

GSSI RECOVERY MEAL KIT RECIPES



Many of you already know that in order to properly recover after training you need to eat a balanced meal. However, sometimes coming up with meal ideas can be challenging.

Refueling after training with the proper nutrients can be both nutritious and delicious. The recipes focus on frozen and canned foods. Choosing these types of foods at the grocery store will make your food last longer. There will be several recipes listed throughout this kit; it will take your personal judgment to know which meal to choose.

“Recovery” is a term used to describe the refueling and rehydration strategies taken in the period immediately post exercise to gain training adaptations and prevent fatigue in the next exercise sessions. It takes about an entire 24-hour day for the body to recover from training.

COOKWARE NEEDED:

- Blender
- Crockpot (slow cooker)
- Pans (for stovetop)
 - Baking dish
 - Utensils
- Mixing bowl

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SHAKES

Mix together the ingredients in a blender to your desired consistency. If you would like a lower calorie option, split the ingredients in half or make the entire recipe for two servings.

Popeye's Pal

6oz water
1 cup frozen strawberries
1 medium lemon or 3 Tbsp lemon juice concentrate 2-3 handfuls dark leafy greens
2 Tbsp honey
1/2 cup tart cherry juice

Servings: 1

Nutritional Value: 300 calories, 68g carbohydrate, 6g protein, 0g fat

PB&J Shaker

8oz 2% milk
1 Tbsp nut butter
1/2 medium banana
1/4 cup rolled oats
1/2 cup frozen strawberries or raspberries 1 scoop Gatorade whey protein

Servings: 1

Nutritional Value: 500 calories, 55g carbohydrate, 35g protein, 17g fat

Fruits and Cream

1 cup peaches or strawberries or blueberries 1/2 cup Greek yogurt
1 scoop protein powder
8oz 2% milk

Servings: 1

Nutritional Value: 340 calories, 34g carbohydrate, 31g protein, 9g fat

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SANDWICHES

All sandwiches can be eaten toasted or cold. Feel free to substitute preferred protein source or bread/wrap into any sandwich.

Bean Burrito

2 corn or whole grain tortillas
1/2 cup cooked brown rice
1/2 cup cooked black beans, drained 1/4 cup Pico de Gallo
1/4 cup shredded pepper jack cheese

Place ingredients in tortillas, roll up and enjoy.

Servings: 1

Nutritional Value: 445 calories, 67g carbohydrate, 19g protein, 11g fat

Egg sandwich

2 slices whole grain bread 2 Tbsp hummus
1 handful dark leafy greens 3 hard-boiled eggs

Spread hummus on bread, place greens, then top with eggs and your favorite spices.

Servings: 1

Nutritional Value: 540 calories, 47g carbohydrate, 32g protein, 25g fat

Peanut Butter and Fruit

This would be a better option for later in the day, not immediately after practice/game.

Whole grain bagel
2 Tbsp peanut butter
1/4 cup fresh sliced strawberries

Spread peanut butter on bagel and top with strawberries (banana is a nice swap too for fruit).

Servings: 1

Nutritional Value: 480 calories, 60g carbohydrate, 20g protein, 18g fat

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BREAKFAST FOODS

Yogurt Parfait

1 cup 2% Greek yogurt
1/2 cup Quaker honey, oats, raisins and almonds granola A few fresh berries

Top yogurt with granola and berries.

Servings: 1

Nutritional Value: 315 calories, 44g carbohydrate, 17g protein, 8g fat

EAToast

2 slices whole grain bread
2 hard-boiled eggs
1/4 medium avocado
Crushed red pepper, salt, black pepper TT

Toast bread. While bread is toasting, slice eggs and mash avocado with salt to desired consistency. Spread avocado on both pieces of bread, place 1.5 egg on each slice and then top with pepper flakes and black pepper.

Servings: 1

Nutritional Value: 435 calories, 43g carbohydrate, 23g protein, 19g fat

Egg Cups

8 eggs
1/2 cup diced bell pepper
1/4 cup diced green onion
1/2 cup shredded cheese
Salt and pepper or your favorite spices, TT

Preheat oven to 350°F and spray muffin tin. Mix veggies together and place in tin, whisk eggs with spices and pour over vegetables. Top with cheese then bake until golden and fluffy, typically about 20 minutes. Allow to cool for 10 minutes before removing from tin.

Servings: 4

Nutritional Value: 210 calories, 2g carbohydrate, 17g protein, 15g fat

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CHICKEN MEAL

Chicken can be cooked with any of your favorite seasonings and served with several different vegetables and carbohydrate sides! **Tip: Aluminum foil keeps leftovers fresh, helps foods to cook more evenly and stay moist, and also makes clean-up easy.**

Salsa Chicken

Pair this with microwavable cup of rice. 4 frozen chicken breasts
1 packet taco seasoning mix
1 cup salsa

1 cup shredded cheddar cheese

Preheat oven to 375°F. Place chicken breasts on a pan sprayed with cooking spray. Sprinkle taco seasoning on both sides of chicken breasts, and pour salsa over chicken. Bake for 25 to 35 minutes, or until chicken is tender and juicy and its juices run clear. Sprinkle chicken evenly with cheese, and continue baking for an additional 3 to 5 minutes, or until cheese is melted and bubbly. Top with sour cream if desired, and serve with cooked rice.

Servings: 4

Nutritional Value: 240 calories, 5g carbohydrate, 25g protein, 13g fat

Cajun Chicken and Sweet potatoes

This is something easy to throw together before leaving in the morning and have ready when you get home later after practice.

