

Sports Nutrition Recipes

AND PRACTICAL TIPS



SCAN ME



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VITERBO UNIVERSITY
COLLEGE OF
NURSING AND HEALTH

Breakfast

Breakfast

BANANA OAT COOKIES



YIELD
12 cookies



NUTRITION SPOTLIGHT
Quick energy from bananas, steady energy from oats.



INGREDIENTS

- 3 ripe bananas, mashed
- 1 ½ cups rolled oats
- 1/3 cup chocolate chips

METHOD

1. Preheat oven to 350 F.
2. Mash the bananas, add the oats and chocolate chips.
3. Shape into round discs and place on cookie sheet.
4. Bake for 12-14 minutes. The cookies should be a little soft at first.

Homemade No-Bake Granola Bars

Yield: 12 servings

Ingredients:

- 2 cups rolled oats
- 1 scoop protein powder of your choice
- 1 cup peanut butter or almond/sunflower butter
- ½ cup honey or brown rice syrup or maple syrup
- 1 teaspoon of vanilla
- 1/2 cup of mini chocolate chips (optional)

Instructions:

1. Line an 8x8-inch baking pan with parchment paper.
2. In a mixing bowl, combine rolled oats and protein powder.
3. Melt peanut butter and sweetener: Microwave peanut butter, honey, and vanilla for about 40 seconds until smooth.
4. Combine wet and dry ingredients: Pour the melted peanut butter mixture over the dry ingredients and mix thoroughly.
5. Transfer to the pan: Press the mixture firmly and evenly into the prepared baking pan.
6. Chill the bars: Refrigerate for at least 1 hour to firm up.

Citation: https://www.functionalcook.com/irrepressibly-chewy-protein-granola-bars-for-quick-energy/?utm_source=Pinterest&utm_medium=organic#recipe-6954-ingredients



Sports nutrition spotlight: These homemade granola bars contain 27 grams of carbohydrates per serving, making it a great option for pre-workout fueling and great energy throughout the day. For a protein boost the granola bar can be paired with ½ cup of Greek yogurt for an additional 10-15 grams protein or ½ cup of warm whole milk for an extra 4 grams protein.

High Protein Blender Pancakes

1 Serving

Ingredients:

- ½ cup oats
- ¾ cup cottage cheese
- 2 eggs
- ½ teaspoon vanilla extract
- 1 tablespoon maple syrup
- ½ tablespoon baking powder
- Dash of cinnamon
- Cooking spray/olive oil

Instructions:

1. Blend ½ cup of oats, turning it into oat flour
2. Add the cottage cheese, eggs, vanilla extract, maple syrup, and a dash of cinnamon (flavor to your liking) and blend until smooth
3. Stir in the baking powder
4. Lightly grease a pan with cooking spray/olive oil
5. Pour the batter into the desired size and cook on medium-low heat until the top starts to form bubbles and the bottom is golden brown, then flip and cook the other side until it is also golden brown
6. Add your favorite toppings, such as maple syrup with berries

*Can substitute Greek yogurt for cottage cheese if preferred



Sports nutrient spotlight: Protein in this recipe comes from cottage cheese and eggs. Protein increases satiety, which keeps you full for longer and helps to regulate blood sugar levels. It also helps to build and repair muscles. Having steady energy, especially in the morning, can promote alertness and help with concentration at work or school.

Breakfast

BLUEBERRY BAKED OATMEAL



SERVES

Nine



NUTRITION SPOTLIGHT

Top the oat with $\frac{1}{2}$ cup of Greek yogurt for a protein boost.



INGREDIENTS

- 3 cups old fashioned rolled oats
- 1 $\frac{1}{2}$ tablespoons chia seeds
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon fine salt and nutmeg
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{3}$ cup maple syrup OR honey
- 1 mashed ripe banana OR $\frac{1}{2}$ cup applesauce
- 2 eggs
- 1 $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup vegetable oil
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ cup sliced almonds
- 1 $\frac{1}{2}$ cup frozen blueberries

METHOD

1. Preheat oven to 375°F. Spray a 9×9 baking dish with cooking spray.
2. Combine all ingredients in a bowl and mix, pour into the prepared baking dish.
3. Bake for 30-35 minutes or until lightly golden and set.
4. Let sit for a few minutes before serving.

Recipe adapted from: <https://therealfooddietitians.com/healthy-blueberry-baked-oatmeal/>

Egg and Cheese Breakfast Sandwich

Yield 1 serving

Ingredients:

- 1 whole grain English muffin
- 1 large egg
- 1 slice cheese
- 2 slices tomato
- 1 leaf of lettuce
- 1 teaspoon olive oil

Instructions:

1. Toast the English muffin until golden brown.
2. Heat olive oil in a small pan and cook the egg until done to preference.
3. Layer the egg, cheese, tomato, and lettuce on the bottom half of the muffin.
4. Place the top half of the muffin on and enjoy.



