

Overnight Oats

Ingredients

Preparation Time: 5 minutes
Serving Size: 1 bowl
Cost: \$

- ½ cup oats
- ½ cup fat-free Greek yogurt (any flavor)
- ⅓ cup rice milk (other options: almond, soy, cow's milk)
- 1 tsp. cinnamon

Toppings (optional)

- ¼ cup nuts
- 1 Tbsp. flax or chia seeds
- ¼ cup berries or dried fruit
- ¼ cup granola or muesli
- sprinkle of unsweetened coconut

Directions

1. **Combine** oats, Greek yogurt, milk, and cinnamon in a bowl.
2. **Stir** together until evenly mixed.
3. **Refrigerate** overnight or for at least 6 hours before eating.
4. **Top** with your favorite fruits, nuts/seeds, or muesli.



Overnight Oats

(w/blueberry yogurt, rice milk, chia seeds, and blueberries)

Amount	1 ½ cups
Calories	377
Fat (g)	9
Sat. Fat (g)	2
Carb. (g)	42
Fiber (g)	11
Protein (g)	17
Allergen info: Gluten free (type of oats)	

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Preparation Tips

- Get creative by switching up your Greek yogurt flavors or choosing different milk.
- Increase protein content by choosing cow's milk or soy milk and adding nuts/seeds to the top.
- Make gluten-free by choosing gluten free oats.

Performance Facts

- Prepare the night before and eat for breakfast 1-2 hours before training to help replenish depleted energy stores.
- Rich in casein and whey proteins, making it a great option for a recovery snack before bed to help overnight muscle repair.
- Rich in fiber which promotes gut and cardiovascular health.

Smoothie Bowl

Ingredients

Preparation Time: 5 minutes
Serving Size: 8 fl. oz.
Cost: \$

Chocolate Peanut Butter

- ¼ cup fat free chocolate milk
- ½ cup ice
- 1 small frozen banana
- 1 Tbsp. peanut butter
- 1 scoop chocolate whey protein (optional)

Strawberry Banana

- ¼ cup low-fat or fat free milk
- 1 cup frozen strawberries
- 1 small banana
- ¼ cup Greek vanilla yogurt
- 1 scoop vanilla whey protein (optional)

Toppings (optional)

- ¼ cup nuts
- 1 Tbsp. flax or chia seed
- ¼ cup berries or fruit
- ¼ cup granola or muesli
- sprinkle of shredded coconut
- ¼ cup dried berries

Directions

- **First** add soft, high moisture foods to blender (liquids, fresh fruit, veggies, etc.)
- **Add** protein powder (optional)
- **Add** solid foods last (frozen fruit, ice, nuts)
- **Consistency:** ideal for pouring into a bowl and eating with a spoon
- **Top** with your favorite fruits, nuts/seeds, muesli or granola



Chocolate Peanut Butter (w/o toppings)

Amount	8 fl. oz.
Calories	298
Fat (g)	9
Sat. Fat (g)	2
Carb. (g)	38
Fiber (g)	6
Protein (g)	21
Allergens: Gluten free	

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Cooking Tips

- If the ingredients are too cold in the blender, an air pocket will form; balance it out by adding a little more liquid until desired consistency.
- Try with any smoothie recipe, just decrease the liquid to about ¼ cup or the least amount possible to make the blender churn and give it a thick consistency.
- Add 1 cup of any greens to a smoothie bowl as an easy way to increase veggies for the day.

Performance Facts

- Consume 1-2 hours before exercise as part of a balanced breakfast or between meals as a snack option.
- Smoothie bowls are an excellent source of carbohydrate, protein, calcium, and antioxidants, ideal for energy replenishment, tissue repair and recovery post-workout.



CHIA SEED OATMEAL

Ingredients

Preparation time: 5 min

Servings: 1

½ cup old fashioned oats

⅔ cup water

1 Tbsp. chia seeds

1 Tbsp. nut, seed and dried fruit trail mix

Directions:

1. Mix oats and fluid (water or milk) together in a microwave safe bowl. Choose a large enough bowl to allow for expansion
2. Cook on medium for 3-4 minutes in microwave. Check half way to ensure it does not bowl over.
3. Top with chia seeds and trail mix.

Chia Seed Oatmeal

Amount	1 serving
Calories	265
Fat	10g
Sat Fat	1g
Carbs	37g
Fiber	10g
Protein	9g
Vegetarian	

Cooking Tip

- ✓ Add chia seeds prior to cooking for super thick oats. Combine oats, chia seeds, and liquid, then let sit for about 1-2 minutes until chia seeds have absorbed some of the liquid, and then cook.
- ✓ Ground flax seeds can be a substitute for chia seeds.

Performance Facts

- Chia seeds are a rich source of anti-oxidants, fiber and omega-3 fatty acids which make this a perfect pre-training meal or recovery snack after a morning workout.
- This is also an easy meal to prepare during travel if breakfast options are limited.
- Prepare individual servings in plastic baggies so they are measured and ready to cook in a hotel room or dining hall.