2 boneless chicken breasts
1 tsp Cajun seasoning (or chipotle spice)
1 tsp garlic powder
3/4 teaspoon onion powder
1 cup canned green beans
2 large sweet potato, peeled and diced in cubes 2 Tbsp olive oil
Salt and pepper, TT

Preheat oven to 425°F. Mix spices in a bowl. Place chicken, potatoes and green beans on baking sheet. Coat in olive oil and spread spice mix evenly. Bake for 20 minutes, or until chicken has reached internal temperature of 160 degrees Fahrenheit.

Servings: 2

Nutritional Value: 400 calories, 42g carbohydrate, 22g protein, 16g fat

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BEEF MEAL

Beef can be cooked with any of your favorite seasonings and served with several different vegetables and carbohydrate sides! **Tip: Aluminum foil keeps leftovers fresh, helps foods to cook more evenly and stay moist, and also makes clean-up easy.**

Corn and Beef Casserole

1 pound lean ground beef
1 1/2 cups jarred salsa
1 cup frozen white corn, kept frozen until ready to use 1/2 cup shredded pepper Jack or Monterey Jack cheese Salt and freshly ground black pepper, TT
1 cup minute brown rice

Preheat oven to 375°F. Heat large skillet over medium-high heat and spray with cooking spray. Add the beef and cook for 5 minutes, until browned, breaking up the meat as it cooks. Drain away any fat from the bottom of the pan. Season the beef with salt and freshly ground black pepper. Stir in salsa, corn, and 1/4 cup of the cheese. Mix well and transfer the mixture to a shallow baking dish. Top the beef mixture with remaining 1/4 cup of cheese. Bake for 20 to 25 minutes, until the cheese is golden brown and bubbly. Cook rice per package instructions.

Servings: 4

Nutritional Value: 545 calories, 50g carbohydrate, 28g protein, 26g fat

Beef Stir Fry

1 pound beef sirloin, cut into strips
1 frozen bag or 1 can stir fry vegetables 2 cups minute rice
1 tsp minced garlic
2 Tbsp soy sauce
2 Tbsp olive oil

Add oil to pan over medium-high heat. Cook beef, flipping until browned, about 5 minutes. Place beef to the side and add vegetables with garlic to pan, cooking about 2 minutes to warm them. Stir beef and soy sauce into pan with vegetables until vegetables are warm, about 2 more minutes. While beef and veggies are cooking, cook rice in microwave. Serve beef and vegetables over rice. You can even stir rice into pan once cooked to soak up more soy sauce.

Servings: 4

Nutritional Value: 380 calories, 30g carbohydrate, 37g protein, 12g fat

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FISH/SEAFOOD MEAL

No matter the type, fish or seafood can be cooked with any of your favorite seasonings and served with several different vegetables and carbohydrate sides!

Tip: Aluminum foil keeps leftovers fresh, helps foods to cook more evenly and stay moist, and also makes clean-up easy.

Salmon Pasta

5oz (1/2 can-10oz) canned salmon
4oz dry whole wheat pasta
1 frozen steamable bag frozen broccoli
1/2 cup chopped canned carrots
2 Tbsp minced garlic
2 Tbsp lemon juice
2 Tbsp soy sauce

Cook pasta per package instructions. Cook broccoli in microwave per package instructions, while heating carrots over medium-high heat with lemon juice, soy sauce and garlic. Mix in broccoli with carrots, and add salmon. Once heated though, mix together with pasta.

Servings: 2

Nutritional Value: 345 calories, 48g carbohydrate, 27g protein, 5g fat

Tomato Fish

1 frozen cod or tilapia fillet
1 can tomatoes with green chiles
1 cup frozen carrots (or other vegetable of choice)
1 cup quick brown rice

Place pan over medium high heat and spray. Pour fish and tomatoes into pan and cook until fish is easily flaked, flipping halfway through. Cook rice and vegetables per package instructions.

Servings: 1

Nutritional Value: 400 calories, 66g carbohydrate, 26g protein, 4g fat

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VEGETARIAN/VEGAN MEAL

Be sure to speak with your dietitian if you follow either of these diets, to ensure that you are still incorporating foods to provide all vitamins and minerals necessary for daily needs.

White Bean Mac

This would pair well with a salad for more vegetables. 2 cups macaroni pasta
1 (15oz) can white kidney beans (cannellini beans)
1 Tbsp olive oil

1 onion, chopped
2 Tbsp minced garlic (or garlic powder) 3/4 cup soymilk
2 Tbsp nutritional yeast
1 tsp miso
1 tsp vinegar
Salt and pepper, TT

Cook pasta according to package instructions. Add oil to pan over medium-high heat and sauté the onion with garlic until onions are soft, about 10 minutes. Add remaining ingredients and bring to a boil, then reduce to simmer, about 2 minutes. Pour ingredients from the pan into a blender and blend until smooth. If you would like to change the consistency, you can add more milk or water until desired. Mix sauce with pasta.

Servings: 2

Nutritional Value: 550 calories, 91g carbohydrate, 27g protein, 9g fat

Black Bean Burger

1 (15oz) can black beans
1 packet Quaker plain instant oats Whole grain hamburger buns
2 Tbsp ketchup
1 Tbsp mustard
1 Tbsp minced garlic (or garlic powder) 1 tsp onion powder

Pre heat oven to 400°F. In a bowl, mash beans with a fork, then mix in oats, spices, and condiments. Spray baking sheet with cooking oil, form equal sized patties and place on sheet. While burgers are cooking, toast burger buns, or you can leave them cold if desired. Cook patties about 7 minutes per side, or until outside seems slightly crispy. Serve in buns.

Servings: 4

Nutritional Value: 250 calories, 46g carbohydrate, 12g protein, 4g fat