Sports Nutrition Spotlight: This sandwich provides complex carbohydrates from the whole grain muffin to fuel sustained energy for morning exercise. Protein from the egg and cheese supports muscle repair.

Power Oat Bowl

Yield: 1 serving

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup low-fat milk
- ½ cup plain Greek yogurt
- ½ cup blueberries
- 1 medium banana, sliced
- 1 tablespoon chia seeds
- 2 tablespoons natural peanut butter

Instructions:

1. Heat milk in a small saucepan over medium heat until warm
2. Stir in oats and reduce heat. Cook for about 5 minutes, stirring occasionally, until thick
3. Pour into a bowl and top with Greek yogurt, blueberries, banana, chia seeds, and peanut butter. Serve warm.

Citation

Recipe adapted from:

Homolka, G. (2024). Peanut Butter Breakfast Oatmeal Bowl. Skinny Taste.

<https://www.skinnytaste.com/peanut-butter-breakfast-oatmeal-bowl/>



Sports nutrition spotlight: This meal provides carbohydrates from oats and fruit to fuel practice and maintain glycogen stores, along with 35–40 grams of protein from milk, Greek yogurt, and peanut butter to support muscle repair. It also supplies calcium from milk and yogurt for bone health, potassium from banana for muscle function and fluid balance, and antioxidants from blueberries.

Spinach Omelet

Yield: 1 serving

Ingredients:

- 2 eggs
- 1 cup spinach
- ½ cup parmesan cheese
- Season with salt and pepper to your liking

Instructions:

1. Heat up a pan on a low-medium setting.
2. Scramble eggs in bowl before adding to pan, let first side cook then flip.
3. Add spinach and cheese while other side of egg begins to cook.
4. Fold egg with contents inside, let each side finish cooking and enjoy while warm.



Sports nutrition spotlight: Pair with a cup of berries (raspberries, blueberries, blackberries) and an avocado for healthy fats to feel full and nourished for the first part of your day!

Breakfast

COTTAGE CHEESE EGG BITES



YIELD

12 bites



NUTRITION SPOTLIGHT

high protein breakfast option that is easily batch prepped and portable to be taken on the road.

INGREDIENTS

- 8 large eggs
- 1 cup cottage cheese
- ½ cup shredded sharp cheddar cheese
- ¼ teaspoon fine salt
- Pinch of black pepper
- 1 teaspoon seasoning of choice
- 1 cup of mix in of choice (examples: sauteed onion, pepper, mushroom, kale, bacon, ham, sausage.)

METHOD

1. Preheat oven to 350.
2. Coat a 12-muffin tin with cooking spray.
3. Blend together the eggs, cottage cheese, cheddar, salt, pepper, and herbs/seasoning, blend until smooth.
4. Fill all 12 sections of the muffin tin, half full, with the egg mixture.
5. Sprinkle with mix-ins of choice.
6. Bake for 20-22 minutes or until muffins are slightly firm to touch in the center.

Overnight Oats

Yield: 1 Serving

Ingredients:

- ½ cup oats
- ½ cup almond milk
- 1 tbsp peanut butter
- ½ banana, mashed
- 1 tbsp chia seeds
- ½ tsp cinnamon
- 1 tbsp honey

Directions:

1. In a jar or sealable container, combine oats, almond milk, and chia seeds.
2. Mix well, then add peanut butter, mashed bananas, cinnamon, and honey.
3. Mix until there are no more visible clumps of ingredients.
4. Store in fridge overnight, top with sliced bananas, extra peanut butter, or chopped peanuts in the morning before consuming.



Sports nutrition spotlight: If you are looking for extra protein, you can add a scoop of peanut butter or vanilla protein powder. You will want to increase the ½ cup of almond milk to ¾ cup to help mix and absorb the added protein powder.

Lunch

Tuna Wraps

Yield: 2 servings

Ingredients

- 1 pouch light tuna in water
- ¼ cup finely chopped celery
- ¼ cup chopped green onions
- ¼ cup sliced water chestnuts
- 3 tablespoons chipped sweet red pepper
- 2 tablespoons reduced- fat mayonnaise
- 2 teaspoons prepared mustard
- 2 spinach tortillas
- 1 cup shredded lettuce

Instructions

1. In a small bowl, combine the tuna, celery, green onions, water chestnuts, sweet red pepper, mayonnaise, and mustard.
2. Spread over tortillas and sprinkle with lettuce.
3. Roll up tightly, like a pinwheel.

Citations: [Tuna Wrap Recipe: How to Make It](#)



Sport Nutrition Highlight: With these wraps many ingredients can be added or removed so that they fit the dietary needs of a variety of individuals. These wraps are light and can be a prepared lunch for someone with a busy day. They contain protein and carbohydrates for energy and muscle recovery.

