

ATHLETE'S COOKBOOK

Easy, nutritious and quick recipes
for every meal



CSUN

MARILYN MAGARAM CENTER
FOR FOOD SCIENCE,
NUTRITION AND DIETETICS

ABOUT THE MMC 1

EATING ON A BUDGET 2

SAFE FOOD PRACTICES 3

BREAKFAST 4

Egg Muffins with Tomato, Basil and Spinach

Spicy Matador Breakfast Burrito

Honey Yogurt and Oats

PRE-WORKOUT FUEL 8

Almond Butter and Banana Triangles

POST-WORKOUT FUEL 10

Peanut Butter Energy Bites

Pomegranate + Pistachio No-Bake Granola Bars

Recovery Smoothie

LUNCH AND DINNER 14

Herbed Greek Yogurt Chicken Salad

Quick Pesto Chicken

Protein + Veggie Stuffed Bell Peppers

LEARN MORE 18

SPECIAL THANKS 19

INDEX 20



Photo Taken Prior to COVID-19

MARILYN MAGARAM CENTER **FIT TO WIN**

As an auxiliary center in the Department of Family and Consumer Sciences in the College of Health and Human Development, the Marilyn Magaram Center for Food Science, Nutrition and Dietetics has provided health and well-being through research, education and services since 1991. It is our continued vision to be the recognized center of excellence in food science, nutrition and dietetics serving the global community.

The Marilyn Magaram Center (MMC) for Food Science, Nutrition and Dietetics collaborates with campus partners to increase access to sports nutrition resources through the Fit to Win Program.

Athletes benefit from nutritional guidance, learning how to enhance energy levels, strength, endurance, recovery and how to prevent injuries and illnesses. Coaches and student-athletes can also rely on the program for current resources and tools.

We strive to maximize an athlete's performance by offering:

- BOD POD body composition testing to determine lean muscle tissue and body fat
- Interactive nutrition and cooking workshops
- Tailored nutrition counseling for sport-specific needs to reach peak performance
- Dietary analysis of macro and micronutrients to reach individualized goals

Eating on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

Plan what you're going to eat

Before you head for the grocery store, plan your meals and snacks for the week. Review recipes for what ingredients are needed. Check to see what foods you already have and make a list of what you need to buy. When you shop with a list, you will be less likely to buy extra items that are not on it.

Determine where to shop

Check the local ads, online and at the store for sales and coupons. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

Determine how much to make

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or freeze leftovers in individual containers for future use. Plus, foods purchased in bulk are almost always cheaper.

Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Your local farmer's market is also a great source of seasonal produce.

Try canned or frozen produce

At certain times of the year, frozen and canned fruits and vegetables may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive, so you can make the most of your food dollars by finding recipes that use the following ingredients: beans, peas and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with whole grains and lean meat, poultry, seafood or beans.

Make your own healthy snacks

Convenience costs money, so many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into one-cup containers. For trail mix, combine nuts, dried fruit and whole grain pretzels or cereal. Store small portions in airtight containers.

Cook more, eat out less

Many foods prepared at home are cheaper and more nutritious. Also, convenience foods like frozen dinners, pre-cut vegetables and instant rice or oatmeal will cost you more than if you make them from scratch. Go back to basics and find a few simple and healthy recipes that your family enjoys.

Safe Food Practices

10 Tips to reduce the risk of foodborne illness

A critical part of healthy eating is keeping food safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness – **Clean, Separate, Cook and Chill**. These four principles are the cornerstone of Fight BAC, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1. Wash hands with soap and water

Wet hands with clean, warm running water and apply soap. Rub hands together to make lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2. Sanitize clean surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3. Clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats 1 to 2 days.

4. Keep appliances clean

Clean the inside and outside of appliances. Pay particular attention to buttons and handles where cross contamination to and from hands can occur.

5. Rinse produce

Rinse fresh vegetables and fruits thoroughly under running water just before eating, peeling, cutting, or cooking. It is important to rinse first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

6. Separate foods when shopping

Place raw seafood, meats, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7. Separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8. Use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

9. Cook food to safe internal temperatures

Cook all raw beef, pork, steaks, chops and roasts to safe minimum internal temperature of 145°F. Cook all raw ground beef, pork, and lamb to an internal temperature of 160°F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165°F (www.isitdoneyet.gov).

