



Performance Food: Why Do We Fuel?

Recipes & Resources



This is a collection of recipes that I have tasted or intend to taste in the future. The collection is written for informational purposes only. I do not guarantee that the ingredients listed in any of the recipes are allergy free. If you have any allergy, you should determine whether you are allergic to the ingredients in each recipe and not rely on statements that a particular recipe is gluten free, dairy free, nut free, soy free, or free of any other allergen. Enjoy!

Smoothies

Blueberry Honey Pre-Workout Smoothie

- ¾ cup blueberries
- ¾ cup natural plain yogurt
- 2 tsp honey
- 3 ice cubes (optional)

Instructions

Add all the Ingredients into a high-powered blender and blend on high for 30-60 seconds.

Breakfast Smoothie

- Non-fat plain yogurt - 1 cup
- Skim milk - 1 cup
- Ice cubes - 6 to 7 cubes
- Water, as needed to help with mixing - 1 cup (add slowly)
- Celery Stick - 1 stalk
- Spinach - small handful
- Strawberries - 4 large
- Other fruit: Bananas, mango, apples, pineapples, oranges, berries

The Madam Pele Smoothie

- 1 Cup Baby Spinach/Kale (packed)
- 1 Cup Mango
- 1 Cup Pineapple
- 1 tsp *Hawaiian Spirulina*, (blue algae which is available for purchase on Amazon)
Substitute with other protein sources.
- 1 Fresh Mint Leaf (Optional)
- 2 Tbls Unsweetened Coconut
- 1 Madjool date
- 1 Scoop Vanilla Protein Powder

Instructions

Add all the Ingredients into a high-powered blender and blend on high for 30-60 seconds. Adjust consistency as desired by adding additional almond milk.

Banana Almond Protein Recovery Smoothie



- Baby Carrots - 4
- Flax Seeds, Grounded - 1 Tbsp

Directions

In a coffee grinder ground your flax seeds.

Instructions

Mix the ingredients in a blender; add water slowly as you blend. For a thicker smoothie add less, thinner add more. Blend together until it's blended well.

Caribbean Sunset Smoothie

Fuel for your workout with the taste of this island treat.

- 1 scoop of plant based protein powder (Or substitute powder by adding soy milk, hemp hearts, chia seeds, nuts, tofu, lentils or beans)
- ¾ cup coconut milk
- ¼ cup orange juice
- 1 cup frozen chopped mango
- 1 medium carrot (sliced into chunks)

Instructions

Place all items into the blender and process for 2-3 minutes.

Blend and drink this smoothie 30-45 minutes after a workout for muscle repair and glycogen and essential fat replenishment.

- 1 scoop whey protein (Or substitute powder by adding soy milk, hemp hearts, chia seeds, nuts, tofu, lentils or beans)
- 1 banana
- 1 tbsp almond butter
- ¾ cup milk or milk alternative
- 3 ice cups (optional)

Instructions

Add all the Ingredients into a high-powered blender and blend on high for 30-60 seconds.

Heart Greens Smoothie

Drink any time of the day.

- 1 cup coconut milk
- 1 green apple (cut into quarters)
- 1 frozen banana, cut into three sections
- 2 cups spinach (1 if you don't do well with green smoothies)
- ½ mango
- 1 scoop of HeartGreens (plant based supplement or substitute with fiber alternatives)



Mocha Java Lava Smoothie

- 2 Cups Ice,
- 1 Cup Kona Cold Brew Coffee,
- 1/2 Frozen Banana,
- 1 Cup Almond Milk,
- 1/4 Cup Roasted Macadamia Nuts (or 2 Tbls Favorite Nut Butter),
- 1 Tbls Maca Powder
- 1 Tbls Cacao Nibs
- 1/4 Cup Coconut Milk,
- 1 Scoop Chocolate Protein Powder

TOPPING: Whipped Coconut Cream, Toasted Coconut

Instructions

Add all the Ingredients into a high-powered blender and blend on high for 30-60 seconds. Adjust consistency as desired by adding additional almond milk.