Hawaiian Chicken Bowl

Yield: 4 bowls

Ingredients:

- 1.5 lb chicken breasts cut into 1-inch cubes
- 1 tbsp olive oil
- 1 tbsp garlic powder
- 2 tsp coriander powder
- 2 tsp ginger powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 bell peppers, mix of colors, diced
- 1 red onion cut into chunks
- ½ cup Hawaiian-style BBQ Sauce, use Primal Kitchen for dairy-free option
- 1 cup pineapple chunks drained if canned

Instructions:

1. Preheat the oven to 350F. Spray a large baking sheet with oil.
2. In a large mixing bowl, combine olive oil, garlic, coriander, ginger powder, salt and black pepper. Then, add the chicken and toss until the chicken is fully covered with the spices.
3. Add in the bell peppers, red onion, and BBQ sauce. Mix well to coat all the ingredients with the sauce.
4. Spread the mixture onto the baking sheet as evenly as possible. Bake in the oven for 20 minutes, then remove and top up with pineapple chunks throughout the whole baking sheet. Pop back into the oven for 10-15 minutes until the chicken is fully cooked.
5. Remove from the oven and enjoy.

Source: [Hawaiian Chicken Sheet Pan - All Nutritious](#)



Sports nutrient spotlight: This high in protein meal can help with muscle soreness and muscle building, as well as help keep you feeling fuller for longer. This meal can be prepped ahead of time for a quick balanced meal, just re-heat in the microwave or oven.

Pre-Game Chicken and Veggie Sandwich

Yield: 1 serving

Ingredients:

- 2 slices whole grain bread
- 3 ounces cooked chicken breast, sliced
- 1 cup spinach leaves
- ¼ cup shredded carrot
- 2 slices cucumber
- 1 teaspoon mustard
- 1 teaspoon hummus

Instructions:

1. Spread mustard on one slice of bread and hummus on the other.
2. Layer chicken, spinach, carrot, and cucumber on one slice.
3. Place the second slice of bread on top and cut in half if desired.
4. Serve immediately or wrap for transport.

Citation

Recipe adapted from:

SkinnyMs. (n.d.) Chicken and Crisp Veggie Sandwich. <https://skinnyms.com/chicken-and-crisp-veggie-sandwich/>



Sports nutrition spotlight: This sandwich is rich in carbohydrates from whole grain bread, which provides quick energy for exercise. Lean protein from chicken helps with muscle maintenance, and the vegetables provide micronutrients like vitamin A and potassium, which support muscle function and recovery.

Chicken & Bean Wrap

Yield: 1 serving

Ingredients:

Wrap:

- 1 large whole wheat tortilla
- 4 ounces cooked chicken breast, shredded or sliced
- ½ cup canned black beans, drained and rinsed
- ½ cup baby spinach
- ¼ cup shredded carrots
- 2 tablespoons salsa
- 1 tablespoon shredded cheddar cheese

Side:

- 1 cup sliced bell peppers, carrots, or cucumber
- 1 small apple

Instructions:

1. Lay the tortilla flat on a plate.
2. Layer chicken, black beans, spinach, carrots, salsa, and cheese on the tortilla.
3. Roll up tightly and slice in half.
4. Serve with sliced vegetables and an apple on the side.

Citation. Recipe adapted from: Powell, L. (2013). Chicken and Black Bean Wraps. Real Mom Kitchen. <https://www.realmomkitchen.com/easy-chicken-black-beans-wraps/>



Sports nutrition spotlight: This meal provides high-quality protein from chicken and black beans to support muscle repair. The whole wheat tortilla, beans, and vegetables supply fiber for steady energy and digestive health. Adding fruit and vegetables on the side provides vitamins and minerals like vitamin C, potassium, and antioxidants to support recovery, hydration, and muscle function.

Mexican Chicken Power Bowl

Yield: 1 Serving

Ingredients:

- 100 g (about ¾ cup) grilled chicken breast
- ½ cup cooked brown rice
- ¼ cup black beans
- ¼ cup corn
- ½ avocado, sliced
- 1 tbsp Greek Yogurt
- ½ of a lime

Directions:

1. Heat a pan on medium to cook chicken breast. Season your chicken breast as preferred.
2. Boil water in saucepan and cook brown rice per package instructions.
3. Combine the Greek yogurt and add the juice from ½ of a lime to make dressing for the bowl.
4. Once the rice is finished, you can layer the bowl with rice, then add the corn, beans, and chicken. Drizzle on the dressing and top with avocado and any other fresh vegetables you may want to include such as red onion, tomato, or cilantro.



Sports nutrition tip: If you want to take this dinner on the road, you could easily put these ingredients into a wrap that you could travel with and enjoy while on the go. This recipe provides quality carbohydrates from the rice, protein from the chicken, and fiber from the beans to help fuel and keep you full.