10. Hold foods at safe temperatures

Hold cold foods at 40°F or below. Keep hot foods at 140°F or above. Foods are no longer safe to eat when they have been in the danger zone between 40°F-140°F for more than 2 hours (1 hour if the environmental temperature was above 90°F).

BREAKFAST RECIPES





Nutritional Information

(Per Serving)

CALORIES 100 / FAT 6g
PROTEIN 8g

CARBOHYDRATES 2g
CALCIUM 8% / IRON 6%
VITAMIN D 6% / POTASSIUM 4%

Egg Muffins with Tomato, Basil and Spinach

Makes 12 Muffins

Prep time: 15 min/ Total time: 35 min

Ingredients:

- 12 eggs
- ¼ cup onion, diced
- 2 cloves garlic, minced
- 1 Tbsp dried basil
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 cups spinach, chopped
- 12 cherry tomatoes, chopped
- 1 cup mozzarella cheese, shredded
- olive oil or vegetable spray (to coat pan)

Instructions:

1. Preheat oven to 350°F.
2. Coat a standard 12 cup muffin pan with olive oil or vegetable oil of choice.
3. Whisk eggs in a large bowl. Stir in salt, pepper and basil (can substitute with dried Italian seasoning or dried oregano).
4. Pour egg mixture evenly between muffin tins. Be sure to not fill each cup more than halfway to allow space for add-ins.
5. Add onion, garlic, spinach, tomato and cheese evenly between muffin tins.
6. Bake uncovered for 15-20 minutes, or until eggs are set.

Note: These can be made ahead of time and refrigerated or frozen, reheat before serving. Toppings can be changed for your favorite seasonings and vegetables.

Spicy Matador Breakfast Burrito

Makes 4 Burritos

Prep time: 10 min/ Total time: 25 min

Ingredients:

- 5 eggs
- 2 tsp chili powder (Try with Spicy Matador Low Sodium Seasoning blend)
- ¼ cup red onion, diced
- 1 bell pepper, diced
- 1 jalapeno, de-seeded, minced
- 30 oz black beans, canned, no salt added (about 2 cans)
- ½ cup cheese, shredded
- 1 tsp olive oil or cooking oil of choice
- 4 (8-inch) whole wheat flour tortillas
- 1/3 cup nonfat plain yogurt
- ¼ cup water
- ¼ cup fresh cilantro, chopped
- 1 lime, quartered
- salt and pepper to taste

Nutritional Information

(Per Burrito)

CALORIES 510 / FAT 16g
PROTEIN 30g

CARBOHYDRATES 63g
CALCIUM 20% / IRON 35%
VITAMIN D 6% / POTASSIUM 20%

Instructions:

1. Heat the olive oil in a skillet over medium heat. While the pan is warming, whisk the eggs and set aside.
2. Once skillet is warm, add onion, bell pepper, jalapeno, beans and chili powder and cook until softened, about 3-5 minutes. Transfer mixture to a covered bowl.
3. Add more olive oil to skillet, if needed, and add egg mixture. Cook eggs over medium-low heat, stirring occasionally until eggs are firm, about 3-5 minutes. Sprinkle cheese on top. Season with salt and pepper to taste.
4. Evenly divide egg mixture, beans and veggies between 4 tortillas. If eating immediately, top with cilantro, yogurt and a squeeze of fresh lime juice. If storing in refrigerator or freezer, top with cilantro, yogurt and lime after re-heating.

Honey-Yogurt and Oats

Makes 1 serving

Prep time: 5 min/Total time: 5 min

Ingredients:

- 1 cup Greek yogurt, nonfat
- ¼ cup rolled oats
- 1 cup berries (fresh or frozen)
- 1 Tbsp honey
(Try MMC's Bee a Matador Honey)
- ¼ tsp cinnamon
- ½ oz. walnuts
(about 6-8 walnut halves)

Instructions:

1. In a mason jar or bowl, mix yogurt, cinnamon and honey until well combined.
2. On top of yogurt, layer the oats and berries. If eating immediately, top with walnuts and serve. If storing overnight in a refrigerator to allow oats to soften, top with walnuts when ready to eat.