Strawberry blueberry smoothie.

- 3/4 cup unsweetened almond milk
- 1 cup frozen strawberries *about 10 medium/large berries*
- 1/2 cup frozen blueberries
- 1 5-ounce container nonfat vanilla Greek yogurt
- ¼ teaspoon ground cinnamon

- 1 tbsp coconut nectar or maple syrup

Instructions

Blend until smooth and creamy.

Glowing Green Smoothie

- 2 cups cold filtered water
- 6 cups chopped romaine lettuce (1 small head)
- 7 cups chopped spinach (1 medium bunch)
- 1½ cups chopped celery (about 3-4 stalks halved)
- 1 medium apple, cored and coarsely chopped
- 1 medium pear, cored and coarsely chopped
- 1 medium banana, peeled and cut in thirds
- 1/2 of fresh lemon, peeled and seeded
- 1/2 cup minced fresh cilantro (stems are okay)
- 1/2 cup minced fresh parsley

Instructions

Fill the blender with 2 cups of water. Blend the spinach and romaine until smooth.

Add the celery, apple, pear, and herbs (if using) and blend again until smooth. Finally, add the lemon juice and banana, and do your last blend.



Optional additions: a scoop of protein powder *chia or flax seeds, honey, or pure maple syrup for extra sweetness*

Instructions

Blend until smooth and creamy.

Apple-Cinnamon Green Smoothie

- 1 tbsp. organic veggies+
- 2 cups spinach
- 1 cup almond or oat milk
- 1 small apple, chopped
- ½ frozen banana
- 1 to 2 tbsp. almond butter (or your favorite [nut butter](#))
- ½ tsp. cinnamon
- Pinch of salt

Instructions

Blend until smooth and creamy

Kale blueberry smoothie

- ½ banana
- ½ cup chopped kale
- ½ cup blueberries (fresh or frozen)
- ½ cup plain low fat yogurt
- 1 scoop [protein powder](#) (1/2 c water optional)
- 1 tablespoon [flax seed meal](#)
- ½ teaspoon [cinnamon](#)
- Two handfuls ice or more to taste

Strawberry cheesecake smoothie.

- 1 cup milk or dairy-free milk of choice
- 1/2 cup ricotta cheese
- 1 small peeled and chopped beet, raw or cooked
- 4 large fresh mint leaves
- 1 teaspoon orange zest
- 1/4 teaspoon allspice
- 1/2 cup frozen strawberries
- 1/2 frozen chopped banana

Place all of the ingredients in a blender container and blend until smooth.

Serves 1.

Orange crush smoothie packs

- 2 medium-sized carrots, peeled and chopped into ½-inch chunks
- 2 small orange bell peppers, seeds removed and quartered
- 2 oranges, peeled and quartered
- 2 large bananas, peeled and chopped into 1-inch chunks
- 1-inch piece fresh ginger, peeled and sliced
- 8 tablespoons unsalted shelled sunflower seeds
- 4 cups milk or plain non-dairy milk of choice
- 2 cups plain Greek or Skyr yogurt



Instructions

Blend until smooth and creamy

- *Minty-Chia Green Nutrient-Dense Smoothie*
- 1 tsp chia seeds
- 4 tsp water
- 1 green apple
- 10 fresh mint leaves
- Large handful of baby spinach or kale
- ½ cup fresh apple juice

Instructions

Soak chia seeds in water for a few hours or overnight in the refrigerator. Add 1 tablespoon of the gelatinous mixture along with the remaining ingredients to a blender.

