

# Recipes for Swimmers



## Resources for Healthy Recipes:

[Yummly](#) - This free site allows you to tailor recipes by cuisine and food preferences and intolerances.

**Feed Zone Portables Cookbook**- [Purchase at Amazon](#)

**The Feed Zone Cookbook**- [Purchase at Amazon](#)

**Feed Zone Table** - [Purchase at Amazon](#)

## Lunch and Dinner Recipes

## ***Turkey and Avocado Wrap***

### Ingredients:

- Whole grain wrap or tortilla
- 3-4 ounces of lean turkey breast
- ¼ avocado, sliced
- Spinach or mixed greens
- Sliced tomato and cucumber
- Mustard or hummus (optional)

### Instructions:

1. Spread mustard or hummus on the whole grain wrap.
2. Layer in the turkey, avocado, spinach, tomato, and cucumber.
3. Roll up the wrap tightly and slice in half.

### Nutritional Benefits:

**Carbohydrates:** Whole grain wrap provides sustained energy.

**Protein:** Turkey supports muscle repair and endurance.

**Healthy Fats:** Avocado adds essential nutrients and promotes satiety.

**Vitamins and Minerals:** Vegetables contribute to overall health.

## ***Quinoa and Black Bean Salad***

### Ingredients:

- 1 cup cooked quinoa
- ½ cup canned black beans, rinsed and drained
- ½ cup corn (fresh or canned)
- Diced bell peppers (red, yellow, or green)
- Chopped cilantro
- Lime juice and olive oil for dressing
- Salt and pepper to taste

### Instructions:

1. In a large bowl, combine cooked quinoa, black beans, corn, bell peppers, and cilantro.
2. Drizzle with lime juice and olive oil, then season with salt and pepper.
3. Toss to mix everything together.

### Nutritional Benefits:

- **Complex Carbohydrates:** Quinoa is a great source of energy and protein.
- **Fiber:** Black beans and vegetables promote digestion and satiety.
- **Healthy Fats:** Olive oil provides essential fatty acids.
- **Vitamins:** Bell peppers and cilantro offer various vitamins and antioxidants.

## ***Greek Yogurt Chicken Salad***

### Ingredients:

- 1 cup shredded cooked chicken breast
- ½ cup plain Greek yogurt
- 1 tablespoon Dijon mustard
- Diced apples or grapes (for sweetness)
- Chopped celery
- Chopped walnuts (optional)
- Salt and pepper to taste
- Whole grain bread or crackers for serving

### Instructions:

1. In a bowl, mix shredded chicken, Greek yogurt, mustard, apples or grapes, celery, and walnuts.
2. Season with salt and pepper and mix until well combined.
3. Serve on whole grain bread as a sandwich or with whole grain crackers.

### Nutritional Benefits:

- Protein: Greek yogurt and chicken provide muscle-building protein.
- Carbohydrates: Whole grain bread or crackers add energy-sustaining carbs.
- Healthy Fats: Walnuts contribute omega-3 fatty acids.
- Vitamins: Fruits and vegetables enhance the nutritional profile.

## ***Grilled Chicken and Quinoa Bowl***

### Ingredients:

- 1 cup cooked quinoa
- 1 grilled chicken breast, sliced
- 1 cup mixed vegetables (bell peppers, zucchini, and broccoli)
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh herbs (parsley or cilantro) for garnish

### Instructions:

1. Grill the chicken breast until fully cooked.
2. In a skillet, sauté mixed vegetables in olive oil until tender.
3. Layer quinoa, grilled chicken, and vegetables in a bowl.
4. Season with salt, pepper, and fresh herbs.

### Nutritional Benefits:

- Protein: grilled chicken and quinoa provide lean sources of protein
- Carbs: Quinoa also provides a complex carbohydrate source.
- Healthy fats: Olive oil is a healthy fat
- Vitamins and Phytonutrients: fresh herbs and vegetables are full of micronutrients and phytonutrients

## ***Whole Wheat Pasta with Turkey Meat Sauce***

### Ingredients:

- 8 oz whole wheat pasta (spaghetti or penne)
- 1 lb lean ground turkey
- 1 can (14 oz) crushed tomatoes
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste
- Grated Parmesan cheese (optional)

### Instructions:

1. Cook the pasta according to package instructions. Drain and set aside.
2. In a large skillet, sauté onions and garlic until fragrant. Add the ground turkey and cook thoroughly.
3. Stir in crushed tomatoes, oregano, salt, and pepper. Simmer for about 10-15 minutes.
4. Toss the cooked pasta with the turkey sauce and serve with grated Parmesan cheese if desired.

