

NASM'S RECIPE BOOK FOR ATHLETES

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Contents

RECIPES FOR
ENDURANCE-BASED ATHLETES... P.1

RECIPES FOR
STRENGTH-BASED ATHLETES... P.6

RECIPES FOR ATHLETES
SEEKING WEIGHT LOSS... P. 10

RECIPES FOR ATHLETES
SEEKING MUSCLE GAIN... P. 17

RECIPES FOR VEGAN/VEGETARIAN
ATHLETES (WHO CONSEQUENTLY
WILL NEED MORE PROTEIN
AND B-VITAMINS)... P. 21

Protein Banana Bread

INGREDIENTS:

- 6 bananas
- 2 eggs
- 2 1/4 cups Unbleached All Purpose Flour
- 2 Scoops of dotFIT Unflavored Protein Powder
(More Scoops = More Protein)
- 1/2 walnuts (optional)
- 1/2 dark chocolate chips (optional)
- 1 1/2 tsp baking soda
- 1/4 brown sugar packed
- 1 tsp cinnamon
- 1/4 cup pure cane sugar
- 1 tbsp pure vanilla extract
- 1/4 cup melted butter or applesauce
- 1/4 cup plain Greek Yogurt



Preheat oven to 350 degrees. Prep a 9x5 loaf pan/muffin pan or small mini loaf pan and add non-stick baking spray. Whisk eggs, butter or applesauce, yogurt and vanilla. Add bananas and stir until well combined. Set aside.

Add flour, protein powder, baking soda, brown sugar, cane sugar, and cinnamon into the wet batter, stirring slowly until well combined.

You can add oats in the mix or as a topping if desired

****Don't over mix your bread or it will be rough, like a Monday morning.**

Pour into your desired pan/s.

If baking in a 9x5 Loaf pan, bake for 60-68 until the top is golden.

Mini Loaf pan 35-40 Minutes. Mini Muffins 25- 30 minutes.

Protein Acai Bowl

INGREDIENTS:

- 1 packet pure unsweetened acai pure
- 1 frozen banana
- frozen blueberries
- frozen strawberries
- unsweetened Almond Milk (or milk substitute of choice)
- apple juice
- 1-2 servings of Unflavored dotFIT Protein Powder of choice



Place all frozen ingredients and protein powder in a blender and then add both liquids in small amounts at a time for desired texture (we like ours thick and creamy) and blend! You can then add any topping of choice, like fresh fruit, seeds/nuts, granola, nut butter, chocolate chips, coconut, etc.

Strawberries & Cream Overnight Oats

INGREDIENTS:

- 1/2 cup rolled oats
- 1/2 cup vanilla milk of choice (Oat/Almond)
- 1/2 cup vanilla Greek Yogurt
- 1 tbsp Unflavored WheySmooth Protein Powder (Vanilla WheySmooth works too!)
- 1/2 cup sliced strawberries
- 1 tbsp chia seeds *optional*



Place strawberries into a blender and puree.

Mix Greek yogurt, oats, milk and protein powder (Chia seeds*) in a mason jar or food container. Cover with blended strawberry puree.

Place in refrigerator overnight. Stir before serving and top it up with a few slices of strawberry or any other desired toppings like whipped cream, granola, or banana!

PB Overnight Protein



INGREDIENTS:

- 1 Scoop Best Plant Unflavored Protein
- 1/2 cup dairy-free milk
- 3/4 tbsp chia seeds
- 1/2 cup rolled oats
- 2 tbsp peanut butter (or other nut/seed butter)
- 1 tbsp maple syrup (or another sweetener of choice)

In a mason jar or small bowl, combine/mix Protein Powder with dairy-free milk, then add chia seeds, peanut butter, and maple syrup (or another sweetener) and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the dairy-free milk (doing so leaves swirls of peanut butter to enjoy the next day)

Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in dairy-free milk

Cover securely with a lid or seal and set in the refrigerator for at least 6 hours or overnight to set/soak

When ready, open and enjoy as is or garnish with desired toppings (cinnamon, granola, honey, fruit, etc)

Notes:

You can also heat your oats in the microwave for 45-60 seconds (ensure there's enough room at the top of your jar to allow for expansion and prevent overflow), or transfer oats to a saucepan and heat over medium heat until warmed through.

