YOU ARE WHAT YOU EAT:
A COLLECTION OF RECIPES
DESIGNED TO GIVE ANY ATHLETE
A COMPETITIVE EDGE

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WHAT IS THIS BOOK?

You Are What You Eat is exactly what it states it is: a collection of recipes designed to give any athlete a competitive edge. This book is a culmination of many hours of hard work put forth to give athletes a resource they can rely on when they are looking for a meal.

Too often is nutrition disregarded in athletics. You Are What You Eat hopes to help change the mediocre eating habits many athletes suffer from. In this book, I have taken the guesswork out of eating and provided a collection of recipes for every meal.

I have combed the internet and raided my mind in order to find recipes that I believe will be beneficial to high-performance athletes. Some of the recipes are a product of my own brain child, while most are adopted from the genius of other people.

All of these recipes are tuned to producing high performance in athletes, and as such many of the recipes are gluten free and/or lactose free. The goal of the collection is to provide meal options that help in preparation and recovery, while causing as little stress and agitation as possible during the digestive process.

You Are What You Eat is the beginning of a journey to better nutrition, better performance, and a better quality of life.

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SOUTH OF THE BORDER

Cilantro Lime Rice with Pulled Pork

PetiteAllergyTreats
MEXICAN QUINOA

Ingredients:

1 Tablespoon olive oil
2 Cloves garlic, minced
1 Jalapeno, minced
1 Cup quinoa
1 Cup vegetable broth
1 (15 oz) Can black beans, drained and rinsed
1 (14.5 oz) Can fire-roasted diced tomatoes
1 Cup corn kernels
1 Teaspoon chili powder
½ Teaspoon cumin
Salt and black pepper, to taste
1 Avocado, halved, seeded, peeled and diced
Juice of 1 lime
2 Tablespoons chopped fresh cilantro leaves

Directions:

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste.
3. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes.
4. Stir in avocado, lime juice and cilantro.
CHICKEN TACOS WITH MANGO SALSA

Ingredients:

1 Teaspoon garlic powder
1 Teaspoon paprika
½ Teaspoon onion powder
1 Dash cayenne pepper
¾ Teaspoon salt, divided
4 Skinless, boneless chicken breast halves
1 ½ Teaspoons olive oil
½ Cup diced peeled mango
½ Cup diced peeled avocado
½ Cup chopped tomato
1/3 Cup chopped onion
2 Tablespoons chopped fresh cilantro
2 Tablespoons fresh lime juice
1 Tablespoon minced jalapeno
4 Tortillas

Directions:

1. Heat a nonstick skillet over medium-high heat.
2. Combine garlic powder, paprika, onion powder, cayenne pepper, and ½ teaspoon salt. Rub over chicken.
3. Add oil to pan. Once hot, add chicken; cook 4 minutes on each side or until done.
4. Remove chicken from pan; let stand 5 minutes. Cut into 1/4-inch-thick slices.
5. While chicken cooks, combine mango, avocado, tomato, onion, cilantro, lime juice, jalapeño, and remaining ¼ teaspoon salt.
6. Warm tortillas; top evenly with chicken and salsa. (Note: To easily steam tortilla, roll in damp paper towel and microwave for 15 seconds).
SPICY SWEET POTATO AND BLACK BEAN ENCHILADAS

Ingredients:

Extra virgin olive oil
4 Cloves of garlic, chopped
1 Onion, chopped
½ Cup red pepper, chopped
½ Cup corn kernels
1 Cup cooked black beans
1 Sweet potato
4 Cups enchilada sauce
¼ Teaspoon cayenne powder
2 Teaspoons ground cumin
2 Teaspoons coriander powder
Juice of 1 lime
1 ½ Cup shredded cheese
8 Tortillas

Directions:

