

Handbook for healthy eating in recreation facilities

Providing nutrition education, recipes, and food preparation tips for foodservice providers within recreation facilities in PEI.



Inside

- Marketing Healthy Choices
- Healthy Swaps
- Recipes

Working together to support healthy food environments by offering nutritious food choices.

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ADL Foods

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Introduction

This handbook aims to provide recreation facility operators with nutrition education, recipes, marketing, and food preparation tips and tricks. It also offers ideas to maintain profit margins, minimizing change while maximizing healthy food choices.

Adopting healthy behaviors early in life is important for good health. Recreation, sport, and community settings provide a place for community members of all ages to come together to enjoy being physically active. By offering healthy food options, recreation facilities can further support the health of the community.

In 2018, Heart & Stroke in PEI commissioned a scan of food and beverages offerings and healthy food practices in recreation facilities across PEI to identify opportunities for positive change. [Results](#) from this scan revealed that most available options were high in fat, sodium, and sugar.

8 out of 12 most frequently available entrees and sides in canteens were deep fried

80% of canteens frequently stocked chips, bars, and candy

59% of canteens did not offer fruit

82% did not offer vegetables

100% of canteens sold water, soda, diet soda, and sports drinks

73% of food in vending machines was classified as "do not sell."

While healthier snack foods, such as rice crisps, yogurt and fruit puree, were the least commonly available.

14% of facilities with vending machines did not stock milk of any kind



Building your Vision and Creating Your Team for Success

Providing healthy food options for your community is key. The following section offers suggestions for creating and building your vision to improve healthy food options in your facility.

What is your vision?

What is your vision for a healthy facility? How can your organization make minimal changes with the most impact? How can you promote healthy eating, maintain profit margins or exceed them while offering a healthier food environment?

Gathering Your Best Team

Once you develop your vision, you may want to build a team. Gather your "best team" by choosing volunteers and staff who share your organization's vision. Are managers, regional politicians, healthcare personnel, staff, parents, coaches, and/or athletes eager to change food options to enhance performance and health outcomes? If so, they belong on your team!

Your "best team" can design a plan to make the desired changes both easy and cost-effective. For example, suppose you have management buying into the process, coaches and parents promoting benefits of nutrition and performance, and athletes understanding the importance of these changes. In this case, having all parties buying in, your outcome is likely going to be successful.

Educating Your Team on Where You Are

Where to start? Your team should understand where the facility is now and how the facility can make changes. Set up meetings with your team and discuss what is currently in place. You may consider:

- What existing policies are in place? Do you have sponsorship deals that must be maintained? Are you tied into contracts with your supplier? If so, can you substitute other items with better health benefits?
- What appliances and amenities do you have in place? What do you need to purchase to make changes possible? For example, do you have a refrigerator, freezer, grill, and adequate storage?
- Outline current foods being offered and determine which can stay and which can go. Consider health benefits, performance benefits, and selling potential. When possible, replace items with similar ones with more nutritional value.
- Can you replace items in your vending machine? Are you willing to offer more fun and nutritious foods to permit healthier grab-and-go options? What foods are not selling, and can they be replaced with foods that provide health benefits?

- Who is your target population? Will they be receptive to these changes? If yes, that is great! If no, how can you incorporate small changes over time to help you reach your overall vision?

Educating Your Team on Where You Want to Be

Work with your team to construct a game plan to achieve your vision. Using your game plan, consider: 1. What needs to change within your facility? 2. How will it change? 3. Why it needs to be changed, and 4. Who will help implement these changes?

Ask such questions as:

- What does success look like for your facility?
- What are your short-term goals vs. long-term goals?
- What changes will be easy, and which will be difficult? Planning for complex changes will allow you to better plan for the implementation.
- Will your new vision require you to change the "look" and "feel" to encourage buy-in? If so, how can you do this with limited funds and manpower?
- What does success look like regarding offering foods ideal for positive performance and health outcomes?
- What changes can you make that will encourage pride in your community?



When an organization supports healthy changes & healthy lifestyles, the community can take pride in their facility.

Marketing Healthy Choices

Marketing your new vision to ensure profit, satisfied customers, and increasing the availability of nutritious food would result in positive outcomes. Try using the 5 P's as a marketing strategy.

1. **Product Availability** - Ensure you have healthy food options available and limit less nutritious options. For example, rather than offering 5 chocolate bars, you may offer 2 chocolate bars, 2 granola bars, and 1 type energy balls. Similar taste but different nutrition profile.
2. **Pricing** - Profit margins are important for all businesses and a community recreation facility is no different! To ensure you still make a profit adjust your costing so less nutritious options have a higher mark up while more nutritious options have a smaller mark up. Making the more nutritious options more appealing.
3. **Placement** - Where are you putting the more nutritious options? Placing them in the front of your display, at eye level, and making them visually appealing will promote purchasing. In contrast, place less nutritious items closer to the back of the display where they are less visible.
4. **Popular** - Choose nutritious items that are popular with your target audience. Kids love smoothies and fun drinks- so get them involved in menu design. Consider creating a questionnaire or contest to encourage them to suggest popular items they may like.
5. **Promotion** - Promoting your new items with fun posters, newsletters, or word of mouth will help your facility reach your vision's goal. Offer information on the health benefits, performance benefits, or simply how tasty the product may be. Provide discounts on tournament days, offer free samples, have punch cards for frequent buyers, or promote specialized menus for sporting events by sending participating teams your new and improved menu.



Food Safety

It is important for your facility to practice safe food handling and preparation techniques to prevent foodborne illness. **This section does not replace food safety certification. For optimum food handling practices, encourage your staff to enroll in an accredited food safety course.**

When handling perishable food items, the **following guidelines** can help prevent growth of bacteria:

Serve hot foods hot and cold foods cold - Avoid the "Danger Zone"

Do not store perishable foods in the 'danger zone'- between 4°C and 60°C. **Cold foods need to be stored below 4°C (40°F) and hot foods need be stored above 60°C (140°F)**

Use a thermometer to check temperatures of food.

Clean

Wash your hands frequently with soap and water (not hand sanitizer) before handling food or eating. Wash counters, utensils, cutting boards and other surfaces with hot soapy water. Wash fruit and vegetables with skins on with tap water to remove surface bacteria or dirt.

Separate

Use separate cutting boards for raw meats and raw fruits & vegetables. Store raw meats on the lowest refrigerator shelf and away from other food items to prevent juices from contaminating other food items.

Cook

Cook all meats, poultry, and eggs to proper internal temperature. Use a food thermometer to check temperatures. Keep list of proper temperatures posted in the kitchen.

Chill

Refrigerate all perishable foods at 4°C (40°F) or less. Chill leftovers promptly. Thaw frozen foods in a refrigerator, under cold water, or in a microwave oven - not at room temperature. Foods thawed in the microwave or in cold water must be cooked immediately.

Re-heating and holding hot food

Bring sauces, soups, gravy and leftovers to 74°C (165°F) quickly. Food must be held hot at minimum temperature of 60°C (140°F).

Slow cookers, chafing dishes, and warming trays can be used for maintaining correct temperatures but not for bringing food up to desired temperature.

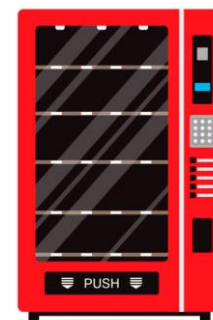


Do not store perishable foods in the 'danger zone' between 4°C and 60°C.

Vending Machines

Building your healthy vending machine

Vending machines do not have to be full of foods that lack nutrients. Instead, let's start filling the machines with foods that support health and well-being.



Perishable Options	Non-Perishable Options
Bananas Apples/Oranges Premade Salads Cut & Bagged Veggie Sticks Fruit Cups Individual Yogurt Tubs Yogurt Tubes Individual Cheese Sticks Pudding Hummus & Pretzel Chips Small Salsa Tubs ADL Milk ADL Chocolate Milk Yogurt Drinks	Nuts Trail Mix Selected Granola Bars Dried Fruit Fruit Chews & Leathers Fruit Sauce Granola Bars Goldfish Crackers Baked Nachos Chips Pretzel Chips Popcorn Jerky Water 100% Fruit Juice Boxes

There are various factors that will determine the types of food your facility should choose. These Include:

Location	Frequency of Use	Target Population
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Make convenience a healthy option.