Lunch

CHICKPEA SALAD



YIELD
4 servings



NUTRITION SPOTLIGHT

This recipe contains monounsaturated fat. Fat serves as a primary energy source at rest as well as during light- to moderate-intensity exercise.

INGREDIENTS

- 2 cups grape tomatoes (halved)
- 2 cups diced baby cucumber
- 1 (15.5 ounce) can of chickpeas, drained and rinsed
- 1 cup diced yellow or orange bell pepper
- ½ cup chopped fresh parsley
- ¼ cup finely diced red onion
- 1 avocado cubed
- ½ lemon juiced
- ¼ cup olive oil
- 3 tablespoons red wine vinegar
- ½ teaspoon cumin
- ½ teaspoon black pepper
- 1 teaspoon salt

METHOD

1. Combine all ingredients, except the avocado, in a medium bowl and toss well.
2. Add the cubed avocado and gently mix.
3. Refrigerate for at least one hour before serving.

Recipe adapted from: <https://www.spendwithpennies.com/chickpea-salad/>:

Chicken Pesto Pasta

Yield: 4 servings

Ingredients:

- 16 ounces dry pasta
- 1 and ½ pounds boneless, skinless chicken breast
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- ¾ cup prepared basil pesto
- ¼ cup reserved pasta cooking water
- 1 cup cherry tomatoes, halved
- ¼ cup grated Parmesan cheese

Instructions:

1. Bring a large pot of water to boil with a pinch of salt, then cook the pasta according to the package directions until tender. Before draining, reserve ¼ cup of pasta water.
2. Season the chicken with salt and black pepper. Heat olive oil in a pan over medium heat and cook the chicken until fully cooked and lightly browned.
3. Return the drained pasta to the pot and stir in the pesto sauce. Add the reserved pasta water a little at a time until the sauce reaches your desired consistency.
4. Fold in the cooked chicken and halved tomatoes and stir to combine.
5. Serve warm and top with grated Parmesan cheese.

Citation. Recipe adapted from typical [Pesto Chicken Pasta](#) recipes found on Eatwell101 and similar cook sites.



Sports nutrition tip: This meal provides quality protein, carbohydrates, and fat to provide you with lasting energy for your activities throughout the day. Feel free to add chickpeas for a fiber boost.

Dinner

High-Protein Homemade Sushi Bowl

Yield: 4 servings

Ingredients:

- 2 cups uncooked white or brown rice
- 4 cups water
- 1 teaspoon salt
- 1 pound sushi-grade salmon or tuna (cubed)
- 1 cup shelled edamame, cooked
- 1 medium cucumber, diced
- 2 avocados, sliced
- ¼ cup low-sodium soy sauce or tamari
- 1 tablespoon sesame seeds (optional)

Instructions:

1. Cook the rice with water and salt according to package directions. Allow to cool slightly.
2. Prepare the fish by cutting it into bite-size cubes (or lightly sear if preferred). Season to your liking.
3. Assemble bowls by dividing rice evenly, then topping with fish, edamame, cucumber, and avocado or vegetables of your choice.
4. Drizzle with soy sauce or tamari and sprinkle with sesame seeds if desired. Serve fresh.

Citation. Recipe adapted from the High-Protein Sushi Bowl recipe on CaroleFood.com.



Sports nutrition tip: This meal will leave you feeling full without being weighed down. It is light and fresh but filled with good sources of carbohydrates, proteins, and fats to sustain your energy for the remainder of the day.

Dinner

HIGH PROTEIN PASTA SALAD



YIELD
6 servings



NUTRITION SPOTLIGHT
High protein and easy to pack!

INGREDIENTS

- 8 oz. chickpea pasta
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon dijon mustard
- 1 clove garlic, minced
- salt and pepper to taste
- 1/2 red bell pepper, chopped
- 1/2 English cucumber, chopped
- 1.5 cups broccoli florets, finely chopped
- 1 cup cherry tomatoes, chopped
- 1/4 cup red onion, chopped
- 1 (2.25 ounce) can of sliced black olives, drained
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- 1.5 ounces feta cheese, crumbled



METHOD

1. Cook the pasta according to the package instructions. Drain and rinse with cold water. Don't overcook!
2. Whisk together the oil, vinegar, mustard, garlic, salt, and pepper in a small bowl.
3. Combine pasta, dressing, chopped vegetables, herbs, and cheese in a large mixing bowl.
4. Chill for 30 minutes before serving.
5. Add additional salt and pepper to taste.

