or 3 tbs. white-wine vinegar
- 1 tsp. Dijon mustard
- Salt and freshly ground pepper to taste
- $\frac{1}{2}$ cup extra-virgin olive oil

Preparation:

1. Whisk together shallots, herbs, lemon juice, Dijon mustard and salt and pepper to taste.
2. Drizzle in olive oil, whisking constantly to emulsify. (Alternatively, in a jar, shake together all the ingredients until the dressing is emulsified.) The dressing will stay fresh in the refrigerator for two weeks.

STRAWBERRY-BALSAMIC STRAWBERRY VINAIGRETTE

Makes 1 cup

- 1 cup strawberries, coarsely chopped
- $\frac{1}{4}$ cup balsamic vinegar
- 1 Tbsp. honey
- $\frac{1}{2}$ cup walnut oil
- Salt and freshly ground pepper to taste

Preparation:

1. Blend together the strawberries, balsamic vinegar and honey. While the blender is running, slowly drizzle in walnut oil until the dressing is smooth and emulsified. Add salt and pepper to taste. Keeps in the refrigerator for one week.

CLASSIC CREAMY CAESAR DRESSING

Makes 1 cup

- 2 egg yolks
- Juice of one lemon (about 1/4 cup)
- 2 cloves fresh garlic, chopped
- 4 anchovy filets
- ¼ cup freshly grated Parmesan cheese
- 2 tsp. red wine vinegar
- ½ cup extra-virgin olive oil
- Salt and freshly ground black pepper to taste

Preparation:

1. In a blender or food processor, blend egg yolks with lemon juice, garlic, anchovies, parmesan cheese and red wine vinegar until smooth.
2. With the machine running, slowly drizzle in extra-virgin olive oil until the dressing becomes thick and creamy. Season to taste with salt and pepper.

TAHINI LEMON DRESSING

Makes 1 1/2 cups

- Zest and juice of one lemon
- ½ cup tahini
- 1 clove garlic
- ½ tsp. ground cumin
- 3 Tbsp. white wine vinegar or sherry vinegar
- 1 Tbsp. extra-virgin olive oil
- Salt and cayenne pepper to taste
- 10 to 12 tbs. water

Preparation:

1. Blend all ingredients together.

Source: <https://experiencelife.com/article/dress-up-your-salad/>

Be Efficient: Batch Cook

SAUSAGE AND EGG BAKE

Makes 4 servings

- 6 eggs
- ¼ onion
- ½ pound breakfast sausage
- ½ bell pepper
- ½ cup mushrooms
- ½ cup tomatoes
- ¼ cup shredded cheese
- Salt and pepper, to taste

Preparation:

1. Heat oven to 350°F. Grease 8" round baking dish.
2. Stir in all ingredients. Sprinkle a light layer of cheese over the top.
3. Bake uncovered for 30-35 minutes or until golden brown and fully cooked.

MORNING MUESLI

Makes 4 servings

- 1 cup cooked quinoa
- 1½ cup unsweetened coconut or almond milk
- 2 Tbsp. chia seeds
- 1 Tbsp. flax seed oil
- Ground cinnamon, to taste
- 2 packet SweetLeaf Stevia
- ½ cup berries (fresh or frozen)

Preparation:

1. Combine all ingredients and refrigerate overnight.

Note: If you can, prepare 3 to 4 days in advance. It gets better as it sits

CHICKEN CASHEW STIR-FRY

Makes 4-6 servings

- 4-5 natural, boneless, skinless chicken breasts cut into 1" x ½ "strips
- 1 Tbsp. Coconut oil
- ½ Tbsp. sesame oil
- ½ cup reduced sodium soy sauce
- 1 Tbsp. ginger powder
- ½ Tbsp. granulated garlic
- 1 tsp. dried red pepper flakes
- 1 medium onion, sliced
- 2-3 bell peppers, sliced into 1" strips
- 1 lb. bag of fresh broccoli florets, chopped
- 2 small zucchini, cut into ¼" half moons
- 3 stalks celery cut into ½" pieces
- 3 carrots, peeled and cut into bite-sized pieces ¼" thick
- 1 can (6oz) sliced water chestnuts
- ¾ cup dry roasted, lightly salted cashews
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Preparation:

1. After cutting chicken into bite-sized pieces, combine with soy sauce, sesame oil, ginger, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken, and stir every minute while it cooks for about 5-7 minutes.
3. After chicken cooks most of the way through, add the vegetables, starting with broccoli & onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5-7 minutes to cook until bright and crunchy.
4. Sprinkle in the cashews and give your dish one final stir before plating and dividing into microwave-safe glass storage containers.

