

Foods That Fuel You For Physical Activity Recipes

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Beet Soup (Instant Pot)

Ingredients:

- 1 Tbsp olive oil
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 2 Tbsp ginger, peeled and diced
- 3 large red beets, cut into ¼ inch pieces
- 3 celery stalks, cut into ¼ in pieces
- 2 large carrots, cut into ¼ in pieces
- 4 cups broth (bone broth, chicken broth, or vegetable broth)
- ½ tsp salt, more to taste
- ¼ tsp pepper
- 1 can full-fat coconut milk

Instructions:

1. Turn the instant pot to sauté function. Once heated add oil and onions and saute for 5-8 minutes, or until translucent.
2. Add garlic and ginger and sauté another 3 minutes, stirring frequently.
3. Add beets, carrots, celery, salt, and pepper, stir and sauté for 5 minutes.
4. Add 4 cups of broth, put the cover on the instant pot, and set to “pressure cook” on high for 10 minutes.
5. After 10 minutes manually release the pressure and remove the lid.
6. Use an immersion blender or regular blender to puree soup.
7. Stir in coconut milk, more salt, and pepper as needed, and enjoy!

Chocolate Cherry Peanut Butter Protein Bars

Ingredients:

- ¾ cup creamy peanut butter (no sugar added)
- ¼ cup maple syrup
- 1 Tbsp coconut oil, melted
- 1 tsp vanilla extract
- ⅓ cup flaxseeds, ground
- ¼ cups dried tart cherries
- ½ tsp cinnamon
- ½ cup whey protein powder
- ⅓ cups dark chocolate chips
- ½ Tbsp coconut oil
- Optional: coarse sea salt for sprinkling on top

Directions:

1. Mix together peanut butter, maple syrup, coconut oil, and vanilla extract until smooth.
2. Add in ground flaxseeds, tart cherries, cinnamon, and protein powder, and thoroughly mix until the batter feels like cookie dough.
3. Prepare an 8x4 inch pan by lining it with unbleached parchment paper. Place the mixture in the pan and press down so it is smooth.
4. Add the chocolate chips and remaining ½ Tbsp coconut oil to a small saucepan and melt. Pour the melted chocolate mixture over the peanut butter mixture, ensuring it is evenly spread.
5. Place in the refrigerator for 30-45 minutes to allow it to harden. Once it is hard, slice into bars and enjoy! Store in a covered container in the fridge until you're ready to eat.

Ginger Salmon

Ingredients:Salmon:

- 2 pieces wild salmon
- 1 in ginger root, cut into match-sized pieces
- 3 green onions, cut into match-sized pieces
- ¼ cup sesame oil

Sauce:

- 1 Tbsp sesame oil
- 1 Tbsp lemon juice
- ⅓ cup gluten-free soy sauce (or soy-free alternative such as coconut aminos or tamari)

Optional: Cooked rice, for serving

Directions:

1. Preheat oven to 350 F.
2. Place salmon in an 8x8-inch baking pan.
3. Place sliced ginger and green onions on salmon, and drizzle with ¼ cup sesame oil.
4. Place in oven and bake for 13-15 minutes.
5. Meanwhile, combine sauce ingredients (lemon juice, soy sauce, and sesame oil) in a small pot and boil. Once boiling, turn the heat to low and simmer for 5 minutes.
6. Once the salmon is finished remove it from the oven and pour sauce over it right before serving.

Recovery Drink

Ingredients:

- 1 ½ cup coconut water
- 1 lime, freshly squeezed
- ⅛-½ tsp Redmond's Real Salt
- 1 scoop collagen peptides
- Optional: 1 tsp raw honey, for sweetness

Directions:

1. Add all ingredients to a large glass, and mix together (use a blender if the mixture is not coming together). Enjoy!