Recipe adapted from: https://ohsnapmacros.com/wprm_print/high-protein-pasta-salad/

Chicken Zucchini Bake

Yield: 4 servings

Ingredients:

- 1 pound boneless, skinless chicken breast (cut into bite-sized pieces)
- 1 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp salt
- Pepper (to taste)
- 2 medium zucchinis, thinly sliced (about 4 cups)
- 1 small yellow onion (finely chopped)
- 2 minced garlic cloves
- ½ cup Greek yogurt
- 2 large eggs
- 1 cup shredded mozzarella
- 2 tablespoons grated parmesan
- 1 tablespoon olive oil, plus extra for greasing

Instructions:

1. Preheat oven to 375 degrees F and lightly grease a 9x9-inch baking dish with olive oil.
2. Season and sear the chicken: Toss the chicken pieces with the spices until well coated, then sear in hot olive oil until golden on all sides but not fully cooked through. In the same pan, cook the onion until translucent and add the garlic for just thirty seconds until fragrant.
3. Whisk the sauce mixture: Combine the eggs and Greek yogurt until completely smooth and season lightly.
4. Build the layers: Arrange zucchini slices first, then chicken and onions, followed by the yogurt mixture and cheese, repeating everything a second time.
5. Bake until bubbly: Cover with foil for the first twenty minutes, then uncover and bake until the cheese is melted and golden.
6. Rest before serving: Let the dish sit for five minutes so the layers set and make serving much easier.

Citation: Reynolds, Ava. "High Protein Chicken Zucchini Bake - Delicious Meal." *For Dishes*, For Dishes, 31 Jan. 2026, fordishes.com/recipes/high-protein-chicken-zucchini?utm_source=Pinterest&utm_medium=organic.



Sports nutrition spotlight: This dish is high in protein which is good for muscle recovery. It also provides healthy fats and micronutrients from the vegetables to support a healthy diet.

Ground Turkey Sweet Potato Bake

Yield: 4-6 servings

Ingredients:

- 1 pound ground turkey
- 1 tbsp olive oil
- 2 large, cubed sweet potatoes
- 2 medium diced bell peppers
- 1 medium diced onion
- 2 cups packed spinach
- 1 ½ cups shredded mozzarella cheese
- Spices (1 tsp chili powder, 1 tsp cumin, 1 tsp garlic powder, ½ tsp paprika)
- ¼ cup chicken broth

Instructions:

1. Preheat oven to 375 degrees F. Lightly grease a 9x13 inch baking dish.
2. Heat the olive oil in a large skillet over medium-high heat. Add the ground turkey, chili powder, cumin, garlic powder, paprika, salt, and pepper. In the same skillet, add the diced onions and bell peppers.
3. Sauté for 3–4 minutes just to soften the edges. Add the raw sweet potato cubes and the fresh spinach to the bowl with the meat and peppers.
4. Toss everything together until the spinach is distributed and the potatoes are coated in the residual spices and juices.
5. Pour the mixture into the prepared baking dish and spread it into an even layer. Pour the ¼ cup of chicken broth evenly over the top.
6. Cover the dish tightly with aluminum foil. Bake for 20 minutes. Remove from the oven and carefully discard the foil.
7. Sprinkle the shredded mozzarella cheese evenly over the top. Return to the oven (uncovered) and bake for another 10–15 minutes until the cheese is bubbling and slightly browned, and a fork slides easily into a potato cube.

Citation: “Ground Turkey Sweet Potato Bake: The Ultimate Meal Prep Powerhouse.” *Mandyshealthylife*, 6 Jan. 2026, mandyshealthylife.com/ground-turkey-sweet-potato-bake-the-ultimate-meal-prep-powerhouse/?utm_source=Pinterest&utm_medium=organic.



Sports nutrition spotlight: This is a great source of Vitamin A from sweet potatoes (you get your entire daily requirement from just one serving in this recipe). It is also a macro-balanced meal, making it ideal for post-workout.

Creamy Chicken Alfredo

Yield: 1 serving

Ingredients:

- 8 ounces whole wheat fettuccine noodles
- 1.5 pounds boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- 1 cup low-fat milk
- ½ cup grated parmesan cheese
- ¼ cup plain Greek yogurt
- 2 cloves garlic, minced
- 1 tablespoon cornstarch
- ¼ cup chopped fresh parley
- Salt and pepper for taste

Instructions:

1. Cook pasta according to the box's direction. Drain when done and set aside
2. Preheat grill or stove to medium-high heat
3. Season chicken breasts with olive oil, garlic powder, paprika, salt, and pepper.
4. Grill chicken for 6-8 minutes per side, or until cooked through and internal temperature reaches 165 degrees F.
5. While chicken is grilling, prepare the alfredo sauce in a medium saucepan, whisk together milk, parmesan cheese, Greek yogurt, minced garlic, and cornstarch.
6. Heat over medium heat, stirring constantly until the sauce thickens or about 5-7 minutes
7. Let chicken rest for 2-3 minutes, then slice or shred.
8. Add cooked pasta and grilled chicken to the alfredo sauce and stir together. Serve warm.

Source: [High Protein Chicken Alfredo Pasta: Fuel Your Performance](#)



Sports nutrient spotlight: Protein comes mainly from the chicken, but is also found in lesser amounts in the parmesan cheese, Greek yogurt, and milk. Protein is very important for anyone trying to gain muscle and strength. This dish also provides necessary carbohydrates and has relatively low-fat content.

