

Lemon Lime Recovery Drink

- 4 large Medjool dates
- 2 cups water
- 1 tbsp hemp protein
- 1 tbsp ground chia seeds
- 2 tbsp sprouted (or cooked) buckwheat
- Juice from 1/2 lemon
- Juice from 1/2 lime
- 1/2 tsp lemon zest
- 1 tsp ground dulse flakes
- 1 tsp greens powder (chlorella or spirulina)

Blend all ingredients in a blender.

From Thrive Fitness

Energy balls

- 1 cup peanut butter
- 1/3 cup honey
- 2 teaspoons carob powder or unsweetened organic cocoa powder
- 1/2 cup raisins
- 3/4 cup unsweetened shredded coconut, divided
- 1/2 cup semisweet chocolate chips (gluten-free, if desired)
- 1/4 cup sesame seeds
- 1/4 cup finely chopped nuts (walnuts, pecans, etc.)

Before measuring the peanut butter, stir it up well. Mix the peanut butter, honey and carob or cocoa powder until well combined. Stir in the raisins and 2 tablespoons of the coconut. Stir in the chocolate chips. Refrigerate for 1 to 2 hours.

Place the remaining coconut, sesame seeds and nuts into 3 separate bowls. Using a spoon, scoop small heaps of the peanut mixture from the bowl; roll into 1 1/4-inch balls. Rolling is easier if you form a rough ball, roll in the coconut, and then continue rolling into a more perfect shape. Roll each finished ball in more coconut, sesame seeds and chopped nuts. Arrange the balls on a plate, cover loosely with plastic wrap and refrigerate for at least 30 minutes.

From the Whole Foods Cookbook



Almond Flaxseed Burgers

- 2 cloves garlic
- 1 cup Almonds
- 1/2 cup ground flaxseed
- 2 tbsp balsamic vinegar
- 2 tbsp coconut oil
- Sea salt

Place all ingredients in a food processor, shape into a patties and voila! deliciousness.

You can also cover them lightly in oil and bake at 300 degrees F for 35ish minutes, or fry them up in a pan with coconut oil.

From Thrive Fitness

Post-exercise Food

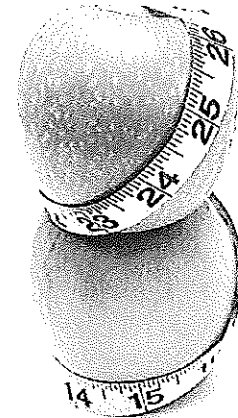
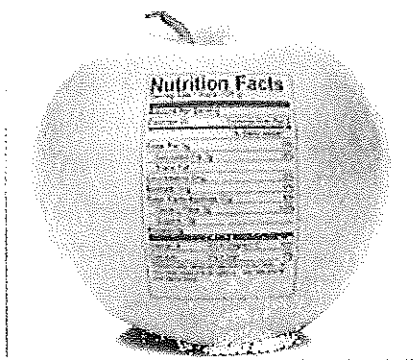
After a hard workout, remember that you haven't finished your training until you have refueled. Don't rush off to work or school, with "no time to eat" as the excuse. Post workout nourishment is a part of the training routine.

Nutrition and Athletic Performance

As an athlete, keeping your body fueled for training, ensuring fast recovery and maintaining health muscle mass are key. Some people are looking to gain weight while others are looking to losing weight and since all people are unique (some people are also even dealing with food sensitivities and allergies) there is no one diet that will work for everyone.

There are, however, basic principles to help guide you through to optimal performance.

1. Prepare balanced meals and snacks. Ensure there are carbs, fat and protein in all meals.
2. Eat often. Small servings every 2-3 hours will help stabilize your blood sugar to ensure steady energy.
3. Plan ahead. Meal planning can help ensure proper nutrition, cut down on grocery costs and allow you to spend as little time as possible in the kitchen.
4. Incorporate a variety of foods. Healthy doesn't have to mean boring! Eating in season allows you to try new foods and recipes.
5. Listen to your body. If you are feeling muscle fatigue more than usual, take a break, Support your body's healing through rest.



Tip: Looking for a pick me up before a workout?

Mix 1 cup of coconut water with ½ cup of brewed yerbe matte tea and drink as a pre-training hydrator. (Best served chilled.)

Tip: Looking to combat muscle aches and inflammation?

Increase your intake of Essential Fatty Acids (EFA's). EFA's help reduce inflammation within the body to aid in recovery. Most people are deficient in Omega 3's, and athletes need even more.

Great sources include oily fish, chia seeds, flaxseed, and all other nuts and seeds.