1. Preheat the oven to 400°F.
2. Heat olive oil in a skillet and add the chopped garlic and onion. Cook for 5 minutes.
3. Add the chopped red pepper and the corn kernels. Cook for another 5 minutes.
4. Add the cooked beans, the diced cooked sweet potato, 2 cups enchilada sauce, the cayenne powder, ground cumin, and coriander powder, and the lime juice. Cook for 5 to 10 minutes.
5. Add ½ cup enchilada sauce to the bottom of a baking dish.
6. Place about 2 or 3 spoonfuls of the filling in each tortilla, add some cheese, roll up, and place seam side down in the baking dish; repeat this step with the other tortillas.
7. Pour remaining enchilada sauce over the enchiladas and add the remaining cheese on top.
8. Bake for about 18-20 minutes.
CILANTRO LIME RICE WITH PULLED PORK

Ingredients:
3-4 Cups uncooked long grain rice
1 Lime
½ Teaspoon salt
2 Tablespoon canola oil
1 Half bunch fresh cilantro leaves
1 Large pork shoulder
3-4 Cups chicken or vegetable stock
1 Teaspoon powdered garlic

Directions:
1. Combine pork shoulder in the crockpot with stock and garlic and set crockpot on low for 6-8 hours or on high for 4 hours. Check pork for doneness with a fork; it should fall apart.
2. Meanwhile, cook rice by adding desired amount of rice and 2x as much water to a pot and bring to a boil. Turn heat to low and simmer for 15 min, or until water is gone and rice is tender.
3. Pour cooked rice into a large mixing bowl. Gently fluff and allow to cool until warm to the touch.
4. Wash cilantro. Pull off only the leaves and coarsely chop.
5. Squeeze lime into small bowl and combine with salt and oil.
6. Add cilantro to lime mixture and pour over cooled rice. Gently mix to coat all of the rice.
7. Add a generous portion of pork.
**PALEO CROCKPOT BEEF STEW**

**Ingredients:**
- 2 Pounds stewing beef
- 2 Cups of beef or chicken stock
- 1 Tablespoon balsamic vinegar
- 1 Medium onion, chopped
- 2 Stalks of celery, roughly chopped
- 2 Large carrots, peeled and chopped
- 3-5 Small potatoes, cubed
- 1-3 Cloves of garlic, minced
- 1 Tablespoon of paprika
- 3 Bay leaves
- ½ Teaspoon of salt
- ½ Teaspoon of black pepper
- 1 Teaspoon each dried rosemary, basil, and oregano

**Directions:**
1. Place meat into crockpot.
2. Add liquids then all other ingredients on top.
3. Cover and cook on low for eight hours.
GUACAMOLE CHICKEN AND BACON SANDWICH

Ingredients:
1 Chicken Breast
1 Handful of fresh cilantro, chopped
Juice of 2 limes
Pinch of Sea Salt
1 Avocado
½ Fresh Tomato
¼ Yellow Onion
Garlic Salt
Jalapeño (half minced, half cut in long strips)
Bacon

Directions:
1. Mix lime juice, cilantro, salt, and minced jalapeño together and pour into a ziplock baggie with the chicken breasts. Set aside for 20-30 minutes. Make sure the meat is well coated. Turn the bag a few times during the marinating time.
2. While chicken is marinating make guacamole. Peel and mash avocado, and dice tomato and yellow. Mix all ingredients together, season with garlic salt, and pepper, to taste, and mix again.
3. Cook the bacon and set aside on paper towel.
4. Grill the chicken and jalapeño slices.
5. Dollop guacamole onto the chicken breast, top with tomato, jalapeño slices, and bacon.
CHICKPEA PESTO SANDWICH

Ingredients:

- 1 ½ Cups cooked chickpeas (or one 15 ounce can)
- 1 Carrot, grated
- 1 ¼ Cup torn, packed basil leaves
- 1/3 Cup slivered or sliced almonds
- 2 Tablespoons olive oil
- 2 Tablespoons water
- 1 Tablespoon lemon juice
- ½ Teaspoon lemon zest
- ½ Teaspoon salt
- 2-3 Cloves of garlic, chopped

Directions:

1. Put the basil, almonds, lemon juice, lemon zest, salt, garlic, oil, and water in a food processor and blend until smooth.
2. If no food processor: put the almonds in a plastic bag and smash them until they are tiny. Chop up the rest of the ingredients super small. Mix everything together with a fork until it looks like a paste.
3. Mash up the chickpeas in a medium bowl so that they resemble a paste (some chunks of bean are okay).
4. Grate the carrot into the bowl and mix together with the chickpea paste.
5. Add about a ⅓ cup of the pesto and stir until everything is coated.
6. Add more pesto if desired.
SWEET POTATO FRIES

Ingredients:
- 2-3 Very large sweet potatoes
- 2 Tablespoons cornstarch
- 1 Tablespoon olive oil or coconut oil

Directions:
1. Peel and cut potatoes into strips. Allow to soak in water overnight or at least 1 hour.
2. Set oven to 375°F.
3. Rinse and pat-dry potatoes.
4. Toss potatoes in oil, coating them evenly.
5. In a large bowl or paper bag mix potatoes with corn starch trying to evenly coat.
6. Place potatoes on a greased cookie sheet without overlapping.
7. Bake at 375°F for 20-25 minutes or until just beginning to brown.
MASHED SWEET POTATOES

Ingredients:

4 Pounds moist sweet potatoes such as orange or red yams (about 4 large potatoes)
8 Sprigs thyme, divided
6 Tablespoons butter
Kosher salt
¼ Cup maple syrup

Directions:

1. Place two large sheets of heavy duty aluminum foil on a work surface. Working one sheet at a time, place half of potatoes in center along with 3 sprigs of thyme. Fold up foil and crimp edges to seal tightly. Repeat with other half of potatoes. Transfer pouches to a rimmed baking sheet and place in the oven. Set oven to 300°F. Roast about 2 hours. *(Note: Do not preheat oven)*

2. Meanwhile, melt butter in a medium saucepan over medium-low heat, swirling gently until particles are pale golden brown and smell nutty. Immediately transfer to a large bowl or the work bowl of a stand mixer fitted with a whisk attachment. Add maple syrup. Pick leaves off of remaining 2 thyme sprigs, roughly chop, and add to bowl.

3. Peel sweet potatoes and discard skins. Add flesh to bowl with butter and syrup. Beat with the whisk attachment or a handheld mixer until smooth and fluffy, about 2 minutes.
GLUTEN-FREE SUN DRIED TOMATO PESTO

Ingredients:
1 Pound gluten free Vegetable Rotini
½ Cup sun-dried tomato pesto
5.2 Ounces garlic and fine herb cheese
3 Cups baby spinach
Salt and pepper, to taste
½ Cup parmesan cheese, grated
¼ Cup pine nuts, toasted
Crushed red pepper flakes

Directions:
1. Bring a large pot of heavily salted water to a boil. Cook the pasta according to the directions. Reserve about 1 ½ cups of the pasta cooking water, drain the pasta and return to the hot pot.
2. In a large skillet, heat the sun-dried tomato pesto with the garlic and herb cheese and about ¾ cup of the pasta cooking water over medium heat.
3. Add the spinach and cook until the spinach is wilted and the sauce is hot. Add to the pasta and toss to coat. Add more pasta water if needed.
4. Taste and season with more salt and pepper if needed.
5. Serve the pasta with grated parmesan cheese, pine nuts and crushed red pepper flakes.
DAIRY FREE CAULIFLOWER ALFREDO

Ingredients:
1 Teaspoon coconut oil, or butter
2 Cloves garlic, minced
12 Ounces cauliflower florets
1 Cup water
½ Teaspoon fine salt, or more to taste
Black pepper, to taste

Directions:
1. Sautee the minced garlic in the coconut oil or butter in a small saucepan over low heat. Allow to cook for a few minutes, until the garlic is tender and fragrant, but not browned. Add the 1 cup of water to the saucepan, along with the cauliflower, and bring the water to a boil. (The water will not cover the cauliflower, and that’s okay.) Once the water is boiling, reduce the heat to a simmer and cover the pot for 8-10 minutes, until the cauliflower is fork-tender and very soft.
2. Transfer the entire contents of the saucepan into a blender or food processor, and season with salt and pepper.
3. Remove center of blender lid and cover with a towel so that steam can escape.
4. Process until very smooth and creamy, with a texture similar to traditional cream sauce.
5. Serve over your favorite noodles or spaghetti squash.
PESTO QUINOA WITH CHICKEN