Nutritional Information

(Per Serving)

CALORIES 430 / FAT 12g
PROTEIN 29g

CARBOHYDRATES 56g
CALCIUM 25% / IRON 10%
VITAMIN D 0% / POTASSIUM 10%

PRE-WORKOUT RECIPES





Nutritional Information

(Per Serving)

CALORIES 580 / FAT 25g

PROTEIN 16g

CARBOHYDRATES 83g

CALCIUM 10% / IRON 6%

VITAMIN D 0% / POTASSIUM 15%

Almond Butter and Banana Triangles

Makes 1 serving

Prep time: 5 min/ Total time: 10 min

Ingredients:

- 2 Tbsp almond butter
(or nut butter of choice)
- 2 medium whole wheat tortillas
- 1 banana, ripe, sliced
- 1 tsp honey
(Try MMC's Bee a Matador Honey)

Instructions:

1. Soften tortillas by warming over medium heat in medium sized pan.
2. Once tortillas are gently warmed, spread almond butter evenly over 2 tortillas.
3. Arrange sliced bananas on one tortilla, sticking to the almond butter. Then drizzle honey on top of bananas.
4. Place other tortilla on top so that the almond butter and bananas are sandwiched together.
5. Add almond butter and banana tortillas to the warmed skillet and cook until golden brown, about 2 minutes. Flip and repeat on other side of tortilla.
6. Remove from heat and cut into quarters.

POST-WORKOUT RECIPES



Peanut Butter Energy Bites

Makes 12-15 servings

Prep time: 25 min/ Total time: 25 min

Ingredients:

- 1 cup oats
- 1/2 cup peanut butter
- 1/2 cup unsweetened shredded coconut
- 1 ripe banana
- 1 ½ Tbsp chia seeds
- 2 Tbsp cocoa powder
- 6 dates, pitted
- 1-2 Tbsp honey
(Try MMC's Bee a Matador Honey)

Nutritional Information

(Per Serving)

CALORIES 170 / FAT 9g
PROTEIN 5g

CARBOHYDRATES 20g
CALCIUM 2% / IRON 6%
VITAMIN D 0% / POTASSIUM 4%

Instructions:

1. If the dates are dry, soak them in warm water for 10 minutes until they are soft, then drain and set the liquid aside.
2. In a food processor or blender, add the dates and pulse until smooth. Add 1/2 Tbsp of the reserved date liquid, if a thinner consistency is desired.
3. Add the oats and coconut to date paste and blend until desired consistency.
4. In a separate large bowl, mash the banana with a fork. Add the oat and coconut mixture to the banana. Stir in all other ingredients: chia seeds, cocoa powder, honey and peanut butter. Add 1 Tbsp honey if a lower carbohydrate recipe is desired, increase to 2 Tbsp if a higher carbohydrate recipe desired. Stir the ingredients with a spoon until well combined.
5. Form dough into balls. Store in an airtight container in the refrigerator for up to 1 week.



Nutritional Information
(Per Bar)

CALORIES 270 / FAT 17g
PROTEIN 8g

CARBOHYDRATES 25g
CALCIUM 2% / IRON 10%
VITAMIN D 0% / POTASSIUM 6%

Pomegranate + Pistachio No-bake Granola Bars

Makes 12 Bars
Prep time: 15 min/ Total time: 75 min

Ingredients

- 2 cups quick cooking oats
- 1 cup peanut butter
- 1/2 cup pistachios, shelled
- 1/2 cup dark chocolate chips
- 2 Tbsp honey
(Try MMC's Bee a Matador Honey)
- 1/2 cup pomegranate arils (seeds)
- 1 tsp cinnamon

Instructions:

1. In a large mixing bowl, add oats, peanut butter, pistachios, pomegranate seeds, cinnamon, chocolate chips and honey (note: if pomegranate arils are not available, substitute with dried cranberries or dried cherries). Stir all ingredients until well combined.
2. Line an 8x8 baking pan with parchment paper. Transfer the oat mixture to the pan and press down to compact the oats into an even layer.
3. Cover the pan and refrigerate for 30-60 minutes or until firm.
4. Transfer the oat mixture to a cutting board and slice into bars. Wrap bars individually to be stored in the refrigerator or freezer.

