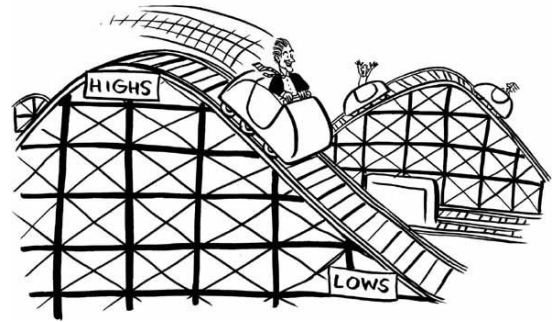


BREAKFASTS FOR ATHLETES

Skipping breakfast or eating an unproductive breakfast negatively affects mental and physical performance. One or more of the following can occur:

- Sudden energy drop
- Ongoing fatigue
- Irritability
- Inability to concentrate
- Headache
- Nausea
- Anxiety
- Decreased physical and mental performance



What is a Quality Breakfast? A quality breakfast includes:

Protein Fibre Good fats Natural Nutrients

If you don't know how to incorporate all of these at once, try to improve your breakfast in small steps. Here are some ideas:

If you currently eat.....

.....try this...

NOT OPTIMAL

MUCH BETTER

Toast with jam	Whole grain toast + cashew butter or natural peanut butter
Orange juice	Real fruit
Cheerios with milk	Oatmeal + seeds (flax, sesame, chia, pumpkin) + blueberries + milk
Bagel and cream cheese	Egg and cheddar cheese or avocado wrap
Nutella	Almond butter, cashew butter, natural peanut butter, etc.
Flavoured yoghurt	Plain yoghurt + frozen berries + muesli + real maple syrup
Muffin	Home-made, high fibre muffins
Ice Cappuccino	Home-Made Protein Smoothie

On the Fly Breakfasts

Hard boiled egg	1 tablespoon nut butter	Rolled turkey slices (nitrite-free) + hummus or avocado
Piece of cheddar cheese	Cottage cheese	Ricotta cheese + berries
Nuts/seeds/trail mix	Leftovers (chicken stir fry, chili)	Homemade granola bar
Brown rice cake + almond butter	Home-made smoothie "to go"	Frozen yoghurt popsicle

Protein Smoothies



Optimal Components of a Breakfast Smoothie:

- ☞ Protein
- ☞ Antioxidants & Natural Nutrients
- ☞ Good Fats
- ☞ High Fibre Source
- ☞ Liquid

Protein Powder Ideas	Anti-oxidants	Good Fats (natural)	High Fibre Source	Liquids & Fillers	Other things to try...
Whey	Berries Banana	Nut butters: almond, cashew, macadamia nut, peanut	Flax seeds Salba seeds Wheat germ	Milk of choice: cow's, goat's, brown rice, almond	Oatmeal Pumpkin pie filling Bio-K yoghourt
Goat's Whey	Mango Peach	Nuts: Walnuts, cashews, hazelnuts, almonds		Yoghourt or Kefir Chilled green tea	Greens powder: alfalfa, spirulina, chlorella, barley greens
Brown Rice	Pear	Seeds: sesame, hemp, sunflower Avocado		Water/ice as needed	Spices: cinnamon, nutmeg, cayenne Ginger root Cocoa powder (unsweetened) Lecithin granules
Hemp					

Nadia's Sunny Hazel Shake

1 scoop rice or whey protein powder
 ½ cup strawberries
 ½ banana (for the monkey in you)
 1 tbsp. of flax seed
 1 tbsp. sunflower seeds
 1 tbsp. hazelnuts
 1 tbsp. natural peanut butter
 2 cups unsweetend almond milk or 1
 cup cow's milk (water/ice as needed)

Go-The-Distance Smoothie

2 cups unsweetened almond or rice milk
 1 scoop whey protein powder
 1 packet plain instant oatmeal
 1 tbsp. almond butter
 1 banana + ½ cup frozen blueberries
 1-2 tbsp. pure maple syrup/honey (optional)

Smooth Sunshine

1 full mango (without the pit)
 1 cup plain organic yoghourt
 Water/ice as needed
 1 scoop protein powder
 2 heaping tablespoon wheat germ
 Real honey or maple syrup (optional)

Or make your own.....

Buying Protein Powders

Ideally, choose a protein powder that is **non-flavoured** and contains **NO artificial sweeteners**. The following examples are options that have NO artificial sweeteners (sucralose, aspartame, acesulfame potassium/K).