### Nutritional Benefits

- Protein: Turkey provides a complete protein source
- Carbs: Whole wheat pasta is a complex carb
- Fats: Grated parmesan cheese provides essential fats needed to digest fat soluble vitamins and provides additional protein
- Micronutrients: Tomatoes, onions, herbs and garlic provide vitamins and phytonutrients

## ***Chickpea and Spinach Curry***

### Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 cups fresh spinach
- 1 can (14 oz) coconut milk
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp curry powder
- 1 tbsp olive oil
- Salt to taste
- Cooked brown rice or quinoa for serving

### Instructions:

1. In a large skillet, heat olive oil over medium heat. Add onion and garlic, sautéing until soft.
2. Stir in curry powder and cook for another minute.
3. Add chickpeas and coconut milk, simmer for about 5 minutes.
4. Add spinach and cook until wilted. Season with salt.
5. Serve over cooked brown rice or quinoa.

### Nutritional Benefits

- Protein: Chickpeas and quinoa provide a protein source
- Carbs: Brown rice provide energy-sustaining complex carbohydrates
- Fats: Coconut milk provides flavor, adds to consistency, and is a healthy fat source
- Vitamins: Spinach, onions and spices provide micronutrient benefits and enhance the overall nutrition profile of the dish

## ***Stuffed Bell Peppers***

### Ingredients:

- 2 large bell peppers, halved and seeds removed
- 1 cup cooked quinoa
- 1 lb lean ground beef or turkey
- 1 can (14 oz) diced tomatoes
- 1 cup corn (fresh or frozen)
- 1 tsp cumin
- Salt and pepper to taste
- Shredded cheese for topping (optional)

### Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a skillet, cook the ground meat until browned. Stir in quinoa, tomatoes, corn, cumin, salt, and pepper, cooking until heated through.
3. Stuff bell pepper halves with the mixture and place in a baking dish.
4. Top with cheese, if desired, and cover with foil.
5. Bake for about 25-30 minutes, removing the foil in the last 10 minutes to brown the cheese.



## ***Turkey and Vegetable Chili***

### Ingredients:

- 1 lb ground turkey
- 1 can (14 oz) kidney beans, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste

### Instructions:

1. In a large pot, cook ground turkey over medium heat until browned. Drain excess fat.
2. Add onion, bell pepper, and garlic, cooking until softened.
3. Stir in chili powder, cumin, tomatoes, and beans. Season with salt and pepper.
4. Simmer for about 20-30 minutes. Adjust seasoning before serving.

## **Granola Bar Recipes**

*- Store granola bars in an airtight container at room temperature for up to a week, or in the refrigerator for longer freshness. You can also freeze them for convenient snacks later.*

*These healthy granola bar recipes are not only simple to make but also packed with energy and nutrients, making them an excellent option for athletes and active individuals! Feel free to customize the ingredients based on preferences or dietary needs.*

## ***Nut and Seed Granola Bars***

### Ingredients:

- 1 cup rolled oats
- ½ cup nuts (e.g., almonds, walnuts, or pecans), chopped
- ¼ cup seeds (e.g., pumpkin, sunflower, or chia)
- 1/2 cup nut butter (e.g., almond butter or peanut butter)
- 1/4 cup honey or maple syrup
- 1/2 teaspoon vanilla extract
- Optional: 1/4 cup dark chocolate chips or dried fruit (raisins, cranberries, or apricots)

### Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking dish (8x8 inches) with parchment paper.
2. In a bowl, mix the rolled oats, chopped nuts, and seeds.
3. In another bowl, combine the nut butter, honey (or maple syrup), and vanilla extract. Microwave for about 20-30 seconds to soften if needed, then stir until smooth.
4. Pour the wet mixture over the dry ingredients and mix until fully combined. Add chocolate chips or dried fruit if using.
5. Press the mixture firmly into the lined baking dish.
6. Bake for 15-20 minutes until slightly golden around the edges.
7. Let cool completely, then cut into bars.