Ingredients:
1 Cup quinoa
2 Cups water
2 Large chicken breasts
1 Bell pepper, small chopped (I use red or yellow but any will work)
4 Cups basil leaves
½ Cup olive oil
¼ Cup pine nuts (or walnuts, almond, any kind of nuts you want)
2 Garlic cloves
¼ Cup grated parmesan (fresh grated works best)
¼ Cup grated romano (optional)
Salt and pepper, to taste

Directions:
1. Preheat oven to 375°F.
2. Season chicken breasts and bake for 20-25 minutes each side. Let rest.
3. Add water and quinoa to a pot and bring to a boil. Turn heat to low and simmer for 13-18 minutes. Fluff with a fork and set aside.
4. Meanwhile, once chicken is not longer too hot to handle, slice into thin strips.
5. To make pesto – combine basil, garlic, and cheese in a food processor, and blend a few quick pulses to mix and mash ingredients. Add oil and blend until smooth. Add in pine nuts and pulse a few more times until pine nuts are ground, but not completely pulverized. Add salt and pepper to taste and mix.
6. Combine everything in a bowl. Season with salt and pepper.
7. Optional – add any other vegetables you would like. I like to add in asparagus, zucchini, yellow squash, red onion, and mushrooms.
GLUTEN-FREE BEEF AND BROCCOLI STIR-FRY

Ingredients:

1 Pound stir-fry beef
¼ Cup water
¼ Cup gluten-free soy sauce
2 Cloves garlic, minced
¼ Teaspoon ground pepper
2 Tablespoons olive oil
4 Cups broccoli, chopped
½ Cup onion, chopped
½ Cup carrots, thinly sliced
1 Cup cold water
¼ Cup gluten-free soy sauce
¼ Cup brown sugar
1 ½ Teaspoon ground ginger
1 Teaspoon sesame oil
¼ Teaspoon red pepper flakes
¼ Cup cornstarch
1-2 Teaspoons toasted sesame seeds

Directions:

1. In a glass bowl, whisk together the 1/4 cup water, 1/4 cup soy sauce, minced garlic and black pepper. Add the stir-fry beef strips and marinade for half an hour.

2. In a large frying pan or wok, heat the 2 Tbsp of oil over medium-high heat. Add the stir-fry beef and marinade, and fry until the meat is no longer pink, about 3-5 minutes.

3. Add the onions & carrots, and fry, while continuing to stir for another 2 minutes. Add the broccoli and continue stirring and frying for 1 more minute.

4. In a glass measuring cup, whisk together the 1 cup cold water, 1/4 cup soy sauce, brown sugar, ginger, sesame oil, red pepper flakes and cornstarch. Pour this mixture over the beef & broccoli mixture, and cook until sauce thickens, about 2-3 more minutes.

5. Serve over hot rice. Sprinkle with toasted sesame seeds before serving.
OATMEAL PROTEIN PANCAKES

Ingredients:
- Bisquick
- Eggs
- Milk
- Old fashioned oats
- Protein powder
- 1 Teaspoon vanilla
- ½ Tablespoon cinnamon
- Fresh fruit
- Maple Syrup
- Cooking spray/butter/coconut oil
- Plain Greek yogurt (optional)

Directions:
1. Make desired amount of batter according to package directions, subbing out ¼ bisquick for equal amounts oats. For instance, with 2 cups bisquick, use 1 ½ cup bisquick and ½ oats. Mix well until clumps are gone.
2. Add in scoop of protein powder. I prefer to use vanilla protein powder, but chocolate protein powder would work as well if you want chocolate pancakes. Add in vanilla and cinnamon and mix well.
3. Let batter sit for 5-10 minutes. Batter may thicken. Add more milk to achieve desired consistency of batter.
4. Heat a skillet or pan and spray with cooking spray or swirl butter or coconut oil in pan to make sure pancakes do not stick.
5. Scoop desired amount of batter into pan and cook, flipping when top of pancake begins to bubble and both sides are golden brown.
6. Top with fresh berries and maple syrup, and Greek yogurt, if desired.
QUINOA OATMEAL