Dinner

GARLIC PARMESAN WHITE BEANS



YIELD
4 servings



NUTRITION SPOTLIGHT
High protein, high fiber, and budget friendly!



INGREDIENTS

- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 2 (15-ounce) cans cannellini beans, rinsed & drained
- 1 cup cherry tomatoes, halved
- Salt and black pepper
- ½ teaspoon cumin
- 1 cup chopped fresh parsley
- ½ cup shaved Parmesan and or Romano cheese
- Juice of half a lemon

METHOD

1. Sautee the garlic in olive oil.
2. Add the cannellini beans and ½ cup water.
3. Season with salt, pepper, and cumin.
4. Add the tomatoes and cook for about 10 minutes.
5. Stir in the parsley, cheese, and lemon juice.
6. Add a drizzle of olive oil, if desired.

Simple Pre-Game Chicken and White Pasta

Yield 4 servings

Ingredients:

- 12 ounces of white pasta
- 4 quarts of water
- 1 tablespoon salt
- 1-pound boneless skinless chicken breast
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup low-sodium marinara sauce

Instructions:

1. Bring four quarts of water to a boil in a large pot. Add one tablespoon of salt for flavor.
2. Add the pasta and cook according to package directions until tender. Drain and set aside.
3. Heat a skillet over medium heat. Add olive oil.
4. Season the chicken with salt and black pepper.
5. Cook the chicken for about 6–7 minutes per side until fully cooked.
6. Warm the marinara sauce in a small pot.
7. Slice the chicken and serve it over white pasta with a small amount of marinara sauce.

Citation

Recipe adopted from:

Albuquerque, J. (2019). 15-Minute Meal – Chicken Marinara Pasta. Naked Flavors.

<https://nakedflavorsnutrition.com/15-minute-meal-chicken-marinara-pasta/>



Sports nutrition spotlight: White pasta provides easily digestible carbohydrates that quickly top off liver and muscle glycogen before a match, which is crucial for endurance and delaying fatigue. Research shows that strategies that maintain high carbohydrate availability before and during prolonged, high-intensity exercise help sustain work rates and delay the onset of fatigue in endurance and intermittent sports like soccer.

Chicken, Brown Rice, and Roasted Vegetables Bowl

Yield: 4 servings

Ingredients:

- 1 cup uncooked brown rice
- 1-pound boneless skinless chicken breast
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups chopped broccoli
- 1 cup chopped carrots
- 1 red bell pepper, chopped
- 1 tablespoon olive oil

Instructions:

1. Rinse the brown rice under cold water. Add it to a pot with two cups of water. Bring to a boil, then reduce the heat, cover, and simmer for about 40–45 minutes until tender.
2. Preheat the oven to 400 degrees F.
3. Place the chopped broccoli, carrots, and red bell pepper on a baking sheet. Drizzle with one tablespoon of olive oil and toss to coat. Roast for 20 minutes.
4. Rub the chicken with one tablespoon of olive oil, garlic powder, paprika, salt, and black pepper.
5. Bake the chicken in the oven for 20–25 minutes or until fully cooked.
6. Slice the chicken and serve it over brown rice with roasted vegetables.

Citation

Recipe adopted from:

Brunmeier, V. (2025). Chicken and Roasted Vegetable Bowls. Made Easy. <https://wholesomemadeeasy.com/chicken-and-roasted-vegetable-bowls/>



Sports Nutrition Spotlight: Brown rice and other complex carbohydrates help increase muscle glycogen stores, which athletes use as their primary fuel during training and competition. In a study on soccer players, a high-carbohydrate diet significantly increased muscle glycogen and led players to perform about 30% more high-intensity running during a 90-minute match than a low-carbohydrate diet.

High-Carbohydrate Chicken Burrito Bowl

Yield 4 servings

Ingredients

Chicken:

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon ground paprika
- 1 teaspoon ground cumin
- ½ teaspoon ground chili powder
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper

Burrito Bowl:

- 1 cup dry white rice
- 2 cups chopped romaine lettuce
- 1 cup canned corn, drained and rinsed
- 1 cup canned black beans, drained and rinsed
- 1 avocado, sliced
- ¼ cup sour cream
- ¼ cup freshly shredded cheddar cheese

Salsa:

- 1 tablespoon chopped fresh cilantro
- ½ tomato, chopped
- ½ onion, chopped
- 2 tablespoons white vinegar
- 4 tablespoons lime juice
- ⅛ teaspoon kosher salt

Instructions

1. Cut chicken into small pieces and place into a bowl. Add olive oil and all seasonings. Mix well to coat.
2. Cook chicken in a skillet over medium heat for about 7 to 8 minutes per side until fully cooked.
3. Cook white rice according to package instructions.