The Super Nana

- 1 Frozen Banana,
- 1/2 Cup Mango, 1/2 Cup Pineapple,
- 1/4 Cup Coconut Milk,
- 1 Tbls Flaxseed
- 1-2 Cups Almond Milk,
- 1 Scoop Vanilla Protein Powder (Or substitute powder by adding soy milk, hemp hearts,

Instructions

Blend until smooth and creamy

Kale pineapple smoothie

- 2 cups lightly packed chopped kale leaves *stems removed*
- 3/4 cup unsweetened vanilla almond milk *or any milk you like*
- 1 frozen medium banana *cut into chunks*
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup frozen pineapple pieces
- 2 tablespoons [peanut butter](#) *creamy or crunchy (I use natural creamy)*
- 1 to 3 teaspoons honey *to taste*

Instructions

Blend until smooth and creamy

Power Smoothie (Blueberry, Banana, Oat)

- 1 cup orange juice
- ¼ cup old fashioned rolled oats
- ½ cup vanilla Greek yogurt
- 1 banana
- 1 ½ cups frozen blueberries
- 3 cups baby spinach
- 1 cup ice

Instructions.



chia seeds, nuts, tofu, lentils or beans)

Add all ingredients and blend until smooth.

Instructions

Add all the Ingredients into a high-powered blender and blend on high for 30-60 seconds.





Power Bowls

What is a power bowl?

- **The Base** (carbs) – Usually whole grains, but you can also use noodles, potatoes, greens, or other veggies.
- **Vegetables** – Take your pick of raw, cooked, or both! The more [colorful](#), the better. These should make up at least half of your bowl.
- **Protein** – If you like, you can choose [plant-based protein](#) sources like [beans](#), lentils, tempeh, and tofu. They should make up a quarter of your bowl.
- **Dressing** – Every good power bowl has a tasty dressing or sauce to top it off. Keep it simple. Some examples are tahini, avocado and lime, or a homemade vegan ranch.
- **Crunchy topping (optional)** – And finally, many power bowls include toppings, which often have a little crunch to them. Try foods like nuts, seeds, or roasted chickpeas.



Mediterranean Chicken Quinoa Bowl with Broccoli and Tomato

For the Chicken:

- 6- ounce skinless, boneless chicken breast
- 1/4 cup + 2 tablespoons olive oil
- 1 lemon juiced and zested
- 2 cloves garlic pressed or minced
- 2 teaspoons dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup [Easy Roasted Broccoli and Feta](#)
- 1/2 cup [Easy Roasted Tomatoes](#)



For the Quinoa:

- 1 cup dried quinoa
- 1 teaspoon kosher salt
- Crumbled feta cheese

1. Slice the chicken breast into 1-inch chunks and add to a gallon freezer bag. In a small bowl, whisk the olive oil, lemon juice and zest, garlic, oregano and salt and pepper then add to the bag, seal, and marinate for at least 30 minutes up to overnight.
2. Heat the remaining 2 tablespoons olive oil in a non-stick skillet over medium high heat. Add the chicken to the skillet and cook until browned on all sides and cooked through, about 10-12 minutes
3. Reduce the heat to medium and add the broccoli and tomatoes to the pan with more olive oil if needed, and warm through.
4. Meanwhile, cook the quinoa. Rinse it in a fine mesh strainer under cold water first. Bring a sauce pan of water to a boil over high heat, then add 1 teaspoon of kosher salt and the quinoa. Boil it like pasta, until al dente, stirring occasionally, about 8 to 10 minutes. Drain, fluff with a fork, and



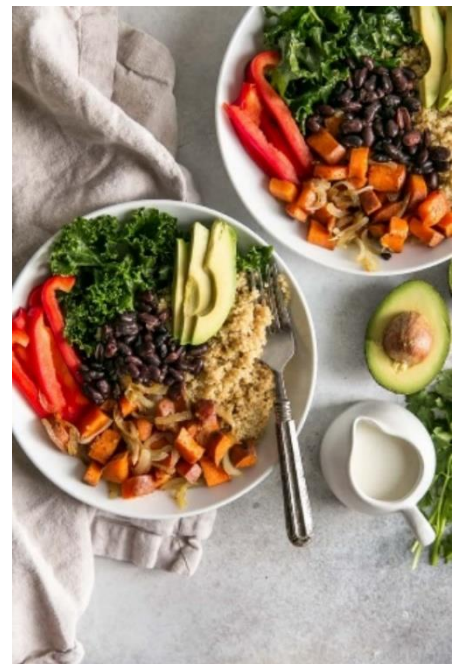
return the quinoa to the pot, cover with a kitchen towel, then a lid and let sit for 5-10 minutes.