Outdoor Recreational Facilities

Outdoor recreational facilities and concession stands can offer a wide range of food items to ensure their customers stay hydrated and fueled while competing and/or spectating outdoors. So, what can you offer your customers?

Fluid Options	Food & Fuel Options
Water Flavored water ADL milk ADL chocolate milk Yogurt drinks 100% Fruit juice Sport drinks Fruit smoothies	Fruit Dried fruit Fruit chews & leathers Fruit sauce Yogurt tubes (refrigerated or frozen) Energy bites Granola bars Goldfish crackers Nachos & salsa Pretzels & hummus Crockpot soup or chili Homemade rolls with peanut butter or cheese Biscuits Homemade muffins



Food Safety Tip

If your facility lacks refrigeration, do not rely on a cooler to keep temperature-sensitive foods hot or cold. Instead, choose different food options at your site

Support Local Tip

If your facility is not equipped to make homemade food options think about contracting these jobs out to a local bakery

For outdoor events consider

- Extra fluids & fuel
- Food safety
- Supporting local

Healthy Swaps

When designing your vision remember, you don't have to stop selling your most popular items. Instead, offer healthier alternatives alongside your popular items. For example, if chips are a big seller, keep the most popular flavors and provide healthy swaps alongside them. This will maintain profits while providing healthier alternatives. The table below offers items you can swap to provide healthier food options.

Current Offering	Alternative Recipes	Grocery Store /Vendor Option(s)
Breakfast Options	*Breakfast burrito, breakfast sandwich, *overnight oats, homemade muffin, *smoothie, *smoothie bowl	Pre-made frozen breakfast burrito, instant oatmeal with toppings, muffins, bagel with cream cheese or peanut butter
Candy Bags	*Fruit cups, *apple slices with chocolate chickpea hummus dip, homemade snack mixes	100% Natural fruit snacks, leathers, or fruit chews, raisins, apple sauce, trail mix
Chips	Crispy chickpeas, pita chips, homemade snack mixes	Baked chips, veggie straws, light popcorn, pretzels, goldfish crackers
Chocolate Bars	*Homemade granola bars, *energy balls, *energy bites, banana pops	Store bought granola bars or energy balls
Donuts, Cookies, Pies & Pastries	Homemade muffins, chickpea cookie dough	Muffins (pre-made or mix), banana bread, cinnamon raisin bagel with cream cheese or peanut butter, soft pretzels
Fries, Onion Rings & Poutine	*Stuffed sweet potato boats, *pasta salad, chili, soups	Baked fries or root veggie baked fries, pre-made chili or soup
Hotdogs, Hamburgers & Pizza	Tacos, buffalo chicken sandwich, chicken grilled cheese, chicken quesadilla, *tuna & hummus wrap, *Mexican rice bowls	Chicken fingers with a side of veggie sticks and dip, premade quesadillas or burritos, grilled chicken burgers, premade sandwiches, and wraps
Ice-cream	*Yogurt pops, banana pops, *smoothie bowls, *yogurt parfaits	Frozen yogurt bars, 100% fruit juice freezes
Mozzarella Sticks	*Hummus with pita chips	Cheese sticks & crackers
Nachos with processed cheese	*Pita chips with hummus, *Mexican rice bowls, chili	Nachos with salsa or guacamole, crackers, or pretzels with hummus
Pop, Energy Drinks, Fruit Crystal Flavoured Drinks, Sports Drinks*	*Smoothies, *smoothie bowls	Water, 100% fruit juice, 100% vegetable juice
Slushie	*Smoothies, *smoothie bowls	Premade smoothie made with 100% fruit juice, yogurt drinks

* Appropriate for athletes that require additional energy & electrolytes before or after training or competition. You can also find the recipes for these items in the "Recipe" section of this handbook.

Buying Healthier Alternatives

When picking items from the grocery store or your foodservice vendor, look for options that are lower in fat (especially saturated and trans-fat), sodium, and are not highly processed. Instead, choose food items higher in vitamins, minerals, protein, and fibre. Use the table below to help make healthy choices.

Product	Per Serving, Aim for...
Granola Bars, Granola & Energy Bites/Balls	<ul style="list-style-type: none">- less than 5g of fat- 2-4 g of fibre
Muffins & Banana Bread	<ul style="list-style-type: none">- less than 8g of fat- 2-3 g of fibre- less than 200mg of sodium- less than 15g of sugar
Crackers	<ul style="list-style-type: none">- less than 7g of fat- less than 300 mg of sodium- 2-4 g of fibre
Sandwiches & Wraps	<ul style="list-style-type: none">- less than 15g of fat- 18-25 g of protein- 4-8 g of fibre- less than 600 mg of sodium- less than 8g of saturated fat
Yogurt Drinks	<ul style="list-style-type: none">- less than 5g of fat- less than 18g of sugar- 4-6g of protein
Frozen Yogurt Bars	<ul style="list-style-type: none">- less than 4g of fat- less than 15g of sugar
Cheese Sticks	<ul style="list-style-type: none">- less than 5g of saturated fat- less than 150 mg of sodium- 4-5g of protein
Creamy Dressings or Dips (Ranch, Caesar, etc.)	<ul style="list-style-type: none">- less than 8g of fat- less than 120 mg of sodium
Salsa	<ul style="list-style-type: none">- less than 250 mg sodium



Can a local bakery/restaurant provide baked goods or sandwiches you can portion and sell?

Time Saving Tips

Offering healthy choices can take less time than you think. Here are some time-saving tips you can use when adding more healthy options to your menu.

Single Ingredient Items - Consider dried fruit, granola bars, fruit snacks, cereal, goldfish crackers, trail mix, and nuts. These are all non-perishable, have a long shelf life, and can be bought in bulk. You can watch for sales on these items and stock up.

Ready-to-eat ingredients - Pre-cooked chicken, pre-chopped vegetables, and frozen fruit & vegetables can save you considerable time thus cutting down on labor costs.

Make ahead options - Many items can be prepped in advance and refrigerated or frozen for later. Pre-portioned fruit for smoothies, meats and veggies for sandwiches & wraps, and veggies or pita chips for pre-portioned dips. Energy bites, granola bars, and muffins can be made ahead and taken out of the refrigerator or freezer in the morning to use later in the day.

Make Multiple Recipes with Similar Ingredients

Many recipes use similar ingredients. For example, rolled oats can be used for overnight oats, energy bites, granola bars, smoothies and muffins. Chicken breasts can be used to make chicken noodle soup, grilled chicken pitas or chicken salad sandwiches. With a little planning, you can make a lot of recipes with just a few ingredients.

Ingredient	Recipes
Fruit	Smoothies, smoothie bowls, fruit bowls, yogurt parfaits, muffins
Yogurt	Smoothies, smoothie bowls, fruit dip, yogurt parfait, overnight oats
Oats	overnight oats, energy balls/bites, muffins, granola & granola bars
Peanut Butter	bagel spread, overnight oats, energy balls/bites, granola bars
Vegetables	breakfast burritos, wraps & sandwiches, tacos, potato boats, rice bowls
Ground Beef	Tacos, chili, stuffed potato boats, soup
Chicken Breast	chicken soup, quesadillas, chicken grilled cheese, pitas, rice bowls, sandwiches
Chickpeas	Hummus, roasted chickpeas, chickpea cookie dough, chickpea salad, rice bowls

A Menu for Athletes

Optimal nutrition is important not only for overall health but also to support positive performance outcomes. Providing children, youth, and/or adults using your facility with the fuel they need to prepare and recover from recreational and/or sporting activities will encourage them to buy within your facility rather than elsewhere thus, supporting a healthy environment while increasing your profit margin. So where do you start?

Provided below are some quick and easy food items you can offer to athletes or teams to improve nutrient intake before and after events.

Watermelon	Fruit chews	Trail mix	Yogurt tubes	Smoothies
Honey dew melon	Bananas	Energy balls	Yogurt parfait	ADL Milk
Dried fruit	Fig bars	Homemade granola bars	Hummus & pita chips	ADL Chocolate milk
1 cup of any fruit	Melon skewers with yogurt dip	Squeezable apple sauce	Portion of pasta salad	Water

Note: The above table are only suggestions and could include a wide range of whole, nutritious foods. Other items presented earlier in the handbook are also ideal for sport performance.

Parents and coaches want to ensure their athletes can obtain optimal food (fuel) and fluids to support performance so don't forget to promote these items! Placing posters in the locker room or throughout your facility highlighting menu items can increase purchasing potential.