Recovery Smoothie

Makes 2 servings

Prep time: 5 min/Total time: 5 min

Ingredients:

- 1 cup Greek yogurt, non-fat, plain
- 1/4 cup frozen blueberries
- 1/4 cup frozen blackberries
- 1/4 cup frozen strawberries
- 1/2 cup tart cherry juice
- 2 cups water
- 2 cups spinach
- 30g protein serving from protein powder of choice
- 1 Tbsp hulled hemp hearts

Instructions:

1. Blend until smooth, adding additional liquid if needed.

HERE ARE SOME OF OUR FAVORITE PROTEIN POWDERS:

Garden of Life Sport Whey
Garden of Life Sport Plant Based
Vital Proteins: Collagen Peptides
Vega Sport
Klean Athlete
Tera's Whey



Nutritional Information

(Per Smoothie)

CALORIES 220/ FAT 4g
PROTEIN 26g

CARBOHYDRATES 22g
CALCIUM 20% / IRON 10%
VITAMIN D 0% / POTASSIUM 15%

LUNCH & DINNER RECIPES



Herbed Greek Yogurt Chicken Salad

Makes 2 servings

Prep time: 20 min/ Total time: 20 min

Ingredients:

- 8 oz. chicken breast, cooked, shredded
- 1 cup Greek yogurt, plain, non-fat
- ½ cucumber, shredded
- ¼ cup chives, chopped
- ¼ cup dill, chopped
- 1 clove garlic, minced
- ½ lemon, squeezed
- 1 Tbsp red wine vinegar
- salt and pepper, to taste

Instructions:

1. Grate cucumber, wrap in paper towel to squeeze out liquid. Discard liquid or save for another use.
2. In a large bowl, combine chicken, yogurt, cucumber, chives, dill, garlic, lemon juice and red wine vinegar. Mix well to combine. Season with salt and pepper to taste, if desired.
3. Serve in salads, sandwiches or with crackers.

Nutritional Information

(Per Serving)

CALORIES 230 / FAT 5g
PROTEIN 38g

CARBOHYDRATES 10g
CALCIUM 10% / IRON 6%
VITAMIN D 0% / POTASSIUM 6%

Quick Pesto Chicken

Makes 2 servings

Prep time: 5 min/Total time: 35 min

Ingredients:

- 8 oz. chicken breast
- 1 oz. pesto
(can be prepared pesto in jar)
- 2 large tomatoes, sliced
- 2 oz. mozzarella cheese

Instructions:

1. Preheat oven to 375°F.
2. Spray baking dish with non-stick vegetable oil.
3. Layer chicken breast with pesto, tomato, and mozzarella cheese.
4. Bake for 25-30 minutes or until chicken reached an internal temperature of 165°F.



Nutritional Information

(Per Serving)

CALORIES 350 / FAT 16g
PROTEIN 44g

CARBOHYDRATES 10g
CALCIUM 20% / IRON 6%
VITAMIN D 0% / POTASSIUM 20%



Protein + Veggie Stuffed Bell Peppers

Makes 4 Servings

Prep time: 30 min/ Total time: 90 min

Nutritional Information

(Per Serving)

CALORIES 410 / FAT 17g
PROTEIN 19g

CARBOHYDRATES 45g
CALCIUM 30% / IRON 20%
VITAMIN D 15% / POTASSIUM 15%

Ingredients-

- 1 cup quinoa, dry
- 4 bell peppers, large
- 2 carrots, minced
- 1 celery stalk, minced
- 5 white button mushrooms, minced
- 1/4 white onion, minced
- 2 cloves, garlic, minced
- 1 Tbsp olive oil
- 8oz. firm tofu, crumbled
- 1 Tbsp dried oregano
- salt and pepper, to taste
- 1 cup feta cheese (optional)

