

Create the Perfect Pre-workout Snack

- ✓ Healthy Carbs
- ✓ Fluids
- ✓ Easy to Digest
- ✓ Bit of Protein
- ✓ Minimal Fat or Fibre
- ✓ ++Intense = ++Carb
- ✓ Less Time to Digest = Less Complex



High Protein Healthy Pancakes

In a blender mix 2 bananas, 2 c oats, 4 eggs, 2 tsp baking powder, 1 c cottage cheese, pinch salt. Then fold in a handful of choc chips and fry 'em up. Reheat great. Grab 2-3 of these, top with fruits, yogurt, maple syrup.



Latte & Homemade Muffin

1 c pure pumpkin puree, 2 c oats, 1/2 c honey/M.syrup, 1/4 c milk of choice, 2 eggs, 1 tsp baking soda, 1 tsp pumpkin pie spice, pinch salt. Blend all ingredients, then fold in a handful of choc chips. Bake at 350 for 18 min in greased muffin tin. Pair with a latte, mini smoothie or a good ol' glass of milk/soy alt. Tip: A bit of caffeine pre-workout is great if tolerated.



Refreshing Fruit Smoothie

Blend handful frozen berries, kale/spinach, 1/2-1 banana, 1/2 c plain greek yogurt or silken tofu, 1/2 c milk/soy alternative. Optional: 1/2 scoop protein powder or 1/2 c pasteurized egg whites to boost protein or make dairyfree.



Ants on a Log - The Sweet Version!

Slice an apple or a banana. Top with 1-2 tbsp nut/seed butter of choice and sprinkle with raisins or your fav chopped dried fruits. A sprinkle of granola adds a nice crunch!



Fully Loaded Quick-Bake "Breakfast Cookie"

Mash 3 bananas. Then add 3 c oats, 2 tsp cinnamon, handful each: choc chips, berries (fresh or frozen), unsweetened coconut, 1/2 c chopped dried fruits, 1/2 c nut butter or melted coconut oil, tsp vanilla, 2 tbsp chia, 4 tbsp maple syrup. Mix well. Bake at 350 for 15 mins. Let cool to set. 1-2 make a good snack with yogurt or soy milk. Makes 18-24



Applesauce with Cinnamon

1/2-1 cup applesauce with cinnamon. For more energy grab handful of trail-mix, or stir in 1/2 c cottage cheese. Tip: purees and smoothies work well when you have less time to digest.



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Grab and Go Goodies

A simple pairing of 1 fruit or 3 pieces dried fruits, 1 cheese string and 1-2 HB eggs makes a perfect pre-workout snack. Wash it down with a glass of H₂O and you're set to go.



Stuffed Sweet Potato

Half a baked sweet potato topped with a handful of chickpeas, shredded chicken, or cheese makes a wholesome pre-workout mini meal. Steaming in the micro saves time. Pierce potato with a fork in several places and set in a microwave safe bowl with a splash of water and cover. Takes about 2 zaps of 8 mins. Rotate half way.



Homemade Trail Mix

Get creative here. Sweet and salty bits and pieces are a quick and easy way to get in some electrolytes and carbs. Nuts, seeds, wasabi peas, roasted chickpeas, dried fruits, dry cereals, popcorn, pretzels, crackers and choc chips are all possibilities.



Yogurt and Berry Bowl

3/4 cup of yogurt with fresh or frozen berries is a perfect pre-workout snack. Plain varieties have no added sugar. Greek yogurt, skyr, or cottage cheese are higher protein but all yogurts work. Silken tofu can work too. *Recipe in post workout ideas. Nuts, seeds and granola are great add-ons for longer workouts and hungry bellies.



Shelled Edamame

Easy, yummy, and a complete plant-based protein. This bean also offers some complex carb. Found in the frozen veg aisle, you can buy them shelled or in the pod. All you do is steam them in the microwave for 5-7 min. Toss with a bit of sea salt and ready for snacking.

1/2 c shelled = 13 g, Carb 10g Pro.



Cereal Bowl with Milk

A bowl of whole grain cereal, muesli, or oatmeal is a sure bet. 1/2- 1 c of dry cereal or cooked oats with 1 c milk/soy milk is great fuel. Sliced banana, berries, flax, pumpkin seeds, nut butter, the toppings are endless.



