

## Lunch

I try to cook extra protein in advance so I have plenty of options to quickly add to salads and wraps through the week. Chicken, tempeh, hard boiled eggs, and canned chickpeas are easy to add to any meal.

## Dinner

Most people naturally include protein in their evening meal. Elevate your game further by turning to sources with added nutritional value. Think wild-caught salmon, which has more vitamin D and omega-3 fatty acids than farmed (check out the salmon cakes recipe on page 47 for one great option); soup made with bone broth, rich in collagen and amino acids; or grass-fed beef, which contains an optimal balance of fatty acids as well as cancer-fighting antioxidants (Daley et al. 2010).

## RECIPES

From my kitchen to yours, here are a few of my favorite nutrient-rich recipes to sustain your running.



Neely Spence Gracey

### Smoothie

This smoothie is easy, quick, and full of vitamins, protein, and anti-inflammatory omega-3 fatty acids to refuel and restore your body after a hard run.

- 1/2 frozen banana\*
- 3/4 cup almond milk (or any milk)
- 4-6 ice cubes
- 1 tablespoon whole flaxseed or chia seeds
- 1 scoop of your favorite protein powder
- 1 scoop of collagen powder (optional)

**Coaching:** Blend all ingredients and enjoy.

\*Feel free to add in berries or spinach for color and added nutrients.



## Sweet Potato Recovery Quiche

This delicious meal is great for any time of day. It's protein packed and full of iron, vitamins, and calcium to boost your postworkout restoration.

### Ingredients

- 1 large sweet potato (or 2 smaller ones) sliced very thin, peel only if desired
- 8 oz chopped and sautéed mushrooms (or substitute another sautéed veggie\*)
- 1 small onion or 1/2 large onion, diced
- 1 bag (5 oz) fresh spinach, wilted
- 5 eggs
- 1/4 cup milk (or milk alternative)
- 1/4 cup plain Greek yogurt
- 1/4 teaspoon red pepper
- Salt and pepper to taste
- 1/2 cup shredded cheese divided in half

**Coaching:** Preheat the oven to 350 degrees. Thinly slice sweet potatoes and place in an oiled pie or eight-by-eight baking dish. Arrange to cover the whole bottom and sides. Spray with olive oil, then bake for 20 minutes. Meanwhile, heat a large skillet to medium high. Sauté mushrooms and onion for five minutes. Add in spinach, cover, and turn off heat (make sure spinach wilts sufficiently). In a bowl, combine all the other ingredients and half the cheese. Add in the cooked mushrooms and spinach. Pour the egg mixture into the baked sweet potato dish. Sprinkle remaining cheese on top, turn the oven up to 375 degrees, place on a cookie sheet, and bake for 45 minutes. Let stand a few minutes to cool before serving. Keeps and reheats well for meal prep.

\*Bonus: You can add in other veggies or meat to your liking!



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## Oatmeal Raisin Chocolate Chip Cookies

Wholesome and delish, these cookies won't disappoint. They're easy to whip up, and the spices, oats, and chocolate hit the spot after a good run (or really, anytime!).

### Wet Ingredients

- 1 egg or flax egg\*
- 1/4 cup melted coconut oil or softened butter
- 1/4 cup maple syrup
- 1 teaspoon vanilla

### Dry Ingredients

- 1 1/4 cup almond flour or unbleached flour\*\*
- 3/4 cup old-fashioned oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

### Yummy Ingredients

- 1/4 cup chocolate chips
- 1/4 cup raisins (or skip raisins, and add nuts or more chocolate chips if desired)

**Coaching:** Combine egg (or flax egg), coconut oil (or butter), maple syrup, and vanilla. Stir until smooth. Mix the rest of the ingredients in another bowl, then add to the wet mix. Stir until combined. Add in the chocolate chips and raisins. Scoop with a spoon into mounds. Bake at 350 degrees for 10 to 12 minutes on parchment paper. Yields 12 small cookies or 8 large.

\*Flax egg: For a vegan option, combine one tablespoon ground flax mixed with three tablespoons water and let rest five minutes before adding to ingredients.

\*\*For altitude baking, decrease flour from 1 1/4 cup to 1 cup instead.



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## Protein Bowls

This protein bowl has so much to offer—fiber, protein, veggies, immune support, and branched-chain amino acids for rebuilding fatigued muscles. The best part is that if you keep the staples around, it's a snap to build one anytime!

- Base (Choose one and cook one cup per its instructions.)
  - Quinoa (a gluten-free seed with protein)
  - Rice (Choose organic if you can to avoid arsenic residue.)
  - Farro (an ancient grain that provides even more fiber, minerals, and antioxidants than rice)
  - Bulgur wheat (a Mediterranean whole grain high in magnesium and iron)
  - Cauliflower rice (a nongrain option for low-mileage periods of training)
  - Couscous
- Protein (Choose one and cook 1 cup or 8 oz per instructions.)
  - Lentils
  - Beans
  - Chicken or shrimp
  - Steak
  - Tempeh or tofu
- Veggies (Make a combo of the following options and use what you have and what you like.)
  - Bell peppers
  - Onion
  - Mushrooms
  - Spinach
  - Kale
  - Broccoli
  - Cauliflower
  - Asparagus
  - Snap peas
  - Carrots
- 1 garlic clove
- Fresh ginger root (Peel and freeze the root, then finely grate or zest 1/4 inch of ginger root into the recipe.)
- 2 tablespoons of Bragg Liquid Aminos or soy sauce
- Sauce of choice: goddess dressing, peanut or teriyaki sauce from a bottle, or any homemade version

**Coaching:** Cook both base and protein per their instructions. Chop and sauté the veggies in a little olive oil. Add in the minced garlic, ginger, and Braggs. Stir to combine and cook until fragrant. Scoop the base and protein into a bowl and add the veggies and sauce on top.



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## Salmon Cakes

The key here is the wild-caught salmon, which contains more minerals, nutrients, vitamin D, protein, and healthy fat than other varieties. Farmed salmon, while cheaper, comes with more saturated fat, which is less ideal when you're asking your body and heart to perform athletically. You'll find really great flavor in this quick and easy recipe.

- 2 6 oz cans of wild-caught salmon
- 2 flax eggs (2 tablespoons ground flaxseed + 6 tablespoons water; let rest 5 minutes) or regular eggs
- 4 tablespoons almond meal or breadcrumbs
- 1/2 small onion or 1/4 large onion, diced
- 1/2 inch fresh, finely grated ginger (Hint: Buy a ginger root and freeze it; frozen, it keeps for a long time and is easier to grate. You can also use 1 tablespoon of dried ginger if necessary.)
- 1/4 cup fresh cilantro or parsley leaves, chopped
- 1/4 teaspoon crushed red pepper flakes
- 1/2 lime, juiced
- 1 teaspoon sesame oil
- Salt and pepper to taste

**Coaching:** Make the flax egg and let it sit five minutes while you prep the other ingredients. Add in the remaining ingredients and stir well. Shape the salmon cakes into eight small or five large patties. Heat four tablespoons of extra virgin olive oil (it's important to use extra virgin for higher-heat cooking) or avocado oil in a large saucepan over medium-high heat for one minute, then add the patties. Cook for three to five minutes, then flip. Cook for another two to four minutes. (They're also great in the air fryer—you can cook them for 12 minutes at 350 degrees for five patties or slightly less time if you divide them into eight.) Serve with a nice salad, sweet potato fries, rice, or any other side that strikes your fancy.