Add more liquid as needed if oats get too thick/dry.

Overnight oats will keep in the refrigerator for 2-3 days, though best within the first 12-24 hours.

Protein Mac n Cheese



INGREDIENTS:

- 8 oz. chickpea pasta or pasta of choice
- 2 cup shredded cheddar
- 2 Scoops of Unflavored Protein Powder
- 1 cup milk of choice
- ¾ cup plain Greek Yogurt
- ½ cup breadcrumbs (gluten free if needed)
- ½ tsp garlic powder
- ½ tsp dash of paprika
- *dash of crushed red pepper - Optional
- ½ tsp cracked pepper
- ½ tsp salt

Preheat oven to 375°F

Boil water and cook pasta as directed by box instructions.

Drain pasta and set aside.

In a small saucepan, combine milk, protein powder and Greek yogurt over medium heat.

Whisk frequently to combine.

Slowly add in 1 1/2 cup cheese and whisk to form sauce.

Wait until cheese is melted then stir in spices and seasonings and whisk to combine.

Add in pasta and stir to combine.

Pour cheesy pasta into a small (8×8, 9×9 or a casserole dish) baking pan lightly coated with olive oil.

Sprinkle breadcrumbs over top and remaining 1/2 cup of cheese.

Bake for 15-20 minutes or until top is browned as desired.

Chocolate Protein Ice Cream

INGREDIENTS:

- 1 cup milk of choice
- 1 scoop WheySmooth Chocolate Protein Powder
- 1 tbsp unsweetened cocoa powder
- ¼ tsp vanilla extract



Combine all ingredients in a measuring cup and continuously whisk until completely combined and no clumps remain. Pour into the pre-frozen canister of your ice cream maker and churn until the ice cream is solid. Best eaten immediately!

*Don't have an ice cream maker - No problem! Pour the mixture into an ice cube tray and freeze until solid. Then blend in the blender with as milk choice as needed to make that desired ice cream texture (less than a ¼ cup)

Cookies & Cream Protein Shake

INGREDIENTS:

- 1 serving dotFIT WheySmooth Vanilla
- 3+ Oreo cookies
- Ice
- 8 oz milk or water (or milk substitute of your choice)



Add all ingredients in a blender and blend until desired consistency. You can then add any toppings of your choice like more crushed cookies, whipped cream, fudge, etc. If you are a chocolate lover, you can use chocolate protein powder as well!

Candy Bite Waffles

INGREDIENTS:

- 1 Quest Gooney Caramel Candy Bites, chopped
- 2 scoops Quest Vanilla Milkshake Protein Powder
- 1 tbsp gluten free baking flour
- 1 tbsp baking powder
- 1 pinch of sea salt
- 1 egg
- ½ cup + 2 tbsp unsweetened almond milk



Prepare a waffle iron with non-stick spray and turn it on a medium-high heat.

In a mixing bowl, stir together half of the chopped candy bite, protein powder, baking flour, baking powder and salt until combined.

Whisk in the egg and almond milk until a batter forms.

Pour the batter into the waffle iron and cook until golden brown.

Serve with remaining candy bite pieces.

Taco Pizza



INGREDIENTS:

- Quest Thin Crust 4-Cheese Pizza
- 1 bag Quest Loaded Taco Tortilla Style Protein Chips
- 1/4 roma tomato, diced
- 1/4 white onion, diced
- 4 oz shredded beef roast (prepared)
- 2 tbsp Mexican shredded cheese blend
- 2 tbsp cilantro, chopped

Preheat the oven to 400 degrees.

Top pizza with tomatoes, onion, beef, cheese and tortilla chips.

Cook according to the instructions on the box.

Remove pizza from the oven and top with cilantro.

Cut into slices and dig in!