1. Preheat oven to 375°F.
2. Rinse quinoa in a fine mesh sieve, drain and then add to a medium saucepan with 2 cups of water. Bring to a boil, then cover and simmer on medium-low until water is absorbed, about 15-20 minutes. Set aside to cool.
3. Prep the vegetables by mincing carrots, celery, mushroom, onion and garlic. Wash bell peppers and cut out the stem to remove the tops, set aside.
4. Heat olive oil in a skillet over medium heat. Once skillet is warm, add carrots, celery, mushroom, onion and garlic and cook until softened (about 3-5 minutes) adding a cup water as needed to keep the veggie mixture moist. Transfer mixture to a covered bowl.
5. Add more olive oil to skillet and cook tofu (can substitute with ground turkey, ground chicken or protein of choice) on medium heat until cooked through, about 6-8 minutes.
6. In a large bowl, mix quinoa, protein, and veggies until well combined. Season with dried oregano and salt/pepper to taste. Stuff mixture evenly into bell peppers. Top with feta cheese (optional).
7. Arrange bell peppers in a square baking dish. Carefully add 1 cup water to bottom of baking dish to help steam the peppers as they are baking. Spray a sheet of aluminum foil (to prevent from sticking to top of peppers) and cover baking dish.
8. Bake at 375°F until bell peppers are soft, about 45-60 minutes.

Learn More with Us!

Do you want to learn more about
your body composition?

Contact the Marilyn Magaram Center (MMC) in Sequoia Hall 120 for a BodPod service. The BodPod uses air displacement techniques to calculate lean muscle tissue and percentage of body fat.

Do you want to learn cooking skills and expand
your nutrition knowledge?

The MMC holds numerous workshops and events throughout the year. Athletes can participate in summer athlete cooking workshops. We also offer numerous virtual workshops.

Do you want to discuss your current diet
and what you can possibly change?

If you are a student athlete, consult with your sports dietitian for nutritional advice and an individualized plan. All students may schedule an appointment with a Registered Dietitian through the Klotz Student Health Center. Community members may consult a dietitian through the MMC. The MMC offers a dietary analysis of macro and micronutrients to help you reach your individual goals.



MARILYN MAGARAM CENTER
FOR FOOD SCIENCE,
NUTRITION AND DIETETICS

Special Thanks

The Marilyn Magaram Center (MMC) would like to thank the following students, faculty and staff for their contributions to this e-book.

In alphabetical order:

Annette Besnilian, EdD, MPH, RDN, CLE, FAND

Amy Contreras

April Diederich, RDN, CSR

Jason Garvin

David J. Hawkins

Simona Hradil, MS, RD

Lisa Kim

Jean O'Sullivan, MA

Karmen Ovsepyan, MS, RDN

Connor Spencer, MSc Sport Nutrition

Juliette Vaspra

Tatum Vedder

Additional thanks to:

CSUN Athletics

CSUN College of Health and Human Development

CSUN Family and Consumer Sciences

This project was made possible through CSUN Campus Quality Fee funding.

California State University, Northridge is a vibrant, diverse university community of 38,310 students and more than 4,000 faculty and staff, sited on a 356-acre campus in the heart of Los Angeles' San Fernando Valley. Cal State Northridge is committed to the educational and professional goals of students and to extensive service to the