Menu Suggestions for Large Events

Why should participants of large events leave your facility to get something "better" to eat? Why not offer nutritious foods ideas for participants in your facility? Money can be made by making a few easy menu changes during large tournaments or events- time to capitalize on that!

To design the best menu for your athletes, consider: Providing a "fueling station". Rather than having a full menu, offer 5-7 highly nutritious options to fuel the athletes. Items in the above table are often used for fueling stations.

Fueling Stations

If offering a fueling station or platter, below are a few items you should include:

Carbohydrates (fruits, vegetables, grains, dairy) to increase refueling and recovery after an event.

Protein (meat, meat alternatives, dairy) for muscle repair and recovery after an event.

Fluids to optimize rehydration after an event.

- These items are ideal for recovery after an event but, more importantly, suitable if a team or athlete has a subsequent event and requires refueling.

Examples of fueling stations and platters

	Fueling station set up for a team in the locker room	Fueling platter 3+ individuals	Fueling Plate (Individual)
Carbs	2+ types of fruit / ¼ cup per athlete	2 types of fruits with yogurt dip	2 melon skewers yogurt dip
Carbs	Bananas	Bananas	Trail mix with dried fruit
Protein	Yogurt tubes	Homemade or store-bought granola bars	
Carbs & protein	Energy balls		Smoothie
Carbs & protein & Fluid	ADL Milk/chocolate milk	ADL Milk/chocolate milk	

Promoting your fueling stations/platters.

Parents, coaches, and athletes want to ensure athletes have what they need to recover from one event and prepare for the next. Offering some of the quick and easy snacks outlined above will help your clients get what they need. But how will you promote your menu? Below is a list of 5 promotional ideas you can use to ensure the tournament organizers, parents, and coaches are aware of what you are offering.

1. Promote with posters before the event.
2. Send a notice to the tournament director outlining your menu items and their benefits to performance.
3. Consider pre-sale to teams and athletes (provide pre-order forms to teams when they arrive or include them in their tournament packages so you can order ahead)
4. Get the teams involved to help design their tournament menu.
5. Offer small samples to parents while they are watching their athletes compete.

In conclusion, offering healthy, nutritious snacks is a win-win situation. Not only do your clients feel like you are supporting their healthy lifestyle, but you can use these new food items to boost sales to all clients coming into your facility.

If you feel you need nutrition suggestions or recommendations, please do not hesitate to reach out to one of the local dietitians.



Provide the fuel athletes need to succeed so they will buy within your facility, instead of going elsewhere

Recipes

Smoothies made with whole foods are a great pre- or post-game snack for athletes to re-hydrate, re-energize and re-cover, while also packing in plenty of nutrients. Smoothies are quick to make, can be consumed on the go and allow endless flavour combinations!

Ingredients like fruit, juice, oatmeal and honey provide the carbohydrates that athletes need for energy. The fluid in smoothies helps to replace the fluids lost during a practice or game. Finally, the protein from Greek yogurt or milk promotes the building and maintenance of muscle. They are also a great option for athletes who don't tolerate food well before or after a game or practice, so that they are still well hydrated and well nourished.

Basic Smoothie Recipe

(Serves 1)

½ cup fruit, fresh or frozen
250 mL ADL low fat milk
¾ cup plain or flavoured Greek yogurt
1 tbsp honey



Directions:

1. Blend all ingredients together in a blender.

Note- Any of the above recipes can be prepared with soy beverage instead of milk. Frozen yogurt can be used instead of Greek yogurt.



Time-saver Tip: fruit can be purchased frozen and ready for the blender. Ingredients can be pre-portioned and frozen in freezer bags - just add the liquid portion and blend.

More Smoothie Recipes:

Frozen Apple Oatmeal (Serves 1) ¼ cup of vanilla Greek yogurt ½ c ADL milk ½ cup of apple juice 1 tablespoon of oatmeal Dash of cinnamon	Mango Power Smoothie (Serves 1) ½ cup of vanilla Greek yogurt 1 c ADL milk ½ cup of frozen mango 1 teaspoon flax seed oil 1 tablespoon skim milk powder
Pineapple Coconut Milk (Serves 1) 1 cup of ADL low fat milk ¼ teaspoon of coconut flavoring 1 medium banana ½ cup of crushed pineapple	Peanut Butter Banana Milk (Serves 1) 1 cup of ADL whole milk 1 ¼ tablespoons of peanut butter ½ ripe banana



Smoothie Bowls

Turn your smoothie into a bowl! Swap that straw for a spoon and add some toppings for a fun alternative. Decreasing the liquid allows for a thicker smoothie that can be scooped instead of sipped.

Smoothie bowls offer all the nutrition of a smoothie - vitamins and minerals from whole foods, carbohydrate for energy, protein for muscle building and repair and some fluid for hydration.

Basic Smoothie Bowl Recipe

(Serves 1)

Pre-Game

1 cup frozen fruit
½ cup ADL milk

Post-Game

1 cup frozen fruit
⅔ cup ADL milk
½ cup Greek yogurt
1 tbsp ground flaxseed



Directions:

1. Blend all ingredients together in a blender. If too thick to blend, a few tbsp of liquid.
2. Add toppings and serve!

Note- any of the recipes can be prepared with soy beverage instead of milk.



Smoothies and smoothie bowls are perfect pre- or post exercise if made with Greek yogurt!

Smoothie Bowl Recipes:

<p>Green Smoothie Bowl (Serves 1)</p> <p>1 frozen banana ¼ cup frozen spinach 1 pitted Medjool date ½ cup ADL milk</p> <p><i>Top with: ¼ cup granola, 1 tbsp unsweetened coconut flakes</i></p>	<p>PB & J Smoothie Bowl (Serves 1)</p> <p>1 cup frozen berries ⅔ cup ADL milk ½ cup plain or strawberry Greek yogurt 1 tbsp ground flaxseed 1 tbsp peanut butter</p> <p><i>Top with 2 tbsp chopped peanuts, ¼ cup granola</i></p>
<p>Strawberry Banana Smoothie Bowl (Serves 1)</p> <p>½ frozen banana ½ cup frozen strawberries ½ cup ADL milk</p> <p><i>Top with: ¼ cup strawberry slices, ¼ banana sliced, ¼ cup granola</i></p>	<p>Tropical Sunrise Smoothie (Serves 1)</p> <p>½ cup frozen mango ½ cup frozen pineapple ¼ cup orange juice + ⅓ cup ADL milk ½ cup plain or mango/peach flavoured Greek yogurt 1 tbsp ground flaxseed</p> <p><i>Top with: ¼ cup granola, 1 tbsp unsweetened coconut flakes</i></p>
<p>Chocolate Cherry Smoothie Bowl (Serves 1)</p> <p>1 cup frozen cherries ½ cup ADL milk 1 tbsp cocoa powder ½ tbsp honey</p> <p><i>Top with: ¼ cup granola, 2 tbsp chocolate chips</i></p>	<p>Oatmeal Cookie Smoothie Bowl (Serves 1)</p> <p>½ frozen banana 1 pitted Medjool Date ⅔ cup ADL milk ¾ cup plain or vanilla Greek yogurt 2 tbsp rolled oats ¼ tsp vanilla extract 1 tbsp ground flaxseed</p> <p><i>Top with: ¼ cup banana slices, ¼ cup granola</i></p>

Overnight Oats

Overnight oats make for a great portable grab and go snack or meal for after training sessions or games due to the combination of simple and complex carbohydrates and protein.

Oats are a complex carbohydrate that provide soluble fibre. This type of fibre is important for gut health and keeping our bowel movements regular. Honey, maple syrup and fruit are simple carbohydrates that will be more easily broken down by the body to help replenish energy stores. Fruit also provides antioxidants to help in the recovery process and reduce inflammation. Milk and Greek yogurt are great sources of protein to help in muscle recovery.

Basic Overnight Oat Recipe

(Serves 1)

½ cup rolled oats
½ cup ADL milk or soy beverage
½ cup plain Greek yogurt
1 tbsp maple syrup or honey
1 tsp chia seeds (optional)

Directions:

1. Mix all ingredients together in a jar. Once well combined, place in the fridge for at least 6 hours or overnight. Overnight Oats will stay good for up to 5 days in the fridge.