Bacon Egg Cups

INGREDIENTS:

- 6 slices of bacon
- 3 eggs
- 1/4 cup almond milk
- 1/4 cup shredded cheddar cheese
- 1/4 cup chopped mushrooms
- 2 tbsp chopped white onion
- 1 bag Quest Spicy Sweet Chili Tortilla Style Protein Chips
- Pinch of salt & pepper



Preheat the oven to 350 degrees and prepare a muffin tin with non-stick spray.

Line 6 muffin molds with a slice of bacon.

In a bowl, whisk together the eggs and almond milk. Stir in the cheese, mushrooms, white onion and salt & pepper.

Crush the chips into small pieces and add 3/4 of the bag to the mixture.

Distribute the mixture between the muffin molds.

Top with remaining chip crumbs.

Bake for 22-25 minutes.

Enjoy!

Stuffed Peppers

INGREDIENTS:

- 2 bell peppers
- 7oz cooked, shredded chicken (about 1 1/2 cups)
- 1/2 cup shredded cheddar cheese
- 2 tbsp blue cheese, separated
- 2 tbsp ranch dressing
- 2 tbsp buffalo sauce
- 1 bag Quest Ranch Tortilla Style Protein Chips (crushed)
- 1/8 tsp salt



Cut peppers in half and remove seeds.

Preheat oven to 375 degrees.

Place the peppers into a baking dish.

In a bowl, stir together the chicken, cheddar cheese, 1 tablespoon blue cheese, ranch, buffalo sauce, crushed tortilla chips and salt until combined.

Fill the cavities of the bell peppers and top with remaining blue cheese crumbles.

Bake the stuffed peppers for 15-20 minutes at 375 degrees or until the peppers are tender.

Remove and let cool for 2 minutes.

Dig in!

Iced Protein Latte



INGREDIENTS:

- 1 Scoop of Unflavored Protein Powder of your choice*
- 8oz of black coffee
- Ice
- 1 packet of zero calorie sweetener or your favorite sugar-free flavored Torani coffee syrup (optional for sweetness)

Place all ingredients in a shaker bottle and shake until smooth or add to a blender for a frappuccino

Add any desired toppings like whipped cream, cinnamon, or a caramel/fudge drizzle

*You can use the protein powder of your choice to add more flavor

- Vanilla= Vanilla Latte

- Chocolate = Mocha Latte

- Unflavored = Coffee Latte

*Vegan options available too

Berry Cobbler



INGREDIENTS:

FILLING:

- 1 cup blueberries
- 2 cups blackberries
- 2 tbsp zero calorie sweetener
- 1 tsp lemon juice

TOPPING:

- 2 tbsp butter
- 1 cup almond flour
- 1 scoop Quest Vanilla Milkshake Protein Powder
- 1 Quest Blueberry Cobbler Hero Bar, chopped
- 2 tbsp zero calorie sweetener
- Pinch of sea salt

Preheat the oven to 350 degrees and prepare a 8x4 serving dish with non-stick spray.

In a bowl, toss together the blueberries, blackberries, sweetener and lemon juice and set aside.

Place all the topping ingredients into a food processor and pulse until fine crumbles form.

Pour the berry mixture into the prepared dish and then top with the crumbles.

Bake for 15 minutes, remove it from the oven and cover the dish with foil.

Return the dish to the oven to continue baking for an additional 10-15 minutes.

Serve warm with a scoop of your favorite topping!

Watermelon Pizza

INGREDIENTS:

- (2) 1 inch slices of watermelon (from a personal- sized watermelon)
- 1/2 cup low fat greek yogurt
- 1 Quest Vanilla Caramel Hero Bar, chopped into small pieces
- 3 strawberries, thinly sliced
- 1 kiwi, skinned and thinly sliced
- 1/4 cup blueberries



Spread the yogurt evenly over each piece of watermelon. Top with the chopped bar pieces and fruit and then cut long watermelon slices into four individual triangles. Serve immediately or cover and chill until ready to serve.

Chocolate Mixed Nut Parfait

INGREDIENTS:

- 1/4 cup blueberries, frozen or fresh
- 1 tbsp lemon juice
- 1 cup greek yogurt, unsweetened
- 1 Quest Chocolate Mixed Nuts Snack Bar



Place the blueberries and lemon juice into a small pot or frying pan and turn on medium-low heat.