Ingredients:
1 Cup steel cut oats
½ Cup quinoa
1 Teaspoon olive oil or coconut oil
4 Cups water
½ Cup milk or almond milk

Directions:
1. Heat up the water in a kettle on the stovetop or in the microwave until it is near boiling.
2. Rinse quinoa.
3. Heat the oil in a saucepan over medium heat and add the steel cut oats.
4. Stir oats around and cook until they smell toasty, roughly 1-2 minutes.
5. Add the quinoa and the water and bring it all to a boil.
6. Turn down the heat on the pot and let it simmer for about 20 minutes.
7. Add the milk and take off the heat.
8. Serve with fresh fruit, nuts, maple syrup, brown sugar, or any other toppings you want. I prefer fresh fruit and a little maple syrup.
SOUTHWEST QUINOA WITH SPINACH AND EGGS

Ingredients:
1 Cup quinoa, dry
2 Cups water
½ Pound chorizo sausage
½ Yellow onion
2 Handfuls (cups) of spinach
1 Small (2oz) can of tomato paste
1 Teaspoon cumin
½ Teaspoon paprika
Salt and Pepper
1 Tablespoon olive oil, coconut oil, or grassfed butter
2-4 Eggs

Directions:
1. Add water and quinoa to a pot and bring to a boil. Once boiling, turn heat to low and simmer for 15 minutes (give or take a few minutes depending on how hot your stove runs).
2. When quinoa has about 5 minutes left, heat oil in a large high sided pan. Once hot, add chorizo and onions. Make sure to break chorizo into little chunks.
3. When quinoa is finished cooking, add to pan with chorizo and mix.
4. Add in tomato paste and spices, and add salt and pepper to taste. *(Note: You may need to add in a little water to mix the paste in well with the other ingredients).*
5. Once mixed, add in spinach, and mix again.
6. Crack eggs on top and cover with a lid until whites are cooked and yoke is runny.
7. Serve alone, or with hot sauce or salsa.
SWEET POTATO HASH

Ingredients:

1 Teaspoon coconut oil
1 Large sweet potato (orange fleshed yam variety, not white flesh sweet potato)
1 Medium yellow onion, diced
½ Pound ground chorizo sausage
3 Eggs
Salt and pepper, to taste

Optional:
½ Teaspoon cumin
½ Teaspoon paprika
1 Dash cayenne pepper

Directions:

1. Cube sweet potato into quarter in cubes. Boil for 5 minutes.
2. Put coconut oil into a high sided pan.
3. When oil is hot, add chorizo and onion, and cook, stirring frequently.
4. When chorizo is mostly cooked, add sweet potato, salt and pepper, and spices, if desired. Stir to combine.
5. Flatten mixture into a pancake and allow to cook until crisp on the bottom.
6. Flip hash to other side and re-flatten. Note: if hash breaks apart don’t worry, do your best to flip most of the chunks so that both sides become crisp.
7. Make 3 shallow indents in the top of the hash and crack an egg into each indent.
8. Cover pan and cook until whites are fully cooked, but yoke is runny.
THE SWEETER SIDE OF NUTRITION
COCONUT OIL CHOCOLATES

Ingredients:

2 Cups Coconut Oil (Organic)
4 Tablespoons Pure Maple Syrup or Raw Honey
1/2 Teaspoon Sea Salt
2 Teaspoons Pure Vanilla Extract
1 Cup Organic Cocoa Powder

Directions:

1. Melt the coconut oil in a double boiler. Alternatively, you can let it naturally melt by submerging the container in very hot warm for roughly an hour, exchanging the water a few times.