5. To assemble the bowls, divide the quinoa between the bowls and top each with half of the chicken and vegetable mixture. Season with more kosher salt and freshly ground black pepper to taste and drizzle with more olive oil if you'd like. Sprinkle with feta cheese crumbles and serve.

Southwest Quinoa Power Bowl with Honey Lime Dressing

For the bowls

- 1/2 cup uncooked quinoa
- 1/4 tsp adobo seasoning (or a southwest flavor seasoning)
- 1/4 tsp salt
- 2 tsp olive oil
- 1 medium sweet potato, chopped
- 1/4 cup onion, chopped
- 1/2 cup canned black beans, rinsed
- 1 medium red bell pepper, sliced
- 1 medium avocado, sliced
- cilantro for garnish
- 2 cups curly kale, massaged with olive oil (or your choice of greens)



Honey Lime Dressing

- 4 TBS [canned coconut milk](#)*
- 1 tsp olive oil
- juice of 1 lime, about 3 TBS
- 1 TBS raw honey (or agave if strictly vegan)
- 1/8 tsp salt, or more to taste



1. **COOK QUINOA:** Rinse quinoa in fine mesh strainer and place in small pot of water with 1 1/2 cups of water. Allow pot to come to a boil, add in your seasoning and simmer for about 15 minutes, until quinoa is tender and water has mostly gone.
2. **COOK SWEET POTATOES:** While the quinoa is cooking, cook your chopped sweet potato and onion in medium pan with olive oil. Add salt and pepper, or more seasoning if you wish. Cook on medium heat until tender, about 10-15 minutes. Option to add sliced bell peppers for about 5 minutes to soften.
3. **MAKE DRESSING:** In a medium bowl whisk together all ingredients.
4. **ASSEMBLE BOWLS:** Distribute quinoa, kale, potatoes and onions, black beans, bell pepper, and sliced avocado in bowls. Dress with honey lime dressing and garnish with cilantro if you wish, enjoy!

Ginger Chicken Power Bowls

INGREDIENTS

for the ginger chicken:

- 1/4 cup honey
- 1/4 cup coconut aminos, tamari, or low sodium soy sauce
- 1 TBSP avocado oil (*or high heat oil*)
- 1 TBSP ginger paste or freshly [grate](#) ginger
- 1 tsp minced garlic
- 1.5 lbs organic chicken breast



for the bowls:

- 1 cup uncooked freekeh, quinoa, or rice
- 1 medium head broccoli, chopped
- 1 large sweet potato, chopped
- 1/2 TBSP [avocado oil](#)



- 1/2 tsp garlic powder
- salt + pepper
- 1 large red bell pepper, thinly sliced
- 1/2 medium red onion, diced (about 1/2 cup)
- 4 cups packed fresh salad greens (*spring mix, romaine, spinach, etc.*)

for the creamy lime dressing:

- 1/2 cup lite [canned coconut milk](#) or plain whole milk yogurt (*preferably Greek or Skry*)
- 1/3 cup extra virgin olive oil or avocado oil
- juice of 2 limes
- 2 TBSP freshly chopped cilantro
- 1 TBSP honey
- 2 tsp minced garlic
- 1/4 tsp sea salt

optional toppings:

- sliced avocado
- freshly cracked black pepper
- sesame seeds

INSTRUCTIONS

1. Preheat oven to 375°F and line baking sheet with parchment paper or foil; set aside.
2. **Marinate the chicken:** In shallow dish combine honey, coconut aminos (or tamari/soy sauce), oil, ginger and garlic. Place chicken in dish flipping over to coat; let marinate for 15-20 minutes or overnight.
3. **Cook your grains:** Meanwhile, cook the grains according to package instructions. *I used my Instant Pot for the freekeh and followed [these instructions](#).*
4. **Prep your veggies.** Cut broccoli and sweet potatoes; toss them in oil, garlic powder, salt and pepper. Place on lined baking pan and roast for



about 20 minutes. Slice red bell pepper and dice red onion; set those aside.