community

Photo: Ken Hille / COVID-19



Index

Almond Butter

Almond Butter and Banana Triangles, 9

Banana

Almond Butter and Banana Triangles, 9

Peanut Butter Energy Bites, 11

Basil, Dry

Egg Muffins with Tomato, Basil and Spinach, 5

Beans, Black

Spicy Matador Breakfast Burrito, 6

Bell Pepper

Protein + Veggie Stuffed Bell Peppers, 17

Spicy Matador Breakfast Burrito, 6

Berries

Honey-Yogurt and Oats, 7

Blackberries

Recovery Smoothie, 13

Blueberries

Recovery Smoothie, 13

Carrot

Protein + Veggie Stuffed Bell Peppers, 17

Celery

Protein + Veggie Stuffed Bell Peppers, 17

Cheese, Mozzarella

Egg Muffins with Tomato, Basil and Spinach, 5

Quick Pesto Chicken, 16

Cheese, Feta

Protein + Veggie Stuffed Bell Peppers, 17

Chia Seeds

Peanut Butter Energy Bites, 11

Chicken, Breast

Herbed Greek Yogurt Chicken Salad, 15

Quick Pesto Chicken, 16

Chicken, Ground

Protein + Veggie Stuffed Bell Peppers, 17

Chives

Herbed Greek Yogurt Chicken Salad, 15

Cilantro

Spicy Matador Breakfast Burrito, 6

Cinnamon

Honey-Yogurt and Oats, 7

Pomegranate + Pistachio Granola Bars, 12

Cocoa Powder

Peanut Butter Energy Bites, 11

Coconut, Shredded

Peanut Butter Energy Bites, 11

Coconut Oil

Almond Butter and Banana Triangles, 9

Cucumber

Herbed Greek Yogurt Chicken Salad, 15

Dark Chocolate Chips

Pomegranate + Pistachio Granola Bars, 12

Dates

Peanut Butter Energy Bites, 11

Dill

Herbed Greek Yogurt Chicken Salad, 15

Eggs

Egg Muffins with Tomato, Basil and Spinach, 5

Spicy Matador Breakfast Burrito, 6

Garlic, Fresh

Egg Muffins with Tomato, Basil and Spinach, 5

Herbed Greek Yogurt Chicken Salad, 15

Protein + Veggie Stuffed Bell Peppers, 17

Honey

Almond Butter and Banana Triangles, 9

Honey-Yogurt and Oats, 7

Peanut Butter Energy Bites, 11

Pomegranate + Pistachio Granola Bars, 12

Hulled Hemp Hearts

Recovery Smoothie, 13

Jalapeno

Spicy Matador Breakfast Burrito, 6

Lemon

Herbed Greek Yogurt Chicken Salad, 15

Lime

Spicy Matador Breakfast Burrito, 6

Mushrooms, White

Protein + Veggie Stuffed Bell Peppers, 17

Index

Oats

- Honey-Yogurt and Oats, 7
- Peanut Butter Energy Bites, 11
- Pomegranate + Pistachio Granola Bars, 12

Olive Oil

- Egg Muffins with Tomato, Basil and Spinach, 5

Onion

- Egg Muffins with Tomato, Basil and Spinach, 5

Onion, Red

- Spicy Matador Breakfast Burrito, 6

Onion, White

- Protein + Veggie Stuffed Bell Peppers, 17

Oregano, Dry

- Protein + Veggie Stuffed Bell Peppers, 17

Peanut Butter

- Peanut Butter Energy Bites, 11
- Pomegranate + Pistachio Granola Bars, 12

Pepper, Ground

- Egg Muffins with Tomato, Basil and Spinach, 5
- Protein + Veggie Stuffed Bell Peppers, 17
- Spicy Matador Breakfast Burrito, 6

Pesto

- Quick Pesto Chicken, 16

Pistachios

- Pomegranate + Pistachio Granola Bars, 12

Pomegranate Arils

- Pomegranate + Pistachio Granola Bars, 12

Protein Powder

- Recovery Smoothie, 13

Quinoa

- Protein + Veggie Stuffed Bell Peppers, 17

Red Wine Vinegar

- Herbed Greek Yogurt Chicken Salad, 15

Salt

- Egg Muffins with Tomato, Basil and Spinach, 5
- Herbed Greek Yogurt Chicken Salad, 15
- Protein + Veggie Stuffed Bell Peppers, 17
- Spicy Matador Breakfast Burrito, 6

Spicy Matador Spice Blend

- Spicy Matador Breakfast Burrito, 6

Spinach

- Egg Muffins with Tomato, Basil and Spinach, 5
- Recovery Smoothie, 13

Strawberries

- Recovery Smoothie, 13

Tart Cherry Juice

- Recovery Smoothie, 13

Tofu

- Protein + Veggie Stuffed Bell Peppers, 17

Tomato, Cherry

- Egg Muffins with Tomato, Basil and Spinach, 5

Tomato, Roma

- Quick Pesto Chicken, 16

Turkey, Ground

- Protein + Veggie Stuffed Bell Peppers, 17

Walnuts

- Honey-Yogurt and Oats, 7

Whole Wheat Flour Tortillas

- Almond Butter and Banana Triangles, 9
- Spicy Matador Breakfast Burrito, 6

Yogurt, Greek

- Herbed Greek Yogurt Chicken Salad, 15
- Recovery Smoothie, 13
- Spicy Matador Breakfast Burrito, 6