Cook for 4-5 minutes until blueberries are tender and the juices have been released.

Let cool.

Cut the bar into small pieces and place half of them into two serving jars.

Top with a couple of spoonfuls of yogurt and then the cooled blueberry sauce.

Finish with remaining yogurt and bar pieces and serve!

Tortilla Chip Lettuce Wrap Burger



INGREDIENTS:

BURGER:

- 1 lb (85%/15%) ground beef
- 1 egg
- 2 bags Quest Ranch Tortilla Chips, crushed
- 1 tbsp dijon mustard
- ½ tsp salt
- ¼ tsp ground pepper
- 10 butter lettuce leaves
- 10 sandwich pickle slices
- ¼ red onion, thinly sliced
- 1 large tomato, thinly sliced
- 1 large slice of jack cheese, cut into 5 pieces

TOPPINGS:

- Ketchup
- Mustard
- Cracked pepper

In a large mixing bowl, use your hands to mix the beef, egg, chips, mustard, salt and pepper.

Separate the mixture into 5 evenly sized balls and then press them flat, about ¾ inch in thickness.

Prepare a non-stick skillet with non-stick spray and turn on medium heat.

Once hot, add the burgers and cook for 3-4 minutes on each side.

When the burgers are almost done cooking, top each with a piece of jack cheese.

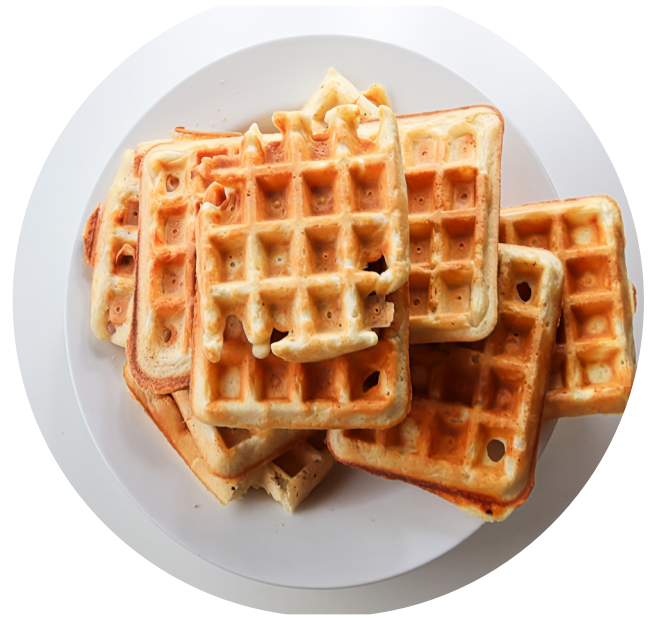
Build your lettuce wrap burger by placing two pieces of lettuce on top of each other, followed by pickles, red onion, tomato and a burger patty.

Finish with desired condiments.

PROTEIN WAFFLES

INGREDIENTS:

- 1 cup of (unsweetened or sweetened) almond milk (or other milk or milk substitute of your choice)
- 3 scoops dotFIT WheySmooth Vanilla
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 eggs
- 1 teaspoon organic vanilla
- Optional: Add blueberries in or on the side or both (you can also choose to add other fruit or chocolate chips)



Mix all ingredients in bowl until smooth. Preheat waffle iron and coat with non-stick cooking spray when hot. Pour the waffle mix into heated waffle iron and cook until golden brown.

Pro Tip: Top with any of your favorite toppings (ie. syrup, peanut butter, nutella, whip cream, etc)

RANCH TURKEY MEATBALLS

INGREDIENTS:

- 1 lb lean ground turkey
- 2 bags Quest Ranch Tortilla Style Protein Chips
- 3 tbsp coconut flour
- 1/2 white onion, chopped
- 1/2 tsp garlic powder
- 1 egg, large
- 1/4 tsp parsley (more for garnish if desired)
- 1/4 tsp sea salt



In a large bowl, use your hands to mix together all of the ingredients.