More Overnight Oat Recipes:

Banana Nut Oats

(Serves 1)

½ cup rolled oats
½ cup ADL milk
½ banana, mashed
½ cup plain or vanilla Greek yogurt
2 tsp peanut butter
Top with: ¼ banana

Chocolate Oats

(Serves 1)

½ cup rolled oats
½ cup ADL milk
½ cup plain Greek yogurt
1 tbsp maple syrup
2 tsp cocoa powder
Top with: 1 tbsp chocolate chips

Strawberry Vanilla Oats

(Serves 1)

½ cup rolled oats
½ cup ADL milk
½ cup vanilla Greek yogurt
¼ tsp vanilla extract
Top with: ¼ cup diced strawberries & 1 tsp drizzle of honey

Cranberry & Pumpkin Oats

(Serves 1)

½ cup rolled oats
½ cup ADL milk
½ cup plain or vanilla yogurt
¼ tsp pumpkin spice
2 tbsp dried cranberries
Top with: 1 tbsp pumpkin seeds, 1 tbsp dried cranberries & 1 tsp drizzle of maple syrup

Yogurt Parfaits

Yogurt parfaits are another convenient grab and go fueling option. The calcium in yogurt is a bone building mineral important for bone growth and maintenance. Yogurt also contains probiotics which are "good" bacteria important for gut health. Fruit provides additional micronutrients and fun toppings like granola or cereal are not only a great source of energy but add sweetness and crunch to the parfait!

Basic Yogurt Parfait Recipe

(Serves 1)

- 1 cup plain or flavoured yogurt
- $\frac{3}{4}$ cup fruit of choice
- $\frac{1}{2}$ cup granola or cereal
- 1 tbsp honey or maple syrup (optional if yogurt is not flavoured)

Directions:

1. Add $\frac{1}{3}$ cup of yogurt to the bottom of a cup.
2. Add $\frac{1}{4}$ cup fruit followed by 2 tbsp granola or cereal. Continue to layer (for 3 layers total).
3. Before adding the final layer of granola, top yogurt parfait with 1 tbsp honey or maple syrup.

Make Ahead Instructions:

1. Parfaits can be prepared up to 5 days in advance. If doing so, they should not be layered. Instead, place the yogurt at the bottom followed by the fruit and topping on top for best results.

Fun Flavour Combinations:

Almond Blueberry: use $\frac{3}{4}$ cup blueberries & in addition to granola, $\frac{1}{2}$ cup slivered almonds

Chocolate Peanut Butter: stir 1 tsp each cocoa powder and peanut butter into the yogurt before layering

Topical Coconut: use $\frac{3}{4}$ cup tropical fruit such as mango and pineapple, top each parfait with 1 tbsp unsweetened coconut flakes

Apple Pie: use $\frac{3}{4}$ cup diced apple, sprinkle each layer with cinnamon and top parfait with 2 tbsp chopped almonds



Great option for post exercise
or 1-2 hours pre-exercise!

No Bake Energy Bites

Energy bites make a great snack any time of the day and are beneficial for recovery because they contain both carbohydrate and protein to replenish stores after activity. Energy bites are a time saver- they can be thrown together quickly and require no baking. The mixture can be rolled into balls or pressed flat and cut into cubes to save even more time. Nutritious and delicious, energy bites are a healthy alternative to pre-packaged sweets with ingredients like oats, nut butters, dried fruit and seeds.

Basic Energy Bites Recipe

(approx. 16 bites)

- 1 ½ cups rolled oats
- ½ cup peanut butter
- ⅓ cup maple syrup
- ⅓ cup semi-sweet chocolate chips

Directions:


Squares - Combine all ingredients in a bowl, press into a pan, chill for 30 minutes and cut into squares.

Balls - Combine all ingredients in a bowl, chill for 30 minutes and roll 1 tablespoon of mixture into balls.

Note- can be stored in the refrigerator in a closed container.



More No-bake Energy Bite Recipes:

Double Chocolate Energy Bites 1 ¼ cups rolled oats 2 tbsp cocoa powder ½ cup peanut butter ⅓ cup honey 1 tsp vanilla extract ⅛ tsp salt ½ cup chocolate chips	Blueberry Muffin Energy Bites 1 cup rolled oats ¼ cup peanut butter ¼ cup honey ½ cup dried blueberries ½ tsp vanilla Pinch salt	Oatmeal Raisin Cookie Energy Bites 1 cup rolled oats ¼ cup peanut butter ¼ cup honey ¼ cup raisins ¼ cup chopped nuts ¼ cup coconut ½ tsp vanilla Pinch salt
Pretzel Energy Bites 1 cup rolled oats ¼ cup peanut butter ¼ cup honey ¼ cup chopped pretzels ¼ cup chopped nuts	Crunchy Energy Bites 1 cup rolled oats ½ cup chocolate chips ½ cup ground flax seed ⅓ cup honey ½ cup crunchy peanut butter 1 tsp vanilla	

Baked Granola Bars

Granola bars are a classic lunch box favourite. The carbohydrates from the oats, honey and brown sugar provide a quick source of energy making them a great snack before physical activity. There are also endless mix-in combinations ensuring kids will never get bored! Granola bars are easily made and can be prepared in advance as they keep well both at room temperature and in the freezer.

Basic Baked Granola Bar Recipe

(approx. 18 bars)

- 6 tbsp ADL butter
- ½ cup honey or maple syrup
- 2 tbsp brown sugar
- 1 tsp cinnamon
- 3 cups rolled oats
- ¼ tsp salt
- ½ cup unsweetened shredded coconut or additional oats
- 1 cup of "flavour combinations" (found below)



Directions:

1. Preheat oven to 350°F. Line a 9x12 inch baking dish with parchment.
2. In a medium saucepan over medium low heat, combine the butter, honey or maple syrup, brown sugar and cinnamon. Simmer until sugar has fully dissolved.
3. Remove from heat and stir in oats, salt, shredded coconut and desired mix-ins. Combine until evenly coated.
4. Transfer to the baking dish and press down using a spatula into 1 even layer.
5. Bake for 25-30 minutes.
6. Remove from the oven and allow to cool before lifting the sheet out of the tray.
7. Cover and store the granola bars in an airtight container at room temperature for up to 2 weeks. They can also be kept in the freezer for up to 2 months.

Fun Flavour Combinations:

Chocolate Peanut Butter Pretzel: ¼ cup creamy peanut butter (add this when you add the honey) + ½ cup broken pretzel pieces + ½ cup chocolate chips

White Chocolate Cranberry: ⅓ cup sliced almonds + ⅓ cup dried cranberries + ⅓ cup white chocolate chips

Dark Chocolate Cherry: ⅓ cup pecans + ⅓ cup dried cherries + ⅓ cup dark chocolate chips

Tropical: ½ cup cashew + ½ cup chopped dried fruit (pineapple, mango, etc.)

Classic Chocolate Chip: 1 cup chocolate chips



Energy balls and granola bars make a great snack for right before exercise!

More Cooked Bar Recipes:

Cheerios Bars

(Makes approx. 9-12 squares)

- ½ cup creamy peanut butter
- ½ cup honey or maple syrup
- ¼ cup skim milk powder
- 3 ¾ cup cheerios (any variety)

Directions:

1. Line 8x8 or 9x9 inch baking sheet with parchment paper.
2. In a large saucepan, over medium heat, warm the honey until almost boiling. Whisk in the dry milk powder 1 tbsp at a time making sure it is fully incorporated after each addition.
3. Once fully mixed in, turn off the stove and remove the pan from heat. Stir in peanut butter until smooth.
4. Add in cheerios and combine until well coated.
5. Transfer mixture into the lined pan. With wet hands, press the cereal down to form an even layer.
6. Chill in the fridge and then cut into bars and serve!



Peanut Butter Banana Bars

(Makes approx. 9-12 squares)

- ¾ cup whole wheat flour
- 1 ½ cups oats
- ¼ cup oil
- 1 large, mashed banana
- ½ cup unsweetened apple sauce
- ¼ cup creamy peanut butter
- ½ tsp vanilla extract
- 2 large eggs
- 1 cup ADL milk
- 1 tsp cinnamon

Directions:

1. Preheat oven to 350°F.
2. In a bowl, combine the oil, banana, apple sauce, peanut butter, vanilla, eggs, and milk.
3. Add the flour, oats, cinnamon, and baking powder. Stir well to combine.
4. Line 8x10 pan with parchment paper. Add the batter and bake for 30-35 minutes or until the centre is set.
5. Once cool, serve. Bars can be topped with peanut butter or jam.
6. Slice and store refrigerated for up to 5 days or frozen in an airtight container for 2 months.