5. **Cook the chicken.** Once the chicken has marinated for about 15 minutes, remove chicken from marinade dish (*save the marinade for next step*) and place in preheated skillet; cook on medium heat about 4 minutes on each side, or until internal temperature reaches 165°F. Transfer chicken to cutting board and cool before cutting into chunks.
6. **Cook down marinade.** Pour marinade into skillet and cook on medium-high heat, bringing the marinade to a boil. (*Don't worry! This will kill the bacteria from the raw chicken breast*). Whisk marinade for about 1 minute while simmering, until marinade is thick and sticky. Then return cooked/cut chicken to pan and stir to coat; turn off stovetop and let the chicken rest in skillet.
7. **Make your dressing.** Add all of the dressing ingredients to blender/food processor until smooth.
8. **Assemble the bowls.** Place greens, grains, veggies and honey ginger chicken in bowls. Then top with avocado, freshly cracked black pepper, sesame seeds and the creamy lime dressing. Enjoy!

Vegan Turmeric Quinoa Power Bowl



Ingredients

- 7 small yellow potatoes
- 15 oz can chickpeas
- 2 teaspoons turmeric
- 1 teaspoon paprika
- 1 tablespoon coconut oil
- ¼ cup quinoa
- Salt/pepper
- 2 kale leaves
- ½ tablespoon olive oil
- 1 avocado

Instructions

1. Preheat oven to 350 degrees.
2. Slice the potatoes into strips and lay flat on 1/2 of a baking sheet. Spray/drizzle them with coconut oil and sprinkle 1 tsp of turmeric over them. Add salt/pepper to taste.
3. Roast for 5 minutes while you drain and rinse the chickpeas.
4. Place the chickpeas in a mixing bowl and add 1 tsp of paprika, coating them evenly. Lay the chickpeas on the other 1/2 of the baking sheet.
5. Roast the chickpeas and the potatoes for about 25 minutes (or until the potatoes are a little bit soft).
6. Cook the quinoa with 1/2 cup of water. Once the quinoa is cooked, add 1 tsp of turmeric (salt/pepper to taste), mix together, and let cool.
7. Wash the kale and massage the olive oil over the leaves. Separate the leaves into the 4 bowls.
8. Slice the avocado and split into the 4 bowls.
9. Add the quinoa and roasted chickpeas/potatoes to the bowls and serve!

Cauliflower Rice Burrito Bowl





Beans

- 1 15-ounce can black or pinto beans, slightly drained
- 1/2 tsp ground cumin
- 1/2 tsp [chili powder](#)
- 1/8 – 1/4 tsp sea salt (to taste)

Cauliflower Rice

- 1 Tbsp olive or grape seed oil
- 3 cloves garlic, minced (3 cloves yield ~1 1/2 Tbsp)
- 1/4 cup diced red or white onion
- 1 medium head cauliflower, grated into “rice” ([see method here](#))
- 1 pinch sea salt (plus more to taste)
- 3 Tbsp lime juice (~ 2 limes)
- 1 tsp ground cumin (plus more to taste)
- 1/2 tsp [chili powder](#)
- 1/3 cup red or green salsa (plus more for serving // I like Trader Joe’s Chunky Salsa)
- 1/4 cup fresh chopped cilantro (plus more for serving)

Peppers + Onions

- 1 Tbsp olive or grape seed oil
- 1 medium red, green, orange, or yellow bell pepper (thinly sliced lengthwise)
- 1/2 medium red onion (sliced into 1/4-inch rings)
- 1 pinch sea salt

Instructions

1. Add beans to a small saucepan over medium heat and season with spices to taste. Once bubbling, reduce heat to low and stir occasionally.
2. Prepare cauliflower rice by following [these instructions](#). Then heat a large rimmed skillet over medium heat.
3. Once hot, add oil, garlic, onion, and a pinch each salt and pepper. Sauté for 1 minute, stirring frequently. Then add cauliflower ‘rice’ and stir to coat.