4. Mix salsa ingredients together in a small bowl.
5. Divide rice into four bowls. Top with lettuce, corn, black beans, and chicken.
6. Add salsa, avocado, sour cream, and cheese. Serve immediately.

Citation

Recipe adapted from:

Hardin, B. (2023). Chicken Burrito Bowls Recipe. Easy Chicken Recipes. <https://easychickenrecipes.com/chicken-burrito-bowls-recipe/>



Sports Nutrition Spotlight: Each serving provides approximately 60 grams of carbohydrates, which helps replenish muscle glycogen used during high-intensity soccer training. According to the Academy of Nutrition and Dietetics and the American College of Sports Medicine, soccer players should consume 5–10 grams of carbohydrate per kilogram of body weight daily to support performance. This meal also provides about 36 grams of protein to aid muscle repair and recovery.

Salmon and Sweet Potato Performance Plate

Yield: 1 serving

Ingredients:

- 1 medium sweet potato
- 1 garlic clove
- Salt to taste
- Black pepper to taste
- 2 teaspoons chopped fresh cilantro
- 1 packed cup baby spinach
- 1 four-ounce piece skinless salmon
- ½ tablespoon extra-virgin olive oil
- 1 lemon

Instructions:

1. Preheat oven to 415 degrees F.
2. Peel and spiralize the sweet potato, then pulse in a food processor until rice-like. Measure 1 cup.
3. Mix sweet potato with garlic, cilantro, salt, and pepper.
4. Place mixture on foil. Top with spinach and salmon.
5. Drizzle olive oil over salmon. Squeeze lemon juice on top and add a lemon slice.
6. Fold foil into a pouch and bake for 20 to 25 minutes until salmon flakes easily.
7. Remove from oven and serve.

Citation

Recipe adapted from:

Maffucci, A. (n.d.). Easy Post-Workout Salmon Dinner. Inspiralized. <https://inspiralized.com>



Sports nutrition spotlight: This meal provides approximately 26 grams of high-quality protein, which supports muscle protein synthesis after exercise. Research shows consuming 20–40 grams of protein post-workout maximizes recovery. The sweet potato adds carbohydrates and potassium, which help restore glycogen and support muscle function.

Snacks

Fresh Fruit Power Salad

Yield: 2 servings

Ingredients:

- 1 cup strawberries, sliced
- 1 cup pineapple, chopped
- 1 banana, sliced
- 1 kiwi, peeled and sliced
- 1 tablespoon honey
- 1 tablespoon fresh lime juice

Instructions:

1. Wash all the fruit, then prepare each fruit by peeling and/or slicing them.
2. Place all fruit into a large mixing bowl.
3. In a small bowl, mix honey and lime juice.
4. Drizzle the mixture over the fruit and gently toss until combined.
5. Chill before serving.



Sports Nutrition Spotlight: This salad is high in carbohydrates, which are essential for replenishing glycogen stores before exercise. The variety of fruit also provides antioxidants and vitamin C, which can help reduce oxidative stress during intense activity.

Snack

ENERGY BITES



YIELD
24 bites



NUTRITION SPOTLIGHT

Honey and oats are forms of quick carbohydrates, which will be broken down quickly to provide fuel for muscles during exercise. Flax seeds are an example of an omega-3, which is a type of healthy unsaturated fat.

INGREDIENTS

- 1 cup rolled oats
- ½ cup sunflower butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- ½ cup ground flax seed
- ½ cup mini chocolate chips

METHOD

1. Combine all ingredients in a bowl and mix thoroughly.
2. Roll the mixture into 24 balls and place them on a baking sheet.
3. Put the baking sheet in the fridge to chill. To speed up the chilling process, put the baking sheet in the freezer for about one hour.

Portable Pre-Game Oat Energy Bars

Yield: 12 bars

Ingredients:

- 3 cups old-fashioned rolled oats
- 1 cup natural peanut butter
- ½ cup honey
- ½ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ cup dried cranberries

Instructions:

1. Preheat oven to 350 degrees F.
2. Mix peanut butter, honey, applesauce, vanilla extract, and salt in a large bowl.
3. Stir in oats and dried cranberries.
4. Press mixture into a lined baking dish.
5. Bake for 15 to 18 minutes.
6. Cool completely and cut into bars.

Citation

Recipe adapted from general sports nutrition snack guidelines from:

U.S. Olympic & Paralympic Committee Sports Nutrition Resources

<https://www.teamusa.org>



Sports Nutrition Spotlight: These bars provide primarily carbohydrates, which are the preferred fuel source before competition. Consuming 1–4 grams of carbohydrate per kilogram of body weight 1–4 hours before exercise helps maintain blood glucose and delay fatigue. The small amount of protein helps stabilize energy without slowing digestion.