When ingredients look evenly distributed, separate the mixture into 16 evenly sized balls (about 1 and 1/2 inches in diameter).

Bake the meatballs in an air fryer at 380 degrees for 10 minutes (ensure the internal temperature is above 165 degrees F).

Serve with ranch dressing.

BUTTERNUT SQUASH TURKEY SALAD



INGREDIENTS:

BUTTERNUT SQUASH TURKEY SALAD:

- 1 1/2 cup butternut squash, cubed
- 1/2 tbsp olive oil
- salt and pepper to taste
- 6 cups spring lettuce
- 1/2 cup pecans
- 1/4 cup pumpkin seeds
- 2oz goat cheese
- 1 Bag Quest Ranch Tortilla Style Protein Chips
- 9oz turkey breast, cooked

DRESSING:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- salt and pepper to taste

Preheat oven to 425 degrees and prepare a baking sheet with parchment paper.

Toss the butternut squash in olive oil and salt and pepper. Spread the squash in an even layer on the baking sheet and roast for 25-30 minutes.

Toss the dressing ingredients together and set aside.

In a large salad bowl, toss together the lettuce, pecans, pumpkin seeds, goat cheese, crush chips and turkey breast.

Top with butternut squash and salad dressing.

BACON WRAPPED ASPARAGUS

INGREDIENTS:

- 10 stalks of asparagus
- 10 strips of bacon
- 3 tbsp oat flour
- 2 eggs, lightly beaten
- 1 bag Quest Ranch Tortilla Style Protein Chips, crushed



Preheat the oven to 400 degrees and prepare a baking sheet with tin foil or parchment paper.

Spread the flour out on a medium sized plate and set aside.

Place the beaten eggs on another medium sized plate and set aside.

Place crushed chips on a medium sized plate and set aside.

Wrap each asparagus stalk tightly with a strip of bacon.

Roll each bacon wrapped asparagus in the flour.

Once each one has been covered in flour, roll each in the beaten egg and then the crushed chips until well-coated.

Once done, place the asparagus on the baking sheet and bake for 9-12 minutes or until golden brown.

Enjoy!

VEGAN PROTEIN BROWNIE

INGREDIENTS:

- ¼ cup canned pumpkin
- ½ scoop Unflavored Best Plant Protein
- 1 tbsp dark cocoa powder
- ½ tsp raw sugar or sugar substitute
- *To make it more chocolaty add an extra tbsp of coco powder or mix in chocolate chips



Mix the pumpkin and all dry ingredients with the pumpkin in a bowl or mug. Transfer to greased microwave-safe bowl or mug.

Microwave for 1-1.5 minutes for a single serving or double the recipe and cook for 2-2.5 minutes for a double serving.

Keep an eye on in case of overflow!

Add toppings of your choice and enjoy!

AVOCADO TACOS

INGREDIENTS:

- 8 corn tortillas (5" tortilla – low calorie)
- 2 large avocados, pitted and peeled
- 2 tbsp coconut flour
- 1 egg, whisked
- 2 tbsp almond milk
- 2 bags Quest Ranch Tortilla Chips, crushed
- 2 roma tomatoes
- ½ red onion
- 2 tbsp chopped cilantro
- Salt and pepper to taste
- 1 lime
- 1/2 cup chopped cabbage
- 1/3 cup enchilada sauce, optional



Preheat the oven to 400 degrees and prepare a baking sheet with parchment paper or tin foil.

Slice the avocados into thin slices, about 10 slices per avocado.

Place the coconut flour in a bowl, the egg and almond milk in another and the crushed chips in a third bowl.

Coat each avocado slice in coconut flour. Once they are all coated, dip each one in the egg mixture and then finally the tortilla chips and then place it on the baking sheet.

Bake the avocado fries for about 8-10 minutes and golden brown.

Meanwhile, chop the tomatoes, onion and cilantro and place it in bowl with a squeeze of lime and salt and pepper to taste.

Heat your tortillas by covering them with a damp paper towel and microwaving for 15 seconds.

Place 2-3 slices of avocado per taco and top with pico de gallo, cabbage and enchilada sauce or sauce of choice.