4. Place the lid on to steam the rice for about 2-4 minutes or until almost tender like rice (al dente in texture), stirring occasionally. Chop up your bell pepper and onion at this time.
5. Remove rice from heat and transfer to a large mixing bowl. Add lime juice, cumin, chili powder, salsa and fresh cilantro. Stir to combine and taste and adjust seasonings accordingly, adding salt, pepper, lime juice, salsa, or more spices as desired. Set aside.
6. Heat the large skillet back over medium-high heat. Once hot, add oil, bell pepper and onion and a pinch of sea salt. Sauté, stirring frequently, until slightly softened and they take on a little color – about 4 minutes.
7. To serve, divide rice, beans, and peppers between serving bowls. Enjoy as is or with corn tortillas, chips, salsa, lime juice, hot sauce, or guacamole (recipe in notes).
8. Best when fresh, though leftovers keep for 2-3 days in the refrigerator.
9. Serve with desired toppings (listed above) or as is. I recommend avocado, lime juice, hot sauce, and cilantro.
10. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350 degree F (176 C) oven until warmed through – about 20 minutes. See notes for instructions on making ahead of time.

Loaded Quinoa Breakfast Bow

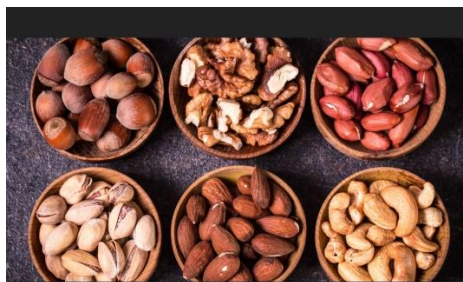




Ingredients

- 3/4 cup water, divided
 - 1/4 cup tri-colored quinoa, rinsed
 - 2 tablespoons dried goji berries or dried cranberries
 - 1 small banana
 - 1/4 cup unsweetened almond milk
 - 1 tablespoon maple syrup
 - 1/8 teaspoon ground cinnamon
 - 1/8 teaspoon vanilla extract
 - 1/4 cup fresh or frozen unsweetened blueberries
 - 1 tablespoon chopped walnuts
 - 1 tablespoon slivered almonds
 - 1 tablespoon fresh pumpkin seeds
 - Additional unsweetened almond milk and maple syrup, optional
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1. In a small saucepan, bring 1/2 cup water to a boil. Add quinoa. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes. Meanwhile, soak berries in remaining water for 10 minutes; drain. Halve banana crosswise. Slice 1 banana half; mash the other.
 2. Remove quinoa from heat; fluff with a fork. Mix in mashed banana, almond milk, maple syrup, cinnamon and vanilla. Transfer to an individual bowl; add blueberries, walnuts, almonds, pumpkin seeds, banana slices and goji berries. If desired, serve with additional almond milk and maple syrup.
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Roasted Garlic Couscous



Ingredients

- 8 oz. pearled couscous
- 1-2 cups raw spinach
- 1 egg
- 1 whole bulb of garlic
- drizzle of olive oil
- salt and pepper to taste
- 1 ½ tbsp salted butter (divided)
- 1 ¾ cups boiling water

1. Preheat the oven to 400 degrees. Cut the top off the garlic head - exposing each clove inside and ripping off as much white "garlic skin" as possible. Place on aluminum foil. Drizzle with olive oil and salt and pepper. Wrap the garlic in the aluminum foil and roast for 40-45 minutes.
2. When the garlic has about 10-15 minutes left to roast, begin making your couscous. Start by boiling 1 and ¾ cups of water. While that's going, add a drizzle of olive oil to a medium size pot. Pour the pearled couscous into the pot.