Chickpea Recipes

Chickpeas are an inexpensive and versatile staple that can be used to make dips, raw cookie dough, salads toppings, sandwiches, or roasted for a sweet & savory snack. They are a great source of both complex carbohydrates for extended energy and plant-based protein to build and repair muscle. Chickpeas also provide many other minerals important for health including iron and magnesium.

Basic Hummus

(Makes approx. 8 servings)

1 can chickpeas, drained & rinsed	¼ cup oil
1 large lemon, juiced	½ tsp salt
¼ cup tahini	Optional Spices: ½ tsp cumin <i>or</i> paprika
1 clove garlic, minced	<i>or</i> sumac

Directions:

1. Add all ingredients to a food processor. Blend until smooth, about 3 minutes.
2. If hummus is too thick, while the processor is running add 1 tbsp of chickpea juice from the can or warm water at a time until desired consistency is reached.

Chocolate Hummus Dip

(Makes approx. 8 servings)

2 cups chickpeas, drained & rinsed	¼ cup maple syrup
¼ cup cocoa powder	1 tsp vanilla extract
2 tbsp peanut butter	

Directions:

1. Add all ingredients into a large food processor and puree until smooth, about 3 minutes.
2. Serve with your favorite fruit, crackers, or pita chips!

Air Fried Chickpeas

(Makes approx. 4 servings)

1 can chickpeas, drained & rinsed	Optional Spices: 1-2 tsp paprika <i>or</i> curry
Cooking spray	powder <i>or</i> garlic powder <i>or</i> chili powder <i>or</i> cumin, etc.

Directions:

1. Place chickpeas in the air fryer basket. Set temperature to 390°F and timer to 17 minutes.
2. After 5 minutes, open basket and spray chickpeas with oil. Shake basket.
3. With 2 minutes left, open basket half of seasoning. Shake basket.
4. Once chickpeas are done, remove and add remaining seasoning, stirring to combine.

Oven Roasted Crispy Chickpeas

(Makes approx. 4 servings)

1 can chickpeas, drained & rinsed
2 tbsp oil
¼ tsp salt & pepper

Optional Spices: 1-2 tsp paprika, curry powder, garlic powder, chili powder, or cumin, etc.

Directions:

1. Preheat oven to 425°F and line a large baking sheet with parchment paper.
2. With paper towel, pat chickpeas dry. Transfer them to a baking sheet. Drizzle with oil and sprinkle spices. Toss until well coated.
3. Roast for 20-25 minutes.

Chickpeas Cookie Dough

(Makes approx. 4 servings)

1 can chickpeas, drained & rinsed
¼ tsp salt
2 tsp vanilla extract
¼ cup nut butter

¼ tsp baking powder
¼ cup maple syrup or honey
¼ cup oats
⅓ cup chocolate chips

Directions:

1. Add all ingredients, except the chocolate chips, to the bowl of a food processor. Blend until smooth, about 3 minutes. Scrape down the bowl as needed.
2. Stir in chocolate chips. Dough can be stored in the fridge for up to 5 days.



Chickpeas make a great recovery snack or add chickpeas as a plant-based protein in recovery meals!

Muffins

Muffins are a great source of fuel before activity or to replenish energy after exercise. With a piece of cheese, a yogurt, or glass of milk, they make an easy mini meal.

Banana Chocolate Chip Muffins

(Makes 12 muffins)

- 1 ½ cups all-purpose flour
- ½ cup packed brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 3 medium size ripe bananas, mashed
- 5 tbsp ADL butter
- 1 large egg
- ½ tsp vanilla
- ¾ cup chocolate chips



Directions:

1. Pre-heat oven to 350°F and line muffin pan with paper liners.
2. Mash banana in a large bowl. Add melted butter, egg, and vanilla and mix well with a fork.
3. Combine the flour, sugar, baking powder, baking soda, and salt. Add the flour mixture to the banana mixture. Stir until just combined, then stir in chocolate chips.
4. Filled lined muffin cups ¾ full and bake for 20-25 minutes.

Oatmeal Blueberry Muffins

(Makes 12 muffins)

- 1 ¼ cups quick oats
- 1 cup all-purpose flour
- ⅓ cup sugar
- 1 tbsp baking powder
- ½ tsp salt
- 1 cup ADL milk
- 1 egg
- ¼ cup vegetable oil
- 1 cup blueberries



Directions:

1. Pre-heat oven to 425°F and line muffin pan with paper liners.
2. Combine oats, flour, sugar, baking powder, and salt in a large bowl.
3. In a medium bowl, combine milk, egg, and oil. Add to dry ingredients.
4. Stir until just combined, then mix in blueberries.
5. Fill lined muffin cups ⅔ full and bake for 20-25 minutes.

Fun with Fruit

Fruit provides the body with a quick source of energy acting to fuel and refuel before and after training and games. It also contains significant amounts of fluids making it a great addition to athlete's snacks to improve hydration.

Different fruit can be offered depending on the time of year. To help profit margins consider purchasing fresh fruit from your local farmer or greenhouse.

Yogurt Fruit Dip

(Makes 4, ¼ cup servings)

- 1 cup vanilla Greek yogurt
- 2 tbsp smooth peanut butter
- 1 tbsp honey

Directions:

1. Mix all ingredients together in a small bowl until well combined.
2. Serve with your favourite fruit!



Summer Fruit Salad

(Makes 20, ½ cup servings)

- 10 cups fruit of choice (chopped watermelon, pineapple, kiwis, strawberries, mango, halved grapes, blueberries, etc.)
- ½ lime, juiced
- 1 tbsp honey

Directions:

1. Mix all fruit together in a large bowl.
2. Whisk together lime juice and honey. Pour over the fruit and gently toss to combine.



Fruit is a perfect source of fast digesting energy for before physical activity!

Frozen Yogurt Pops

(Makes 8 pops)

- 1 tub (500g) plain Greek yogurt
- 1 ripe banana
- ½ cup frozen berries
- ¾ cup orange juice
- 1 tbsp honey
- 1 tsp vanilla
- 2 tbsp ground flax seed (optional)



Directions:

1. In a blender, combine all ingredients. Puree until smooth.
2. Pour among 8 small (5 oz) disposable cups and cover with plastic wrap. Push a popsicle stick in the centre and place in the freezer for a minimum 4-6 hour or maximum up to 3 weeks.
3. When ready to serve, peel off the cup and plastic wrap and serve!

Banana Pops

(Makes 8 pops)

- 4 medium bananas, peeled & cut in half
- ¾ cup chocolate chips
- 1 ½ tbsp coconut oil
- 3 tbsp toppings (ex. chopped nuts or coconut flakes)
- 8 skewers or popsicle sticks

Directions:

1. Line a small baking sheet with parchment paper.
2. Insert a skewer or popsicle stick into each half banana at the cut end.
3. Lay bananas on the baking sheet and freeze for 1 hour.
4. Melt the chocolate and coconut oil together in the microwave or a double boiler. For the microwave, heat for 1 minute, stir and continue for 30 second intervals until completely melted.
5. Dip each frozen banana half into the chocolate and immediately sprinkle with toppings.

Breakfast Burritos & Breakfast Sandwiches

Breakfast burritos and sandwiches make a great recovery meal! The ingredients of these easy-to-prepare options contain complex carbohydrates, protein, vitamins, and minerals our body's need for optimal functioning. Both the burrito and breakfast sandwich can be prepared in advance and frozen allowing for easy serving. The vegetables can be easily adapted depending on what you have on hand.

Breakfast Burrito

(Makes 6 servings)

3 tsp oil
1 yellow onion
½ tsp each cumin & chili powder
1 bell pepper, diced
1 sweet potato, diced
1 can black beans, drained & rinsed
¼ tsp salt & pepper

9 large eggs

6 large whole wheat tortillas

Toppings: ADL shredded cheese, salsa, hot sauce, etc.



Directions:

1. In a large non-stick skillet over medium high heat, add 2 tsp oil. Once hot, add the onion and sauté until it begins to soften, about 3 minutes.
2. Add the cumin and chili powder and stir until onions are coated.
3. Add the sweet potato and cook for 5-10 minutes. Then add the bell pepper and cook until tender, about 8 minutes.
4. Mix in the black beans until warm. Season with salt, pepper and set aside.
5. Crack the eggs into a bowl and whisk. Wipe out the skillet and return to medium heat with 1 tsp oil. Once hot, add the eggs and scramble until cooked, about 3 minutes.