Snack

CINNAMON APPLE COTTAGE CHEESE BITES



YIELD
24 mini bites



NUTRITION SPOTLIGHT

Each bite delivers a hearty dose of protein from the cottage cheese and egg, slow-digesting carbs from the rolled oats, and a touch of natural sweetness from applesauce and cinnamon.

INGREDIENTS

- 1 cup cottage cheese
- 1 cup rolled oats
- ½ cup applesauce or 1 small, grated apple
- 1 large egg
- ½ tsp cinnamon
- 1 tablespoon honey or maple syrup
- ½ tsp baking powder
- Pinch of salt

METHOD

1. Preheat oven to 350 and grease a mini muffin pan or use liners.
2. In a mixing bowl, combine cottage cheese, oats, applesauce or grated apple, egg, cinnamon, honey or maple syrup, baking powder, and salt. Mix until well combined.
3. Allow the batter to sit for 5 minutes,.
4. Scoop the mixture evenly into the mini muffin pan, filling each cup almost to the top.
5. Bake for 18–20 minutes or until the bites are set and lightly golden on top.

Protein Balls

Yield: 12 Servings

Ingredients:

- ½ cup quick oats
- ¼ cup peanut butter
- 2 tablespoons honey
- ¼ cup mini chocolate chips

Directions:

1. Combine oats and chocolate chips in a medium bowl.
2. Add peanut butter and honey, stir well until combined.
3. Scoop mixture into 12 balls and roll between your hands.
4. Store in an airtight container at room temperature or chilled.

*You can substitute the mini chocolate chips for mini M&M's for a little bit of change in texture.



Sports Nutrition Spotlight: These energy bites provide a quick source of carbohydrates from the honey and oats to give your muscles fuel during exercise.

Snack

STRAWBERRY CHEESECAKE PROTEIN BALLS



CHILL TIME

20 Minutes



YIELD

12 balls

INGREDIENTS

- 1 cup almond flour
- ½ cup vanilla protein powder
- 4 tablespoons softened cream cheese
- ¼ cup mashed strawberries
- 2 tablespoons cashew butter or almond butter
- 2 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- Pinch of salt
- Optional: lemon zest, white chocolate chips, graham cracker crumbs



METHOD

1. In a large bowl, mix almond flour, protein powder, and a pinch of salt.
2. Mix in softened cream cheese, nut butter, honey, and vanilla.
3. Fold in mashed strawberries.
4. Add white chocolate chips (optional)
6. Scoop out tablespoon-sized portions.
7. Roll in toppings (optional)
8. Refrigerate for 20-30 minutes before serving.

Peanut Butter-Banana Oatmeal Bars

Makes 9 bars

Ingredients:

- 1¼ cups old-fashioned rolled oats
- ½ cup all-purpose flour
- ½ cup whole-wheat flour
- 1½ teaspoons baking powder
- 1½ teaspoons ground cinnamon
- ½ teaspoon salt
- 1¼ cups mashed ripe banana (about 3 medium bananas)
- 6 tablespoons smooth natural peanut butter, divided
- ¼ cup whole milk
- ¼ cup unsweetened applesauce
- 3 tablespoons honey
- 1 large egg
- 2 teaspoons vanilla extract

Instructions:

1. Preheat oven to 350 degrees F. Lightly coat a 9-inch square baking pan with cooking spray.
2. Whisk oats, all-purpose flour, whole-wheat flour, baking powder, cinnamon and salt together in a small bowl.
3. Whisk mashed banana, 4 Tbs peanut butter (reserve 2 Tbs for later), milk, applesauce, honey, egg, and vanilla together in a large bowl until combined. Fold the oat mixture into the banana mixture until just combined and no dry streaks remain.
4. Transfer to the prepared baking pan, spreading into an even layer. Dollop the remaining 2 Tbs peanut butter evenly on top. Using a toothpick or a paring knife, drag the peanut butter throughout the oat mixture, creating a marbled look.
5. Bake until the edges begin pulling away from the pan sides, about 30 minutes.

Source: [High-Protein Peanut Butter–Banana Oatmeal Bars](#)



Sports nutrient spotlight: Protein is a macronutrient that is helpful for muscle repair when the muscles become sore. Not to mention with these easy to make bars, they are good for on the go and/or after a lift to get an easy source of protein in.

Snack

PROTEIN PUDDING



SERVES

One



NUTRITION SPOTLIGHT

This simple dessert is high in protein, helping athletes recover. The chia seeds add an extra source of fiber for digestion.



INGREDIENTS

- $\frac{3}{4}$ cup almond milk
- 1 serving protein powder
- 1.5 tablespoons chia seeds
- 1 tablespoon cocoa powder
- 1 tablespoon chocolate chips

METHOD

1. Add all ingredients, except chocolate chips, to a blender.
2. Blend until a thick mixture forms.
3. Let chill in the refrigerator for 1 hour before serving.
4. Top with chocolate chips.