3. Toast the couscous until it's light brown. To this pot, add the 1 and $\frac{3}{4}$ cups of boiling water. Cover and let it cook on low for 6-7 minutes, stirring every once in a while. Once it's done, turn it off the heat, leave the cover on the pot and let it sit 5-10 minutes before serving. The water should have evaporated.
4. Take a non-stick pan on medium heat, add a small drizzle of olive oil and once it's hot, add in your spinach. Season with salt and pepper to taste. It will only take 1-2 minutes AT THE MOST to let this cook down. Set this aside in a bowl.
5. At this point, your garlic should be done roasting. Take it out of the oven, upwrap it and carefully squeeze (it will be hot) the bulbs into a small bowl. Mash them down with a fork until it is a paste consistency. To the same bowl, add about 1 tbsp of salted butter. Mix it in with the roasted garlic until it's fully combined. Add salt and pepper to taste. Add this roasted garlic butter to the couscous and stir in until combined.
6. Finally, add about 1/2 tbsp of salted butter to the same non-stick pan. On medium heat, let the butter melt. Once hot, crack an egg in it and let it cook sunny side up until the whites are fully cooked through.
7. Assemble your bowls! To the bottom, add a layer of couscous, followed by spinach and then top it with the egg. Season with additional salt and pepper if needed. Eat while hot and enjoy!



Publication Links

Foods to eat before a workout – Active Beat
[Foods to Eat Before a Workout - ActiveBeat](#)

21 ways to make a power bowl – SkinnyMs
[21 Ways to Make a Power Bowl \(skinnyms.com\)](#)

Eight top athletes share their nutrition tricks for a high performing new year.
[Eight top athletes share their nutrition tricks for a high-performing new year \(espn.com\)](#)

Nutrition for athletes – how to eat for muscle and performance - Barbend]
[Nutrition for Athletes — How to Eat for Muscle and Performance | BarBend](#)

9 Reliable Frozen Meals to Stash in Your Freezer, According to Nutritionists
[9 Reliable Frozen Meals To Stash In Your Freezer, According To Nutritionists | HuffPost Life](#)

How to Eat and Train for a Mesomorph Body Type
<https://www.acefitness.org/education-and-resources/lifestyle/blog/5039/how-to-eat-and-train-for-a-mesomorph-body-type/>

Subject Matter Experts' Select Articles/Publications

Jammie Hopkins, DrPH, MS, MSCR.

Thomas, T., **Hopkins, J.**, Omole, F. S., Kelsey - Harris, R. C., Alema-Mensah, E. (2019). Sociodemographic and biometric factors associated with eating behaviors among African American women aged 18-74. Journal of Georgia Public Health Association (jGPHA),

7(2). <https://digitalcommons.georgiasouthern.edu/jgpha/vol7/iss2/18/>

Hopkins, J., Glenn, B., Cole, B., McCarthy, W., Yancey, A. (2012). Implementing Organizational Physical Activity and Healthy Eating Strategies on Paid Time:



Process Evaluation of the UCLA WORKING Project pilot study. *Health Education Research*, 27(3). pp. 385-398. [Article](#)

Denine Rogers, MS, RDN, LD, FAND.

[Dietitian Spotlight: Denine Rogers - Food Heaven Made Easy](#)

[March 2012 - "Be a Hero" - Food and Nutrition Magazine - Part 2](#)

Bob Seebohar, MS, RD, CSSD, CSCS,

[Metabolic Efficiency Training: Teaching the Body to Burn More Fat, second edition](#)

[Sodium Loading Protocol for Endurance Athletes](#)

[Neuromuscular, Dynamic and Functional Exercises for Athletes](#)