Place the tortillas on a work surface and fill with the sweet potato mixture and the scrambled eggs. Top with desired toppings. Roll up the burrito, tucking in the ends tightly.

6. Serve warm. Or cool completely, tightly wrap in plastic wrap or aluminum foil and freeze for up to 3 months. To reheat, wrap a burrito in a paper towel and microwave at medium power for 2 to 3 minutes. Or defrost in the fridge overnight, then bake for 25 minutes in the oven at 400°F.

Preparation Tip: sweet potato filling can be substituted for the basic sautéed vegetable recipe found on page 39.

Breakfast Sandwich

(Makes 6 sandwiches)

6 large eggs
½ cup ADL milk
½ tsp salt
½ lb frozen cut spinach
½ 12 oz jar roasted red peppers, sliced
6 English muffins or bagels
6 slices of ADL cheese



Directions:

1. Preheat the oven to 350°F. Coat an 8x9 or 8x12 inch casserole dish with cooking spray.
2. In a large bowl, whisk together the eggs, milk, salt and pepper.
3. Thaw the spinach (can use a microwave), then squeeze out the excess moisture. Take the peppers out of the liquid in the jar and sliced if not already sliced. Stir the spinach and peppers into the egg mixture.
4. Pour the egg mixture into the prepared dish. Bake the egg mixture for about 30 minutes or until the centre is set. Allow to cool, then slice into 6 pieces.
5. Build the sandwich by adding 1 piece of baked eggs and 1 slice of ADL cheese to each English muffin or bagel.

Storage Tip: if not serving immediately, wrap each sandwich in plastic wrap then place in a freezer bag. Freeze for up to 2 months. To reheat, unwrap the sandwich and microwave for 1 minute on the defrost setting. Then microwave on high heat for 30 seconds at a time until heated through. Alternatively, you can defrost in the fridge overnight and microwave on high until heated through.



Breakfast burritos and sandwiches
3-4 hours pre-activity meal or a grab
and go recovery meal!

Sandwiches & Wraps

Sandwiches and wraps make for another great recovery meal. The combination of carbohydrates from the bread or wrap, protein from the meat or fish, micronutrients from the vegetables, and fat from ingredients like cheese make for a complete meal. Serve with some veggie sticks on the side or a piece of fruit and you're good to go!



Time Saver Recipes

Chicken may be bought cooked and frozen, and the portions can be scooped out of the bag or box. Chicken can be warmed/cooked on the grill.

Chicken Wraps: Place warm chicken in a whole wheat tortilla shell with dressing. Lettuce and other vegetables may be added. Wrap and serve.

Chicken Tacos: Toss warm chicken with taco seasoning and place into a taco shell with cheese, lettuce, and tomatoes.

Quesadilla: Add warm chicken and cheese to a tortilla shell, vegetables may be added as well. Fold the tortilla shell in half or add another tortilla to the top and place on the grill until the cheese is melted. Cut and serve. Serve with Salsa and Sour Cream.

Tuna & Hummus Wrap (Makes 6 wraps)

6 whole wheat tortilla wraps
3, 5 oz cans water packed tuna
 $\frac{3}{4}$ cup hummus (original or flavoured)
 $\frac{3}{4}$ cup sliced cucumber
3 bell peppers, sliced

Directions:

1. Place wraps onto a clean work surface. Spread hummus evenly onto each wrap (2 tbsp per wrap).
2. Drain the tuna and add $\frac{1}{2}$ can to each wrap.
3. Top with cucumber and bell pepper slices.
4. Wrap in foil and enjoy!

Note: cucumber and bell pepper can be substituted for other vegetables on hand such as grated carrot, greens or sliced onions.



Great option for pre-training 3-4 hours before exercise or as a recovery meal.

Chicken Grilled Cheese

(Makes 4 sandwiches)

- | | |
|------------------------------------|---|
| 2 cups shredded cooked chicken | 1 tomato, sliced |
| 4 tsp plain Greek yogurt | 1 cup greens |
| 1 tsp Dijon mustard | 8 slices ADL cheese such as cheddar, Swiss, Havarti, etc. |
| ½ tsp lemon juice | 8 slices whole wheat bread |
| ½ tsp each oregano & garlic powder | 2 tbsp ADL butter |
| ¼ tsp each salt & pepper | |



Directions:

1. Mix chicken, yogurt, Dijon mustard, lemon juice and spices in a medium bowl until coated.
2. Add greens and tomato slices onto one slice of bread. Top with chicken then cheese. Top with a second slice of bread.
3. Butter the outside of the bread and grill sandwiches in a non-stick pan until golden brown and cheese is melted.

Preparation Tip- chicken can be cooked as directed in recipe page 40.

Grilled Chicken Pita

(Makes 12 pita halves)

- | | |
|--------------------------------------|-----------------------------|
| 6 pita pocket halves | ½ cup halved grape tomatoes |
| 1 lb boneless chicken breasts halves | ½ cup sliced red onion |
| 1 tbsp oil | ½ cup crumbled feta cheese |
| ½ tsp salt & pepper | 6 tbsp hummus |
| ½ cup sliced cucumber | |



Directions:

1. Preheat the grill or a non-stick pan on the stove to medium heat.
2. Cut chicken into strips. Season chicken with oil, salt and pepper.
3. Grill chicken strips for 5-7 minutes per side.
4. Fill each pita half with 1 tbsp hummus, chicken, cucumber, tomatoes, onions and feta cheese. Serve!

Buffalo Chicken Sandwich

(Makes 4 sandwiches)

- | | |
|----------------------------------|---|
| 6½ batch of chicken from page 40 | 1 avocado, thinly sliced or 4 slices ADL cheese |
| 1 tbsp oil | 2 cups greens (optional) |
| ¼ cups plain Greek yogurt | 8 slices bread or hamburger bun |
| ¼ cup buffalo hot/wing sauce | |



Directions:

1. Spray a large skillet with non-stick cooking spray and heat to medium high. Place 2 slices of bread onto the skillet and cook until lightly browned. Bread can also be toasted in a toaster.
2. To one slice of bread, add chicken, sliced avocado or ADL cheese and greens if using. Drizzle the buffalo sauce on top. Place the other slice of bread on top, pressing firmly down and flip until browned.

Chicken Salad Sandwich

(Makes 4 sandwiches)

- | | |
|--|--|
| 2 cooked chicken breasts,
shredded or chopped | ¼ cup chopped nuts |
| 1 ½ cups plain Greek yogurt | 1 cup chopped celery |
| 1 tsp garlic powder | ¾ cup dried cranberries |
| ½ tsp salt & pepper | or |
| 1 tbsp Dijon mustard | 1 cup quartered grapes or
chopped apple |
| | 8 slices bread |



Directions:

1. In a large bowl, add Greek yogurt, garlic powder, Dijon mustard, salt and pepper. Mix well.
2. To the same bowl, add chicken, nuts, celery and cranberries/grapes/apple. Combine until evenly coated.
3. Add filling to bread and enjoy! Chicken salad can be stored in the fridge in an airtight container for up to 5 day7

Preparation Tip: instead of a sandwich, chicken salad can be served with crackers, pita chips, or as a wrap.

Tuna & Chickpeas Salad

(Makes 6 sandwiches)

- 2, 5 oz cans water packed tuna
- 2 cans chickpeas, drained & rinsed
- ½ cup plain yogurt
- ¼ tsp turmeric
- ½ tsp dill
- 1 lemon, juiced
- ¼ tsp salt & pepper



Directions:

1. In a large bowl, combine all ingredients until mixed well. If desired the chickpeas can be slightly mashed with a potato masher or fork before adding in the rest of the ingredient.

Preparation Tip: serve on its own, as a sandwich, wrap, on crackers, or with pita chips.

For more variety, seasoning can be changed by adding Italian seasoning or Dijon mustard.

Soups & Chilis

Soups make great fueling or refueling options. Potatoes, pasta, and noodles in soups provide carbohydrates while chicken provides a source of protein. Even in a cold environment, our bodies still sweat and lose fluid during physical activity making soup an easy way to get in additional fluids.