CHILI

Makes 4 servings

- 1 lb. ground turkey or beef
- 2 bell peppers, diced
- 1 can (28 oz.) diced tomatoes
- 1 medium onion, diced
- 1 can (16 oz.) kidney beans, drained & rinsed
- 1 clove garlic, minced
- 1 Tbsp. chili powder
- 1 tsp. dried basil
- 1 tsp. dried oregano
- Salt and pepper to taste

Preparation:

1. In large skillet, sauté bell peppers, onion, and garlic over medium heat until onions are translucent. Add in ground turkey and cook until browned. Add remaining ingredients and simmer on low for one hour, stirring occasionally.

DETOX FRIENDLY MEATBALLS

Makes 12 meatballs

- 1 lb. ground turkey
- 1 cup of quinoa/wild rice blend, cooked
- 1 tsp. basil
- 1 tsp. parsley
- 1 tsp. garlic powder
- ¼ tsp. red pepper flakes

Preparation:

1. Preheat oven to 375°F.
2. Combine ingredients together in a bowl. Form small 2 inch sizes balls, and scoop them into a muffin tin lined with baking cups.
3. Bake for 20 minutes.

CHICKEN, VEGGIE AND QUINOA SALAD

Makes 4 servings

- 4 chicken breasts
- 1 cup quinoa
- 1½ cups water or chicken broth (low sodium)
- 2 zucchinis
- 2 bell peppers
- 1 white or yellow onion
- 3 cloves garlic (minced)
- 2 Tbsp. Italian parsley (chopped)

Preparation.

1. Roast chicken breasts for 1 hour at 350°F. Shred or cube the meat once it's cooled.
2. While the chicken cooks, dice zucchini and onion, and cut peppers into small strips.
3. Cook the onion and peppers over low-medium heat for 10 minutes. Add the zucchini and 3 minutes later the garlic and parsley. Cook one additional minute. Set aside the cooked veggies, and stir in the shredded chicken.
4. Mix quinoa with water or chicken broth in a medium pot. Let come to a boil. Stir, let simmer and cover. Cook for 10-12 minutes until all the liquid has been absorbed and the quinoa has a soft but slightly nutty texture.
5. Blend the cooked quinoa and veggie-chicken mix. Let cool, or pack right away!

LETTUCE LEAF WRAP UPS

Makes 4 servings

- 8 large romaine lettuce leaves
- 1 cup guacamole
- 1 cup grated carrot
- ½ cucumber, cut in half horizontally, seeded and sliced into ¼-inch slices
- 1 cup sprouts (alfalfa, broccoli or mung bean)
- 2 cooked chicken breasts, cooled and shredded

Preparation:

1. Wash and dry whole lettuce leaves and cut off the bottom 1-inch of stem.
2. Drop 2 tbsp. of guacamole onto the lettuce leaf. Spread the guacamole across the leaf using the back of a spoon, being careful not to tear the leaf.
3. Spread 2 tbsp. each of the carrot, cucumber and sprouts across the guacamole.
4. Lay 2 tbsp. of the chicken across the vegetables and roll up the lettuce leaf like a burrito, gently rolling one side over until the wrap is complete.

SAUTEED SHRIMP, ZUCCHINI AND TOMATOES

Makes 4 servings

- 1 Tbsp. coconut oil or butter
- 2 zucchinis, cut into ¼" slices
- 1 lb. uncooked shrimp, peeled and deveined
- 1 cup grape tomatoes, cut in half
- Salt and pepper, to taste
- 2 Tbsp. butter
- 2 garlic cloves, minced

Preparation:

1. Heat oil in a large nonstick skillet over high heat. Add zucchini in a single layer cook until bottoms are golden, about 2 minutes. Flip zucchini and cook until golden on other side, about 2 minutes more. Remove zucchini to a plate with a slotted spoon.
2. Heat remaining teaspoon oil in same skillet. Add shrimp; sauté 1 to 2 minutes. Add tomatoes, oregano, salt and pepper; sauté until shrimp are almost just cooked through, about 1 minute.
3. Stir in garlic and water; sauté, stirring to loosen bits from bottom of pan, until shrimp are cooked through and tomatoes are softened, about 1 to 2 minutes more. Return zucchini to skillet for 1 minute. Remove from heat.
4. Microwave butter and garlic in a glass or ceramic measuring cup at HIGH 30 seconds; stir. Continue to microwave at HIGH, stirring at 15-second intervals, until butter is melted. Drizzle over shrimp, tomato and zucchini and serve.

