

Recipes:

Salmon* & Quinoa Bowl

Light on the stomach but heavy on the nutrients needed to repair muscle tissue and lower inflammation. Perfect after a tiring day.

1 salmon fillet (grilled or pan-seared) OR 1 pouch of pink salmon, $\frac{3}{4}$ cup cooked quinoa (cooked in vegetable broth for extra flavor), $\frac{1}{2}$ cucumber (chopped), $\frac{1}{4}$ cup shredded carrots, and a handful of baby spinach, 1 tbsp tahini, 1 tsp lemon juice, and a pinch of salt/pepper.

Place the baby spinach in a bowl and scoop the warm, cooked quinoa on top (the heat will slightly wilt the spinach). Flake your salmon with a fork and place it in the center of the bowl. Arrange the cucumbers and carrots around the salmon. Whisk the tahini, lemon juice, and a teaspoon of water together until smooth. Drizzle over the entire bowl.

Overnight Oats

Best eaten on the morning of a long day. The magnesium in the seeds and the potassium in the banana can help lessen the severity of cramps.

$\frac{1}{2}$ cup rolled oats & $\frac{3}{4}$ cup of milk of choice, 1 tbsp chia seeds + 2 tbsp pumpkin seeds (pepitas), $\frac{1}{2}$ tsp cinnamon + 1 tsp maple syrup or honey, $\frac{1}{2}$ sliced banana + a few crushed walnuts.

In a mason jar or small Tupperware, combine oats, milk, chia seeds, cinnamon, and sweetener. Stir well. Then seal the lid and place in the fridge for at least 4 hours, but ideally overnight. In the morning, give it a stir. If it's too thick, add a splash more milk. Top with the sliced banana, pumpkin seeds, and walnuts right before eating.

Dark Chocolate & Almond Butter "Fuel Bites"

Dark chocolate contains magnesium and antioxidants, while the healthy fats in the nut butter prevent a "sugar crash," keeping your energy throughout the day.

2 squares of dark chocolate (70% cocoa or higher), 1 tbsp almond or peanut butter, a sprinkle of sea salt.

Spread the nut butter directly onto the chocolate squares. Top with a tiny pinch of salt.

Iron Rich Smoothie

Spinach paired with the vitamin C in the orange juice and strawberries maximizes your iron intake. Additionally the chia seeds and greek yogurt are a good source of protein to keep you full for longer.

2 handfuls of fresh spinach, 1 cup of frozen strawberries, 1 tablespoon of chia seeds, $\frac{1}{2}$ cup of orange juice, $\frac{1}{4}$ cup of greek yogurt, 1 tsp of honey or maple syrup.

Blend everything until completely smooth.