Fact: Salt from the chicken broth helps athletes retain fluids and stay hydrated. But depending on your population, you can use lower sodium options to make soups a heart healthy option.



Time-saver Tip: Use frozen vegetables for soups (diced onions, peppers, and carrots). This reduces labor costs by eliminating washing and chopping of the veggies.

Classic Chicken Noodle Soup

(Makes 6 portions)

1 ½ lb boneless, skinless,
chicken breasts or thighs
2 large carrots, diced
½ yellow onion, diced
2 large stalks celery, diced
3 cloves garlic, minced

1 tsp each dried thyme,
oregano & salt
1 bay leaf
½ tsp pepper
7-8 cups chicken broth
3 cups whole wheat egg
noodles



Directions:

1. Place chicken breasts in the bottom of a slow cooker. Place all other ingredients, except egg noodles, on top.
2. Cook on high for 3 hours or low for 6 hours.
3. Remove the chicken breast and shred using 2 forks. Return chicken back into the slow cooker and add egg noodles. Remove the bay leaf.
4. Cover and cook for an additional 7-10 minutes until egg noodles are tender.



Soups and chilli's make for a comforting recovery meal!

Classic Minestrone Soup

(Makes 8 portions)

- | | |
|-----------------------------------|----------------------------------|
| 2 tbsp oil | 1 (28 oz) can diced tomatoes |
| 1 small onion, chopped | 6 cups vegetable broth |
| 4 cloves garlic, minced | 1, 15 oz can cannellini beans |
| 2 carrots, peeled & diced | 1 tsp dried basil |
| 2 celery ribs, diced | ½ tsp each dried oregano & thyme |
| 1 medium zucchini, diced | 1 cup elbow macaroni |
| 1 cup fresh or frozen green beans | ½ tsp each salt & pepper |



Directions:

1. Heat oil in a large stockpot to medium high. Once hot, add onion, garlic, carrot, and celery. Cooking for 5 minutes.
2. Add in zucchini, green beans and diced tomatoes.
3. Stir in vegetable broth, beans, basil, oregano, and thyme. Simmer on low for 20 minutes.
4. Add the pasta and cook until tender, about 12 to 15 minutes. More broth can be added if needed to change consistency.
5. Season the soup with salt & pepper and serve!

Storage Tip: soup will keep in the fridge for up to 5 days or can be frozen for up to 3 months.

Creamy Potato & Chicken Soup

(Makes 8 portions)

- | | |
|--|--|
| 2 lbs. Russet potatoes, peeled & thinly sliced | 3 cloves garlic, minced |
| 1 lb boneless skinless chicken breasts | ¾ tsp dried thyme |
| 1 cup each- diced carrots, onions & celery | 1 tsp dried parsley |
| 4 cups chicken broth | ¼ tsp dried rosemary |
| | ¼ tsp paprika |
| | ½ tsp each salt & pepper |
| | Toppings: shredded ADL cheddar cheese or serve with a whole wheat bread roll |



Directions:

1. In a large stock pot, boil potatoes with the chicken broth. Once simmering, cover and keep at a simmer for 20 minutes until potatoes have softened.
2. Use a wooden spoon to mash the potatoes into the broth. Add in all other ingredients except the chicken. Cover and continue to cook for 10-15 minutes.
3. Place a non-stick skillet over medium to high heat with 1 tbsp of oil. Once hot, add chicken and cook for 5 minutes. Flip chicken. Add water to cover chicken breasts and cook for until fully cooked (approximately 10 minutes) Remove chicken and shred on a cutting board with 2 forks.
4. Add chicken to the soup. Serve soup and top with ADL cheddar cheese. Serve with a whole wheat roll on the side.

Preparation Tip: chicken can be cooked as directed in recipe on page 40.

Classic Chili

(Makes 6 portions)

1 lb ground meat
1 yellow onion, chopped
3 cloves garlic, minced
2 bell peppers, chopped
2-4 tbsp chili powder
(depending on spiciness preferred)
2 tsp cumin
1 tsp dried oregano
¼ tsp cayenne pepper

½ tsp salt
1, 28 oz can diced or crushed tomatoes
½ cup broth
1, 15 oz cans red kidney beans, rinsed & drained
1, 15 oz can corn, rinsed & drained
Toppings: ADL shredded cheese, avocado, plain Greek yogurt, pita



Directions:

1. Preheat the slow cooker to the sauté function. Add in ground meat and break up cooking until no longer pink.
2. Add in onion, garlic, bell pepper, and seasoning. Stir for 1 minute.
3. Add in the tomatoes, broth, kidney beans, and corn. Stir. Cook on high for 3-4 hours or on low for 6-7 hours.
4. Once cooked, serve and add desired toppings!

Note- this can be made on the stove top. Add 2 tsp oil to a large pot over medium high heat. Add onions, garlic and bell pepper. Cook for 5-7 minutes. Then add ground meat and cook until no longer pink. Continue with step 3 above. Simmer for 30-45 minutes.

Sweet Potato Turkey Chili

(Makes 4 portions)

1 lb ground turkey
1 large sweet potato, chopped
1 onion, chopped
2 green bell peppers, chopped
2 ½ cups broth
1, 28 oz can crushed tomatoes
1, 16 oz can black beans
½ cup uncooked quinoa, rinsed

2 tbsp minced garlic
2 tbsp chili powder
½ tsp paprika
1 tsp ground cumin
¼ tsp each cayenne powder, salt & pepper
Toppings: ADL shredded cheese, avocado, plain Greek yogurt, pita chips, etc.



Directions:

1. Cook ground turkey in the slow cooker on the sauté function until fully cooked.
2. Add all other ingredients. Mix well. Cook on high for 4 hours or low for 6-8 hours, until sweet potatoes are tender.
3. Once cooked, serve with toppings of choice!

Stuffed Potato Boats

Potatoes, whether white or sweet potatoes, are an amazing source of complex carbohydrates for active individuals. They are packed with nutrients, one of the main ones being potassium. Potassium powers performance as it helps regulate muscle and nerve functioning. Potatoes are also easily digested and provide a sustained source of energy during athletic performance.

Stuffed potato boats are an easy way to make baked potatoes more exciting. You can get creative with topping combinations and offer a different variation each week!



Time-saver Tip: Potatoes can be cooked ahead and refrigerated. When needed they can be reheated in the microwave for 2-3 minutes.

Basic Stuffed Potato Recipe

4 large potatoes of choice

Directions:

1. Pierce potatoes all over with a fork.
2. *Microwave option:* Microwave on medium, turning once or twice until soft, about 20 minutes.
- Oven option:* Pierce and bake potatoes at 425°F for 45 minutes to 1 hour, until tender.
3. Transfer to a clean cutting board. Holding the potato with a clean kitchen towel (they will be hot), cut lengthwise to open the potato (don't cut all the way through!). Pinch the ends to expose the flesh.

Topping Combinations:

Broccoli & cheese - top with cooked broccoli and sprinkle with grated ADL cheddar cheese

Sour cream & onion - top with sour cream or Greek yogurt and sprinkle with diced green onion

Salsa - top with salsa, sour cream or Greek yogurt, and grated cheddar cheese

Crispy Crunch - roasted/air fried chickpeas from recipe on page 24 + dollop of plain Greek yogurt & drizzle of tahini

Buffalo Chicken - chicken from recipe on page 40 & drizzle of ranch dressing

Chipotle Black Bean - black beans, salsa, avocado, and ADL shredded cheese

Pulled Chicken - shredded chicken from recipe on page 40 & sautéed veggies from recipe on page 39



Stuffed potatoes make for a fun and filling recovery meal!

Main Meal Basics

Vegetables are an important part of a balanced diets as they provide our body with carbohydrates, vitamins, and minerals. They play a role in hundreds of functions in our body, from supporting and maintaining a healthy immune system to keeping bones strong. Different coloured vegetables provide different vitamins and minerals so try and provide a variety of colors in your recreation facility.



Time-saver Tip: frozen vegetables (diced onions, peppers, carrots) can be used in soups, chili, fajitas, and burritos. This eliminates time to chop the veggies and often reduces cook time.

Protein is key for both muscle recovery and growth. Whether chicken, turkey, fish, beef, tofu or beans they provide the building blocks to our body's cells. The recommended serving size is typically the palm of a hand.



Time-saver Tip: any protein can be marinated in advance and either left in the fridge or frozen for later use. You can also buy pre-cooked chicken to shred and add to soups, tacos, or other meals.