LOW CARB GRANOLA

Makes 4 servings

- 1 cup each, coconut flakes, walnuts, pecans, hazelnuts, almonds
- ¼ cup chia seeds
- ¼ cup coconut oil
- ½ cup unsweetened applesauce
- 2 tsp. cinnamon
- 1 tsp. vanilla extract

Preparation:

1. In a food processor (or by hand) chop all nuts and coconut flakes. Mix together in a bowl.
2. In a separate small bowl, mix together coconut oil, applesauce, cinnamon, and vanilla extract.
3. Add the sauce to the bowl of nuts and mix well, making sure nuts and seeds are evenly coated.
4. Line a baking pan with parchment paper and spread out the mixture. Bake at 250°F for 70 minutes, stirring every 15 minutes.

Scrumptious Sides

GRILLED BALSAMIC ASPARAGUS

Makes 2-4 servings

- 1 bunch thin asparagus spears
- 2 tsp. extra virgin olive oil
- Salt and pepper to taste
- 1 tbsp. balsamic vinegar

Preparation:

1. Preheat oven to 400°F.
2. Place asparagus in a shallow 9x13-inch baking dish. Sprinkle with oil, salt and pepper; toss to coat.
3. Bake until lightly browned, 15 to 20 minutes. Drizzle with vinegar just before serving.

ROASTED VEGETABLES WITH BACON

Makes 4 servings

- 5 cups vegetables of choice – Cabbage, Brussels sprouts, green beans, asparagus, etc...
- Coarse kosher salt and freshly ground black pepper
- 8 slices thick bacon

Preparation:

1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges).
2. Cut each slice of bacon into small 1" strips and lay on top of the vegetables.
3. Roast for about 30 minutes, or until done, flipping once halfway through. Enjoy!

SWEET POTATO MASH

Makes 8 servings

- 6 medium sized sweet potatoes, scrubbed
- ½ cup butter or ghee, room temperature
- ¾ cup unsweetened almond milk
- Salt and pepper, to taste

Preparation:

1. Fill a large pot with water and boil. Add potatoes and cook until tender; 20 to 30 minutes
2. With an electric mixer, or by hand, mash the potatoes, slowly adding milk. Use more or less to achieve desired textures.
3. Add butter, salt and pepper to taste and blend until smooth. Enjoy!

MEXICAN CAULI-RICE

Makes 2-4 servings

- 1 head of cauliflower
- ¼ medium onion, chopped
- 1 can chopped tomatoes, drained
- 2 garlic cloves, crushed
- 1 Tbsp. coconut oil
- Chili powder, to taste
- Sea salt, to taste

Preparation:

1. Place cauliflower in a food processor or blender and blend until finely ground. You can also use a grater to achieve the same result.
2. Add all ingredients in a cast iron skillet and cook on medium-high, stirring frequently until rice is soft.
3. Turn up heat to high, continue stirring, to give rice a little color; about 3 minutes.

Desserts That Won't Derail You

CHOCOLATE PROTEIN TRUFFLES

Makes 12 truffles

- 4 scoops of chocolate Veganmax protein powder
- 8 oz. unsweetened shredded coconut
- ½ cup almond milk
- ½ cup melted coconut oil
- ¼ cup peanut or almond butter
- 1 tsp. of cinnamon
- ½ tsp. vanilla extract
- 2-4 Tbsp. water

Preparation:

1. Mix all ingredients together in a big bowl and then hand roll into dime-quarter sized balls.
2. Best served after refrigeration for about 1 hour

PUMPKIN SPICE COOKIES

Makes 12 cookies

- 1 cup pumpkin puree
- ¼ cup fine coconut shreds
- ¼ cup coconut flour
- 1 large green-tipped banana
- 1 Tbsp. cinnamon
- 2 Tbsp. melted coconut oil
- 1 Tbsp. stevia, optional

Preparation:

1. Preheat oven to 350°F.
2. Place all ingredients in a food processor and mix until ingredients are thoroughly combined.
3. Roll into walnut-sized balls and place on baking sheet lined with parchment paper.
4. Bake 20 minutes. Let cool completely

CHILI MOCHA SMOOTHIE

Makes 1 serving

- 1 Scoop Life Time Chocolate Whey Protein
- 1 Scoop Double Chocolate LifeGreens
- ¼ teaspoon ancho chile powder
- ¼ teaspoon cinnamon
- 1 Tbsp. Cold Brew Coffee
- 6oz Unsweetened Chocolate Almond milk

Preparation:

1. Blend all ingredients until desired consistency. Enjoy!

CHIA PUDDING

Makes 2 servings

- 2 tbsp. chia seeds
- ½ cup unsweetened almond milk
- ½ scoop rice, pea or hemp protein
- 1 Tbsp. chopped nuts, optional

Preparation:

1. Combine all ingredients and refrigerate overnight or at least 2 hours.