

A PERFECT  FIT

Athlete

SNACK

RECIPE GUIDE



ATHLETE RECIPE GUIDE

Proper nutrition is key when it comes to athletic performance. At A Perfect Fit we understand that the right balance of nutrients, vitamins, and minerals can help improve speed, focus, blood flow, and energy. That's why we're sharing four of our athlete's favorite snack recipes!



CONTENTS

PAGE

01

Spinach Chicken Caesar Wrap

PAGE

02

Blood Flow Drink

PAGE

03

Blueberry Collagen Waffles

PAGE

04

Dark Chocolate and Pumpkin Seed
Trail Mix

01

*Spinach Chicken
Caesar Wrap*



Spinach Chicken Caesar Wrap

INGREDIENTS

Yield 1 wrap

- 8 oz. boneless chicken breast, cooked and shredded
- 1 cup baby spinach
- 1/4 cup red onion, thinly sliced
- 1 tbsp dried tomatoes, chopped
- 2 tbsp avocado oil caesar dressing
- 1 whole wheat or cassava flour wrap

Assemble all ingredients into wrap. If using cassava flour tortillas, be sure to warm on skillet before folding.

02

Blood Flow Drink



INGREDIENTS

Yield 1 drink

- 1/4 cup beet juice
- 1/4 cup pomegranate juice
- 1/4-1/3 cup orange juice
- 1/2 of a ginger shot
- 1/2 lemon, juiced

Mix all ingredients together in a blender with ice if desired. Best if taken before workouts.

03

Blueberry Collagen Waffles



Blueberry Collagen Waffles

INGREDIENTS

Yields 4-6 waffles

- 3 eggs, at room temperature
- 1/2 cup coconut milk
- 1/3 cup coconut oil, melted and cooled to almost room temperature
- 2 tbsp pure maple syrup
- 1 tsp vanilla extract
- 1 1/2 cups almond flour
- 1/3 cup tapioca flour
- 1/2 tsp baking soda
- 1 tsp aluminum free baking powder
- 1/2 tsp sea salt
- 3 scoops (39 g) NSF certified collagen powder
- 3/4 cup fresh blueberries

In a large mixing bowl combine all dry ingredients

In another bowl add eggs, milk, maple syrup, coconut oil, vanilla. Pour this mixture into the dry ingredients and stir until combined.

Heat waffle iron, brush it with coconut oil or spray with avocado oil or coconut oil spray.

Pour batter into the center of the iron (1/4-1/3 cup), spreading a little bit out before closing the iron.

Cook until golden brown. Top with fresh berries and maple syrup. These are great for an on-the-go breakfast!



04

*Dark Chocolate and Pumpkin
Seed Trail Mix*

Dark Chocolate and Pumpkin Seed Trail Mix

INGREDIENTS

Yields 4 servings

- 1 cup raw, sprouted pumpkin seeds (shelled)
- 2/3 cup unsweetened dried tart cherries
- 2-3 oz chopped dark chocolate pieces
- 1/4 cup nuts (choose cashews, walnuts, almonds, or chopped brazil nuts)

Mix ingredients together and divide evenly between four food containers. Great for snacking between practice!



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Understanding performance nutrition can be a challenge, but with our team of dietitians and personal chefs, athletes can feel confident that they are making the right choice to boost their performance and take care of their bodies!