2. Add coconut oil and syrup or honey to your food processor and blend.

3. Add all dry ingredients and process until smooth (about 30-45 seconds).

4. Pour the mix into a cookie sheet or casserole dish that is lined with waxed paper.

5. Place the dish in the refrigerator for 2-3 hours to set.

6. Place the dish in the freezer for about 30-60s to fully harden.

7. Remove and break into large pieces. Keep the Chocolate in the freezer in large chunks until ready to eat. You will find it melts fairly quickly in your hands.
Kale and Spinach Smoothie
KALE AND SPINACH SMOOTHIE

Ingredients:
1 Rib (cup) kale, chopped
1 Cup baby spinach
1 Cup frozen pineapple
1 Fresh banana
¼ Cup (a big spoonful) plain greek yogurt
½ Cup vanilla coconut milk

Directions:
1. Add ingredients into blender, placing yogurt on bottom, then frozen fruit, then banana and greens, and fill up to brim with coconut milk.
2. Blend ingredients until smooth and creamy. If needed, add more coconut milk to thin smoothie.

ORANGE SMOOTHIE

Ingredients:
1 Banana
1 Orange (optional)
¼ Cup frozen mango
¼ Cup frozen pineapple
¼ Cup frozen peach
½ Cup plain greek yogurt
½ Cup carrot juice

Directions:
1. Place all ingredients into blender, adding juice last. Orange pulp will not smooth when blended. Omit the orange if you don’t like pulp.
2. Blend until smooth and serve.
PROTEIN RECOVERY SHAKES

CHOCOLATE PEANUT BUTTER SHAKE

Ingredients:
1 Cup Greek yogurt
1 Cup whole milk
1 Cup oats, cooked
1 Banana
2 Tablespoons peanut butter
1 Tablespoon raw cocoa powder
1 Tablespoon vanilla extract

Directions:
1. Place all ingredients into blender.
2. Blend until smooth and serve.

BANANA CRÈME SHAKE

Ingredients:
2 Bananas
2 Cups whole milk
½ Cup plain Greek yogurt
1 Tablespoon peanut butter
1 Teaspoon vanilla extract
1 Scoop vanilla protein powder (optional)

Directions:
1. Place all ingredients into blender, adding milk last. If working with a smaller blender, or individual sized blender cups that cannot fit a full two cups of milk, just add enough milk to reach max fill line.
2. Blend all ingredients until smooth and serve.
RECIPE SOURCES

This book is merely a compilation of recipes. As such, many of the recipes found in the book are either acquired or adopted from the works of other brilliant people. Please take the time to visit these people’s websites, and browse the other various great recipes they have. Many of the sites focus on healthy eating and have numerous delicious dishes that are perfect for athletes. Check out their stuff, and let them know you are thankful. The round of applause goes to them.

The original recipe of the dishes can be found by following the hyperlink. The dishes that are not hyperlinked are the product of many influences in my life, and were created by many hours of research and experimentation in the kitchen working with some of my favorite ingredients.

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- Sundried Tomato Pesto
- Creamy Cauliflower Alfredo
- Pesto Quinoa with Chicken
- Beef and Broccoli Stir Fry

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- Protein Pancakes
- Quinoa Oatmeal
- Southwest Quinoa with Spinach and Eggs
- Sweet Potato Hash

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- Coconut Oil Chocolates

Power Shakes
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PHOTO CREDIT: No cook book is complete without pictures of the delicious dishes. Here I give credit to those who not only have a great skill in cooking, but take photographs amazing enough to make my mouth water.

OTHER CREDIT: A big thank you goes out to Erin Sheehan for being a huge help in finding the recipes, as well as Rachel Lietzke, Shaun Goodsell, and Justin Johnson for their support during the nutritional seminar that accompanied this project. This would not have been completed without your help.

South of the Border
Photo credit: http://petiteallergytreats.blogspot.com/2014/05/cilantro-lime-rice-with-pulled-pork.html

Americana
Photo credit: http://strengthcoachkitchen.com/2014/04/06/chickenguacamolebacon-awesome/

Across Both Ponds
Photo credit: https://simplygluten-free.com/blog/2012/12/gluten-free-creamy-sun-dried-tomato-pesto-pasta-recipe.html

Breakfast Greatness

The Sweeter Side of Nutrition
Photo credit: http://strengthcoachkitchen.com/2014/05/28/coconut-oil-chocolates/

Power Blends
Photo credit: http://www.thatswhatchesaid.net/2013/green-smoothie-recipe/