## ***Fruit and Nut Granola Bars***

### Ingredients:

- 1 ½ cups rolled oats
- ½ cup dried fruit (e.g., dates, figs, apples, or raisins), chopped
- ½ cup nuts (e.g., cashews, almonds, or hazelnuts), chopped
- 1/4 cup almond butter or peanut butter
- 1/4 cup honey or maple syrup
- 1/2 teaspoon cinnamon
- Optional: 1/4 teaspoon salt

### Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking dish (8x8 inches) with parchment paper.
2. In a large mixing bowl, combine the rolled oats, chopped dried fruit, and nuts.
3. In a separate microwave-safe bowl, mix the almond butter and honey (or maple syrup) until smooth. Add cinnamon and salt if using.
4. Pour the wet mixture over the dry ingredients and mix well.
5. Press the mixture firmly into the lined baking dish.
6. Bake for 15-20 minutes or until lightly golden.
7. Allow to cool before cutting into bars.

## ***Chocolate Chip Oatmeal Granola Bars***

### Ingredients:

- 2 cups rolled oats
- 1/2 cup almond flour or whole wheat flour
- 1/2 cup honey or maple syrup
- 1/2 cup peanut butter or almond butter
- 1/4 cup dark chocolate chips
- 1/4 cup chopped nuts (e.g., pecans or walnuts)
- 1/2 teaspoon vanilla extract
- Optional: pinch of salt and cinnamon

### Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking dish (8x8 inches) with parchment paper.
2. In a large bowl, combine oats, almond flour, chopped nuts, salt, and cinnamon.
3. In another microwave-safe bowl, mix the honey (or maple syrup), nut butter, and vanilla extract; microwave for about 20-30 seconds to soften.
4. Combine the wet and dry ingredients, then fold in the chocolate chips.
5. Press the mixture into the lined baking dish evenly.
6. Bake for 20-25 minutes or until edges are golden.
7. Let cool completely before slicing into bars.

## **Protein/Energy Balls**

- *Store protein balls in an airtight container in the refrigerator for up to one week, or freeze them for longer storage (up to 3 months). If frozen, allow them to thaw in the refrigerator*

*before consuming.*

### ***Peanut Butter Chocolate Chip Protein Balls***

#### Ingredients:

- 1 cup natural peanut butter (or almond butter)
- 1 cup rolled oats
- 1/2 cup protein powder (whey or plant-based)
- 1/4 cup honey or maple syrup
- 1/2 cup mini dark chocolate chips
- 1/4 teaspoon vanilla extract
- A pinch of salt (optional)

#### Instructions:

1. In a mixing bowl, combine the peanut butter, honey (or maple syrup), and vanilla extract until smooth.
2. Add the rolled oats, protein powder, and a pinch of salt (if using). Mix well until all ingredients are combined.
3. Fold in the mini chocolate chips.
4. Scoop out tablespoon-sized portions of the mixture and roll them into balls using your hands.
5. Place the protein balls on a lined baking sheet or plate. Refrigerate for at least 30 minutes to set.
6. Store in an airtight container in the refrigerator for up to a week.

## ***Coconut Almond Protein Balls***

### Ingredients:

- 1 cup almond butter (or cashew butter)
- 1/2 cup rolled oats
- 1/2 cup shredded coconut (unsweetened)
- 1/4 cup protein powder (vanilla or unflavored)
- 1/4 cup honey or maple syrup
- 1/4 teaspoon almond extract
- A pinch of salt (optional)
- Extra shredded coconut for rolling

### Instructions:

1. In a large mixing bowl, combine the almond butter, honey (or maple syrup), and almond extract until smooth.
2. Add rolled oats, shredded coconut, protein powder, and a pinch of salt. Mix until well combined.
3. Scoop tablespoon-sized portions of the mixture and roll into balls.
4. Roll the balls in extra shredded coconut to coat them, if desired.
5. Place on a lined baking sheet and refrigerate for at least 30 minutes to firm up.
6. Store in an airtight container in the refrigerator for up to a week.

## ***Chocolate-Chip Pumpkin Protein Balls***

### Ingredients:

- 1 cup rolled oats
- 1/2 cup canned pumpkin puree
- 1/2 cup almond butter (or peanut butter)
- 1/4 cup honey or maple syrup
- 1/4 cup chocolate chips (dark or semi-sweet)
- 1/4 cup protein powder (vanilla or unflavored)
- 1 teaspoon pumpkin pie spice (or cinnamon)
- A pinch of salt

### Instructions:

1. In a mixing bowl, combine the pumpkin puree, almond butter, and honey (or maple syrup) until smooth and well mixed.
2. Add the rolled oats, protein powder, chocolate chips, pumpkin pie spice, and a pinch of salt. Stir until thoroughly combined.
3. Scoop out the mixture and roll into balls using your hands.
4. Place on a lined baking sheet or plate and refrigerate for at least 30 minutes.
5. Store in an airtight container in the refrigerator for up to a week.