



Easy Meals for the Everyday Athlete Cookbook



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We are all busy athletes. From work to workouts, there is never enough time in the day for everything. So with the little time we can squeeze out of a day get in the kitchen.

I put together these recipes with 3 goals in mind:

- 1) No more than 30 minutes to prepare each dish
- 2) Every recipe is at least 15 grams of protein per portion
- 3) Simple and few ingredients for each dish

With these 3 factors, being in the kitchen will be effective and fast to fuel your performance. Because fueling yourself should not be a stressful time, but enjoyable and satisfying to enjoy your fuel.

Enjoy these delicious, simple recipes as you begin to fuel your body for success! Share your recipes with the world using #RUNrecipes and tag us @RUN_Performance_nutrition and @runwithnader

Fruits

- 2 3/4 Avocado
- 1 Green Apple
- 2 1/4 Lemon
- 1/2 Navel Orange
- 2 cups Pineapple
- 3 tbsps Pomegranate Seeds

Breakfast

- 1/4 cup Almond Butter

Seeds, Nuts & Spices

- 1 cup Almonds
- 1 cup Cashews
- 2 tbsps Chia Seeds
- 1/4 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/2 cup Pumpkin Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

Vegetables

- 3 cups Asparagus
- 3 cups Baby Spinach
- 2 cups Broccoli
- 4 cups Brussels Sprouts
- 2 Carrot
- 1/3 cup Cherry Tomatoes
- 5 Garlic
- 1 tbsp Ginger
- 2 stalks Green Onion
- 6 cups Kale Leaves
- 4 Red Bell Pepper
- 2 cups Snap Peas
- 3 Sweet Potato
- 4 Zucchini

Boxed & Canned

- 4 ozs Canned Wild Salmon
- 1 cup Organic Salsa
- 1/4 cup Quinoa
- 2 cans Tuna
- 2 cups White Navy Beans

Baking

- 3 tbsps Cacao Nibs
- 1 1/2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 26 ozs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 4 slices Organic Bacon
- 16 ozs Salmon Fillet
- 3/4 lb Shrimp

Condiments & Oils

- 1 1/2 tsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Honey
- 2 tbsps Mayonnaise
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 2 tbsps Tamari
- 1 1/2 cups Tomato Sauce

Cold

- 9 Egg
- 2 1/2 cups Unsweetened Almond Milk

Other

- 1/4 cup Chocolate Protein Powder
- 1 1/4 cups Water



Breakfast Protein Bowl

1 serving
 25 minutes

Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

Directions

- 1 Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
- 2 Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
- 3 Add the spinach to the same pan and heat over low until wilted. Remove from heat.
- 4 Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

Notes

- Prep Ahead, Make the quinoa in advance and used hard boiled eggs to save time.
- Extra Nutrients, Top with sprouts or microgreens.



Overnight Paleo N'Oats

3 servings

5 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

Directions

- 1 Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
- 2 In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating, Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers, Store in an airtight jar in the fridge up to 5 days.

More Toppings, Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet, Drizzle with maple syrup or honey.

No Almond Milk, Use any other type of milk instead.



Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens, Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover, Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free, Skip the eggs and top with hemp seeds instead.



Zucchini Turkey Breakfast Skillet

3 servings

20 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Organic Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

More Protein, Add extra eggs.

Vegetarian, Use lentils instead of ground turkey.

More Greens, Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa, Use crushed tomatoes instead.



Simple Tuna Salad

2 servings

10 minutes

Ingredients

- 2 cans Tuna (drained)
- 1 Green Apple (chopped)
- 2 stalks Green Onion (finely sliced)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve, Enjoy alone, on crackers, on a sandwich, or over greens.
Leftovers, Keeps well in the fridge for 2 to 3 days.



Kale & White Bean Caesar Salad

3 servings

25 minutes

Ingredients

4 slices Organic Bacon
 1/4 cup Hemp Seeds
 2 tbsps Water
 1 tbsp Nutritional Yeast
 1/2 Lemon (juiced)
 1 Garlic (clove, peeled)
 6 cups Kale Leaves (chopped)
 2 cups White Navy Beans (cooked)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 2 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 3 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 4 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian, Omit the bacon, or use coconut bacon.

Leftovers, Keeps well in the fridge for 2 to 3 days.



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder, Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet, Add frozen banana.

Nut-Free Version, Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



One Pan Hawaiian Salmon

4 servings

35 minutes

Ingredients

4 Red Bell Pepper (sliced)
 1 tbsp Extra Virgin Olive Oil
 16 ozs Salmon Fillet
 Sea Salt & Black Pepper (to taste)
 2 cups Pineapple (cored and sliced into rounds)

Directions

- 1 Preheat oven to 400F and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 3 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 4 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Notes

Leftovers, Keeps well in the fridge for 2 to 3 days.

No Salmon, Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.



One Pan Teriyaki Chicken

2 servings

40 minutes

Ingredients

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Tamari
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

Directions

- 1 Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the tamari, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With, Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy, Whisk hot sauce or chili flakes into the teriyaki sauce.

Leftovers, Store in an airtight container in the fridge up to 3 days.



One Pan Paleo Plate

4 servings

35 minutes

Ingredients

- 16 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 4 cups Brussels Sprouts (washed, trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil (plus extra for brushing)
- 2 Sweet Potato (washed and sliced in half)

Directions

- 1 Preheat oven to 375 and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

No Brussels Sprouts, Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast, Use turkey breast.

Vegans and Vegetarians, Replace chicken with roasted chickpeas.

Extra Time, Slice sweet potato into cubes or fries.



Salmon Stuffed Avocado Boats

1 serving

10 minutes

Ingredients

- 1 Avocado
- 4 ozs Canned Wild Salmon
- 1/4 Lemon (juiced)

Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy, Add hot sauce.

No Canned Salmon, Use smoked salmon, cooked salmon fillet or tuna instead.



Zucchini Noodle Lasagna

4 servings

20 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Tomato Sauce
- 1 cup Cashews (soaked, drained and rinsed)
- 1/2 Lemon (juiced)
- 1 1/2 tsps Nutritional Yeast
- 1/3 cup Water
- 2 Zucchini (medium, ends trimmed)

Directions

- 1 Heat oil in a saucepan over medium-high heat. Cook the ground beef for about 5 minutes and drain any excess liquid. Season with half the salt and add the tomato sauce. Let simmer for about 10 minutes.
- 2 Meanwhile, add the soaked cashews, lemon juice, nutritional yeast, water and remaining salt to a blender. Blend until creamy.
- 3 Slice your zucchini length-wise using a peeler. Divide onto plates and top with the tomato sauce and cashew mixture. Garnish with nutritional yeast (optional). Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 days.

Vegetarian & Vegan, Use lentils instead of ground beef and adjust tomato sauce as needed.

No Lemon, Use apple cider vinegar instead.

No Cashews, Use macadamia nuts instead.



One Pan Lemon Shrimp & Asparagus

2 servings

30 minutes

Ingredients

3 cups Asparagus (woody ends trimmed)
3/4 lb Shrimp (uncooked, shells on)
2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt (or more, to taste)
1 Lemon (sliced)

Directions

- 1 Preheat oven to 400F.
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices.
- 3 Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink. Remove from oven and divide between plates. Enjoy!

Notes

More Carbs, Serve with pasta, rice, or quinoa.
Leftovers, Keeps well in the fridge for 2-3 days.