Create the Perfect Post-workout Snack

- ✓ Recovery Carbs
- ✓ 25 g Good Quality Protein
- ✓ Fluids & Electrolytes
- ✓ Moderate Fat & Fibre
- ✓ ++Intense = ++Carb & ++Electrolytes
- ✓ Multiple Daily Workouts = +Time Sensitive



Ham Apple Cheddar Wrap

Whole grain wrap with 3-4 slices low sodium deli meat, 1/2 apple thinly sliced, 2 slices cheese, smudge of honey mustard. Add veggies, avocado, and fluids to complete the meal.



Quickie Flatbread Pizza

Grab a whole grain wrap or flatbread. Top with pesto or pizza sauce, then veg, chicken, and a sprinkle of mozzarella or feta. Broil for 5-7 min.



Grain bowl with Tofu & Beans

1 svg Tofu = 1/3-1/2 block. Serve with fist-sized portion grains and handful legumes & greens. Yummy with tahini or peanut sauce!
Easy batch-cooked crispy tofu: 1 pack extra firm tofu. Drain & pat dry. Cut into 2 inch cubes. Toss in 1 tbsp EVOO + sprinkle sea salt. Bake 425 til crispy about 25 min. Season as desired.



Keeping it Simple Shakeroo

Shake up 1 scoop whey isolate or plant based protein with 1 c water/milk of choice. Pair with a fruit for recovery carbs. For a yummy more complete recovery smoothie add in a handful of oats and a tbsp of PB. Tip: Look for the Informed Choice or NSF stamp when choosing a powder.



Tofu Yogurt

In a blender add 1/2 container silken tofu, 1 cold banana, 2 tbsp lemon juice, 2 tbsp maple syrup, 2 tbsp milk of choice. Blend until thick and creamy. Add a scoop of protein powder for a pro boost. Top with granola, berries, nuts/seeds.



High Pro Pumpkin Oat Bake

Grab a square of this!
Make flax eggs (mix 2 tbsp gr flax, 5 tbsp water until thickened). In a separate bowl mix 2.5 c oats, 1/2 c oat flour (blend oats to flour), 1 c milk of choice, 1 c egg whites, 1/2 c plain Greek yogurt, 1/2 c pure pumpkin puree, 1/2 c maple syrup, 1 tsp baking powder, 2 tsp cinnamon, 1/4 tsp nutmeg, pinch salt, Combine all ingredients and pour into a greased casserole dish.
Bake at 350 for 35-45 min.



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Breakfast of Champions

2 egg omelette with veggies, and a side of whole grain or sweet potato toast. Add 1/2 c egg whites and some cheese to boost protein. Welcome additions: fruits, greens, avo + glass milk, latte, juice, or H2O.



Tuna Wrap

Whole grain wrap, pita or 2 slices sprouted grain bread, with 1/2-1 can tuna. Throw in some avocado, hummus, and greens. Add a fruit for extra carbs and don't forget fluids!



PB & J Overnight Oats

1.5 c oats, 1/2 c milk of choice, 1/2 c plain Greek yogurt, 1/4 c protein Powder, 1 tbsp chia, 1 tbsp berry jam. Mix in a bowl and pour into mason jars. Recipe makes two 8-oz jars. Top each with 1 tbsp nut butter, and fresh or frozen berries.



Protein Packed Microwave Oats

2 c oats, 1/2 banana, 2 c water, 1 c egg whites, 1 tsp vanilla, pinch salt, 1 tsp cinnamon. Top with nut/seed butter, maple syrup, milk of choice. Batch cooked makes ~5 servings
1 svg = 1 cup



Balanced Plate

1/4 plate poultry, fish, lean meat or tofu. 1/4 plate whole grain or starchy veg. Ex: Brown Rice, Quinoa, whole grain pasta, farro, potato. 1/2 plate colourful veg. Easy ones include pre-washed greens, microwaved broccoli, cauli, beans, or grab some peppers, carrots, snap peas, or cherry tomatoes. Tip: Add a dollop of pesto for fool-proof flavour!



Yogurt Parfait

3/4 cup plain Greek yogurt or cottage cheese with 1 cup fruits, fresh or frozen. Top with healthy granola. Easy High Pro Granola: Mix 2 c oats, 1/4 c honey, 1/4 c egg whites, 1/4 cup protein powder, 1/4 c melted coconut oil, 1 tsp vanilla, 1 tsp cinnamon, 1/2 c sliced almonds, 1/4 tsp sea salt. Spread onto parchment lined baking sheet. Bake 350 for 35 min or til golden. Toss once. Let cool.