Brand	Product Name	Flavour	Status	Description	Contact
Ergogenics Nutrition	New Zealand Whey Pro Series	Natural	GMP	New Zealand Whey isolate	www.ergogenicsnutrition.com
AOR	Advanced Whey	Natural	None	Whey isolate/concentrate	www.aor.ca
Genuine Health	Proteins+, & Instant Smoothie mix	Natural	GMP	Whey isolate	www.genuinehealth.com
Interactive Nutrition	Absolute Whey Protein	Natural	cGMP, NHP	Whey isolate/concentrate sweetened with stevia	www.interactivenutrition.com
Interactive Nutrition	Absolute Whey Isolate	Natural	cGMP, NHP	New Zealand whey isolate	www.interactivenutrition.com
North Coast Naturals	100% Iso Protein or Hemp Protein or Brown Rice Protein	Natural	None	Whey isolate or hemp protein	
Douglas Labs	Ultra Protein Plus	Choc or almond	NSF	Vegetarian + vitamin & mineral support	www.douglaslabs.ca order online
Sequel-Vega	Smoothie Infusion	Fruit		Vegan protein	www.myvega.com

SNACKS for Training & Competition

Preparation Tips

- ✓ Prepare everything the night before
- ✓ Use a leak-proof bag or insulated food pack
- ✓ Pack a fork, a spoon, napkins, and a plastic bag for leftover garbage and wrappers
- ✓ Include at least one snack for every hour you are training, competing, or waiting between
- ✓ Prepare a variety of snacks (liquid, solid, salty, sweet, high protein, calorie-dense, low calorie, crunchy, chewy)

Hydrating Snacks

- Melon (cubed and ready to eat)
- Plums, pears, peaches, nectarines
- Fruit salad
- Apple sauce
- Raw veggies: cucumber, celery, carrots, bell peppers
- Pure coconut water
- Powdered formulas (add water)

Higher Sodium Snacks

- V8 100% vegetable juice
- Pretzels
- Dill pickle
- Salted, plain rice crackers

Calorie-Dense or High Carbohydrate Snacks

- Unsweetened apple sauce
- Fruit baby food
- Banana (add nut butter)
- Plain yoghurt + berries and maple syrup
- Natural seed/nut /granola bars
- Jenny's macaroons
- Mini pitas + hummus or guacamole
- Home-made or organic trail mix

Higher Protein

- Cottage cheese or hard cheese
- ½ sandwich wrap (turkey, egg)
- Yoghurt + protein powder + berries
- Protein powders + liquid
- Instant smoothie mixes

How to Make a Trail Mix

Trail Mixes are generally a blend of dried fruit, nuts, and seeds. There are unlimited possibilities. Here are some tips on how to shop:

DRIED FRUIT:

- ✓ Choose natural, dried fruit
- ✗ Avoid additives such as sulphites, sulphur dioxide, potassium sorbate, propylene glycol, sugars, or oils

NUTS & SEEDS:

- ✓ Choose RAW nuts and seeds
- ✗ Do not use nuts that have been roasted in oils

Dried Fruit	Nuts/Seeds
Cherries	Walnuts
Cranberries (not Craisins)	Almonds
Raisins	Cashews
Blueberries	Sunflower seeds
Mulberries	Pumpkin seeds
Apple rings	Brazil nuts
Figs	Hazelnuts
Apricots	Pecans

The Clean Snack Bar List



Things to look for in a snack bar:

- Nuts: cashews, walnuts, almonds, pistachios, pecans, Brazil nuts
- Seeds: sesame, pumpkin, flax, sunflower, hemp, Salba, chia
- Whole grains: oats, brown rice crisps, millet
- Sprouted seeds/grains: i.e. sprouted flax, sprouted quinoa, sprouted mung beans
- Dried fruit: dates, figs, raisins, goji berries, cranberries, cherry, etc.
- Maca, cacao nibs, cocoa, cocoa powder
- Unsweetened coconut
- Natural Sweeteners: honey, maple syrup, agave nectar, brown rice syrup, stevia
- Nuts butters: cashew butter, almond butter
- Whey protein, rice protein, pea protein, hemp protein
- Sea salt, organic vanilla, ginger powder
- Organic, Fair Trade, Non-GMO

Things to avoid/limit in a snack bar:

- Refined sugars: glucose-fructose, high fructose corn syrup, dextrose, maltodextrin, etc.
- Artificial sweeteners: aspartame/Equal/Nutrasweet, sucralose/Splenda, acesulfame potassium/K
- Artificial food colourings of any sort
- Artificial flavours and non-organic “natural” flavours
- Non-organic soy protein (suggested variable)
- Hidden trans-fats such as hydrogenated, partially hydrogenated, or modified oils
- Cottonseed oil, corn oil, non-organic soy oil
- Chemical preservatives such as sulphites, sulphur dioxide, sodium benzoate, potassium sorbate, sodium hydroxide, BHT, BHA

The Clean Snack Bar List

The following list contains a variety of nut, seed, granola, and fruit bars that are “clean”. These aren’t the only good bar options out there, so keep your eyes open for others. Regardless, start experimenting and see which ones you like.

- Bumble Bar (gluten-free)
- Proteins+ Express protein bars (vanilla or chocolate)
- Nature’s Path Granola bars
- Source Salba nut/seed bars
- Elevate Me (gluten-free)
- Coco Chia (www.livingfuel.com)
- Live Food Bar Granola (www.livefoodbar.com) (gluten-free)
- Jenny’s Macaroons (gluten-free)
- Raw Revolution (gluten-free)
- Larabar (fruit bar)
- Equibar (fruit bar)
- Greens+ Hip to Be Healthy Squares
- Vega Whole Food Energy bar
- Ruth’s Hemp, Maca, and Flax bars (www.ruthshempfoods.com)
- Break-a-Way Organic for Life bars (www.breakawaysnacks.com)
- Break-a-Way Organic Nature bars (www.breakawaysnacks.com)

Shopping Tips:

- Find these bars at health food/supplement stores or in the health food section of your grocery store
- Some retailers will give you a discount if you buy by the box
- Purchase online to get discounts

10 RECOVERY MEALS for High Performance Athletes

1. **Recovery Drink Powders (CHO:PRO ~2:1 to 4:1)**
 - Douglas Labs *Pro PCA Fuel* (www.douglaslabs.com)
 - INFINIT *Recovery Lite* (www.infinutrition.ca)
 - Endurox *Restore* or R4
2. **Protein powder** added to.....
 - Gatorade
 - Almond or rice milk (chocolate or vanilla)
 - Coconut water
 - Water
3. **Instant Smoothie Mixes (CHO:PRO ~1:2 to 3:4)**
 - Genuine Health *Instant Smoothie Proteins+*
 - Vega Sequel *Smoothie Infusion*
(To add more carbohydrates, consume alongside fruit, or mix with juice or sports drink)
4. **All Natural Snack bar (nuts/seeds/grains)**
 - Bumblebar (almond)
 - Break-a-Way snacks (nut/seed bars)
 - CocoChia
 - Larabar
5. **Organic trail mix (dried fruit & nuts/seeds)**
6. **Baby Food**
 - Sweet Potatoes & Turkey (CHO:PRO ~3:1)
 - Fruit baby food (add 1 spoon protein powder)
7. **Rice cracker + cashew butter + jam**
8. **Yoghourt + Granola/Muesli**
 - Plain yoghurt, 2-3% B.F., organic + granola/muesli + maple syrup/honey
9. **Cottage cheese**
10. **½ a turkey or egg salad sandwich**

Timing of Recovery Nutrition

- Post-workout recovery nutrition should be consumed **within 30 minutes of exercise completion.**

Reasons for Recovery Nutrition

- Maximize glycogen reloading process
- Replenish lost fluids and electrolytes
- Initiate muscle and soft tissue repair
- Reduce muscle and immune stress

Components of Recovery Nutrition

Carbohydrates (0.5-1g per kgBW)

Protein (~10-20g, or more)

Fluids (at least 500ml)

Electrolytes (sodium, potassium)

Other options: BCAA's, glutamine, antioxidants, good fats,

Other Tips

- Liquid recovery meals are an excellent option for rapid nutrient delivery
- Fruit is an excellent source of water, potassium and nutrients
- Fluids are needed to maximize glycogen stores because every gram of glycogen created requires almost 3 grams of water
- A little sodium makes water taste better *and* enhances fluid absorption by the body
- Approximately 1.5 litres of water is required to replenish every 1kg of weight lost during exercise
- If you are looking to get leaner, keep carbohydrates lower and protein higher post-workout
- Recovery enhancement can start with pre-workout nutrition (carbs, protein, BCAA's, glutamine)

Resources for Supplement certifications:

www.nfsport.com

www.wada.org

www.cces.ca