POTATO SALAD

INGREDIENTS:

- 1 head cauliflower, cut into small pieces
- 2 hard boiled eggs, chopped
- 2 green onion
- 1/2 cup celery, chopped
- 1/3 cup mayonnaise
- 2 tbsp dijon mustard
- 1 bag Quest Ranch Tortilla Style Protein Chips, crushed into fine crumbles
- salt and pepper to taste



Boil the pieces of cauliflower until tender, about 8-10 minutes, drain and let cool.

Place the cooled cauliflower, celery, onion and boiled eggs into a mixing bowl and lightly toss.

In another bowl, mix the mayo, mustard, Quest chip crumbles and salt and pepper — then add to the mixing bowl with the veggies.

Gently toss until everything is evenly coated.

Cover and chill until ready to serve.

GREEN MACHINE SMOOTHIE

INGREDIENTS:

- 1 cup almond or coconut milk
- ½ cup plain Greek Yogurt
- 1 frozen banana (frozen makes it creamier)
- 1 tbsp peanut butter
- 2 cups spinach
- 1 cup of ice cubes
- 2 Scoops of Unflavored Whey Smooth or Pre/Post Unflavored Protein Powder



Blend milk, yogurt, banana, peanut butter, spinach, protein powder and ice cubes until smooth.

SPICY MOZZARELLA STICKS



INGREDIENTS:

- 5 mozzarella cheese sticks, unwrapped and cut in half
- 1 tbsp coconut flour
- 3 tbsp sriracha sauce or preferred hot sauce
- 1 bag of Quest Ranch Tortilla Style Protein Chips, finely crushed

Preheat the oven to 350 degrees and prepare a baking sheet with parchment paper.

Place the coconut flour, hot sauce and tortilla chip crumbs in their own shallow dishes.

Toss each cheese stick piece in coconut flour, then the hot sauce, then in the tortilla chip crumbs. It helps to only add a little bit of the crushed chips to the chip bowl at a time to prevent the crumbs from clumping.

Place the breaded pieces on the baking sheet and bake for 12-14 minutes.

Serve immediately with ranch dressing (if desired).

WATERMELON SALAD



INGREDIENTS:

DRESSING:

- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1/2 tsp dijon mustard
- 1 tsp zero calorie sweetener

SALAD:

- 3 cups watermelon, cut into circles or cubes
- 4 cups baby arugula or spring mix
- 1 shallot, thinly sliced
- 2 tbsp feta cheese crumbles
- 1 bag Quest Spicy Sweet Chili Tortilla Style Protein Chips, crushed.

In a bowl, whisk together the dressing ingredients and set aside.

Prepare a grilling skillet with non-stick spray and turn on medium heat.

Add the watermelon chunks to the hot pan and cook for 2-3 minutes on each side.

Remove and let cool slightly.

In a large mixing bowl, toss together the salad, shallot slices, feta cheese and crushed chips.

Toss in the dressing as you see fit.

Transfer the salad to a serving platter and arrange with grilled watermelon slices.

Enjoy!

EGGNOG CINNAMON ROLL WAFFLES



INGREDIENTS:

- 1 scoop Quest Vanilla Milkshake Protein Powder
- 1 Quest Cinnamon Roll Protein Bar
- 2 tbsp oat flour
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- Dash of nutmeg
- 1/4 cup light eggnog, room temp
- 2 tbsp coconut oil, melted
- 1 egg, room temp
- 3 tbsp almond milk

Preheat your oven to 350 degrees. Chop the Quest Bar into small pieces and place them on a baking sheet lined with parchment paper.

Bake the bar pieces for 4-5 minutes or until golden brown. Remove and let cool.

Once cooled, place the bar pieces into a nutribullet or a blender and blend until fine crumbles form.

Place the crumbles, protein powder, flour, baking powder and spices into a mixing bowl and stir until combined.

Add in the eggnog, coconut oil, egg and almond milk and stir until smooth.

Use a 1/4 measuring cup to pour the batter into the center of a hot waffle iron prepared with non-stick spray.

Cook for 2-3 minutes or until golden brown.

Serve to anyone you really want to impress.