Basic Sautéed Veggie Recipe

(Makes about 3 cups cooked vegetables)

- 2 tbsp oil
- 4 medium bell peppers, thinly sliced
- 1 medium red onion
- 1 medium yellow onion
- 2 tbsp taco seasoning or other mixed seasoning
- 1 tbsp red wine vinegar



Directions:

1. Heat a large non-stick skillet with oil over medium high heat.
2. Once hot, add the bell peppers and onions.
3. Add in seasoning and stir to coat. Continue to stir occasionally for 5-10 minutes until the veggies have softened and begun to caramelize. Lower heat if needed to prevent burning.
4. Add in red wine vinegar. Cook for another minute. Remove from heat and serve.

Note- other veggies such as mushrooms or zucchini can be added for more variety. Frozen vegetables can also be used. Follow cooking directions on the package and add seasoning.

Basic Chicken Recipe

(Makes approx. 8, 4 oz portions)

- 2 lb boneless, skinless chicken breasts
- 1 tbsp oil
- 1 tsp each paprika, oregano, & garlic powder
- ½ tsp salt



Directions:

1. Preheat oven to 450°F.
2. In a medium baking dish, place chicken. Drizzle with oil and sprinkle with seasoning. Using tongs or hands, mix chicken until well coated.
3. Bake for 20-35 minutes until fully cooked. Remove from oven and cover with foil or a lid for 10 minutes to rest.
4. Slice into strips, cubed, etc. and serve.
5. Chicken can be stored in the fridge for up to 1 week or frozen for 3 months.

Slow Cooker Chicken

(Makes approx. 8, 4 oz portions)

- 2 lb chicken breast or thigh (or combo of each)
- 1 cup salsa
- ½ cup water
- 2 tsp each cumin & chili powder
- 1 tsp each garlic powder & ground coriander
- ¼ tsp each cayenne pepper (optional)
- ½ tsp salt

Directions:

1. Place all the ingredients into the slow cooker. Cook on high for 4-5 hours.
2. Remove chicken and shred with 2 forks. Return to the slow cooker and cook on low for an additional 30 minutes.
3. Serve chicken in desired recipes like tacos or pulled chicken sandwiches.



Quick recipe basics allow for easy incorporation of healthy foods in any recovery meal.

Using The Basics

Fajitas

(Makes 4 fajitas)

12 oz beef or chicken strips
½ batch sauteed veggies from page 39
1 tbsp taco seasoning
4 whole wheat tortillas
Toppings: lime wedges, plain Greek yogurt, etc.



Directions:

1. Preheat oven to 375°F. Line a baking sheet with foil sprayed with cooking spray.
2. Add beef/chicken strips and sprinkle with taco seasoning. Cook for 15-17 minutes or until the meat is fully cooked.
3. Assemble each fajita with meat, veggies and toppings of choice!

Chicken Quesadilla

(Makes 8 quesadillas)

8 large whole wheat tortillas
½ batch chicken (page 40) (omit if vegetarian)
1 can black beans, drained & rinsed
1 cup corn
1 large bell pepper, diced
½ small red onion, diced
2 tsp cumin
½ tsp salt
3 cups ADL cheese
Dipping sauces: guacamole, plain Greek yogurt, salsa



Directions:

1. In a large mixing bowl add cooked chicken, black beans, corn, peppers, red onion, cumin, and salt.
2. Build each quesadilla: on half of the tortilla, sprinkle 3 tbsp of ADL cheese, ½ cup of veggie mixture and another 3 tbsp of cheese. Fold in half.
3. Preheat a non-stick pan over medium to low heat. Spray with cooking spray. Place quesadilla in the pan and press down lightly. Cover with a lid and cook for 3 minutes.
4. Flip quesadilla over, press down lightly and cook for another 3 minutes until crispy. Serve with desired dipping sauces!

Tacos

(Makes 8 tacos)

- 2 tbsp oil
- 1 white onion
- 2 cloves garlic, minced
- 1 lb ground beef or substitute for a batch of slow cooker chicken from page 40
- 2 tbsp taco seasoning
- 1 cup tomato sauce
- 8 hard or soft taco shells
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- Toppings: ADL shredded cheese, plain Greek yogurt, etc.



Directions:

1. In a large skillet, add oil and heat. Once hot, add the onion and sauté until soft (about 5 minutes).
2. Add the garlic and continue to sauté another minute.
3. Add the ground beef and cook, breaking the meat up into smaller chunks until completely cooked.
4. Stir in the taco seasoning. Add tomato sauce, reduce heat to low and simmer for 10 minutes.
5. Once ready to assemble, fill each taco shell with ground beef, shredded lettuce, diced tomatoes, and other desired toppings.

Mexican Bowls

(makes 8 bowls)

- 1 batch chicken from page 40
- 1 batch sautéed veggies from page 39
- 1 can black beans, drained & rinsed
- 4 cups cooked rice
- 4 cups shredded lettuce
- 1 cups salsa
- 1 ½ cup ADL shredded cheese blend
- ¼ cup plain yogurt



Directions:

1. Add ½ cup of rice to a bowl as the base. Top with veggie, black beans, chicken and lettuce. Add salsa, ADL cheese, and a dollop of yogurt. Serve!



Easy and fun recovery meals sure to be a hit for any audience!

Pasta Salad

Pasta is another amazing source of complex carbohydrates for active individuals. They provide a sustained source of energy to our muscles to help fuel performance. Pasta salad can become a balanced option when adding items like ham or shredded chicken for protein, cheese for fat, and veggies for colour.



Time-saver Tip: Boil noodles, add in diced vegetables and a splash of dressing (choosing a healthy pre-bought dressing such as an Italian or ranch dressing can be a great way to simplify the recipe and add flavour without adding spices). Add herbs. Serve in a cup.

Summer Pasta Salad

(Makes 6 portions)

1 lb macaroni or shells	½ tsp salt
1 ½ cup plain Greek yogurt	1 cup diced ham
2 tbsp mustard	1 cup shredded cheddar cheese
¼ cup sour cream	2/3 cup frozen peas
2 tbsp apple cider vinegar	3 carrots, shredded
2 tbsp sugar	



Directions:

1. Prepare pasta to al-dente according to package directions. Once cooked, drain and rinse in cold water.
2. In a medium bowl, combine Greek yogurt, mustard, sour cream, apple cider vinegar, sugar, salt, and a pinch of black pepper.
3. Add in pasta, ham, cheese, peas, carrots, and any other mix-ins. Mix until well combined and coated.
4. Cover with plastic wrap and refrigerate overnight.
5. Add milk if needed (1 tbsp at a time) the following day for pasta salad to become creamy again.

For variety try:

- Swapping diced ham for 1 cup of shredded or cubed chicken
- Adding ½ cup diced cucumber or diced dill pickle
- Adding or swapping shredded carrots for 1 diced bell pepper
- Adding or swapping shredded carrots for 3 stalks diced celery
- Swapping frozen peas for 2/3 cup corn



Great, easy to eat recovery meal!

Homemade Snacks

Homemade Pita Chips

(Makes 2 portions)

2 pitas, cut into 6 triangles each
1 tsp lemon juice
1 tsp oil
Pinch of dried basil, oregano, & onion powder



Directions:

1. Put all ingredients into a medium bowl. Use hands to toss pita wedges and ensure they are coated evenly.
2. Put pita wedges into the air fryer basket. Air fry at 400°F for 6-7 minutes, stopping occasionally to shake the basket.

Note- these can be made in the oven by baking in the oven at 400°F. Place pita wedges on a parchment lined baking sheet spread evenly. Bake for 10 minutes, flipping halfway through.

Homemade Snack Mix

(Makes 6, ½ cup portions)

2 cups any cereal (Chex, Shreddies, etc.)
½ cup nuts
½ cup mini pretzels
1 tbsp butter, melted
1 tbsp Worcestershire sauce
1/4 tsp salt



Directions:

1. In a large bowl add melted butter, Worcestershire sauce, and salt or other flavour options. Toss with remaining ingredients.
2. Spread in air-fryer basket and cook at 250°F for 12-16 minutes. Shake every five minutes. Cool and portion into small bags.

Note- these can be made in the oven by spreading ingredients evenly on a parchment lined baking sheet and baking at 250°F for 60 minutes, stirring every 15 minutes.



Quick grab and go snack for
before or in between exercise.