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Pumpkin Porridge

Ingredients

1 serving

½ cup quick oats
 ½ cup plain canned pumpkin
 ¾ cup vanilla soymilk*
 ½ tsp cinnamon or pumpkin pie spice
 2 tsp raw sugar

optional**

1 Tbsp. chopped nuts
 1 Tbsp. chia seeds
 1 Tbsp. ground flaxseed
 1 scoop vanilla protein powder

Directions

- 1) Put all ingredients into a microwave safe bowl.
- 2) Stir to combine and microwave for 1 ½ - 2 minutes.
- 3) Mix in optional ingredients if desired.
- 4) Enjoy!!



Pumpkin Porridge	
Amount	1 bowl
Calories	295
Fat (g)	6.5
Sat. Fat (g)	1
Carb. (g)	52
Fiber (g)	10
Protein (g)	12
Dairy & Gluten Free	

*Substitute another type of milk (almond, cow's, coconut, etc.) for the soymilk if you prefer—just note that protein, fat content, and sweetness will vary.

**Adding optional ingredients may thicken the oatmeal, add additional milk if desired.

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Cooking Tip

Pumpkin is a versatile food that can be enjoyed in sweet or savory dishes. De-seeding, slicing, and baking raw pumpkin can be time-consuming so canned pumpkin can often be used in its place. Plain canned pumpkin has comparable nutrient content to fresh pumpkin but is more convenient to use for those with busy schedules.

It can be used in muffin/bread recipes, for smoothies, in soups, in pasta sauces, or a variety of desserts.

Ingredients

Preparation time: 20 minutes

Servings: about 8

Cost: \$

For the salad:

5 medium chopped apples

½ C chopped almonds

2 C chopped celery

¼ C cocoa nibs

¼ C raisins

¼ C dried blueberries

For the dressing:

½ C peanut butter

2 Tbsp. lemon juice

1 tsp. cinnamon

Directions

1. Microwave peanut butter for 15 seconds if it was stored in the refrigerator. In a large bowl, mix peanut butter and lemon juice together and set it aside
2. Chop apples and celery
3. Add half the chopped apples and begin the mixing process. Add the remaining apples and celery and continue mixing
4. Add raisins, dried blueberries, almonds and cocoa nibs
5. Mix thoroughly
6. Add cinnamon
7. Continue mixing until somewhat homogenous.



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Autumn Apple Salad	
Amount	1 cup
Calories	248
Fat (g)	14
Sat. Fat (g)	3
Carb. (g)	26.5
Fiber (g)	9
Protein (g)	6.5
Allergen info: Gluten Free, Vegan	

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Cooking Tip

This recipe is very flexible; amounts and ingredients can easily be modified for your individual preferences. Other ingredients that work well include: walnuts, cashews, dried cranberries, and mulberries. Top this recipe with shredded chicken for a delicious and complete meal. This recipe will stay fresh and crisp for up to 5 days in the refrigerator.

Performance Facts

Fiber slows gastric emptying, causing an increased feeling of fullness. Diets high in fiber feed the healthy bacteria in the gut which helps to maintain regularity and may improve immune function.

Avocado Rice with Black Bean and Corn Salsa

Ingredients

Preparation time: 20 minutes

Servings: 6

For the Rice:

4 servings Uncle Ben's Instant Brown Rice
 ½ tsp. ground cumin
 2 Tbsp. scallions, chopped
 1 avocado, diced

For the Salsa:

1 – 14.5 oz. can diced tomatoes
 1 jalapeno, finely diced
 ½ red onion, finely diced
 1 lime, juiced
 ½ tsp. cumin
 2 Tbsp. cilantro, finely chopped
 ½ cup canned black beans, drained and rinsed
 ½ cup frozen corn, thawed
 ½ cup canned black beans, drained and rinsed

Directions

For the Rice:

1. Follow the package instructions for 4 servings of rice.
2. Once cooked, add scallions and diced avocado. Stir until well incorporated.

For the Salsa:

1. In a medium bowl, mix together the tomatoes, onions, jalapeño, onion, lime juice, cumin, cilantro, beans and corn.
2. Refrigerate at least an hour. Adjust seasonings to taste.
3. Stir to incorporate both dishes if desired, or top the rice with salsa.



Avocado Rice with Black Bean and Corn Salsa

Amount	~1 cup
Calories	234
Fat (g)	5
Sat. Fat (g)	1
Carb. (g)	42
Fiber (g)	6.5
Protein (g)	6
Gluten Free, Vegan.	

Kate Machado, MS, RD, CSSD - Author

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Cooking Tip

Although this dish is vegan, you can add grilled chicken, fish or steak to make it more like a fajita bowl and increase the protein content. Uncle Ben's Instant Brown Rice has all of the benefits of traditional brown rice, but it is partially cooked and can be prepared in as little as 90 seconds.

Performance Facts

Brown rice, which has only its husk removed during milling, is richer in fiber, trace minerals, and B vitamins than more processed white rice. The rice promotes sustained energy, fullness, and immune health. The avocado provides a nice source of monounsaturated fatty acids, which have anti-inflammatory properties. Tomatoes and lime juice make this dish a great source of vitamin C.

Garlic, Lemon, & Parsley Chickpea salad

Ingredients

Preparation time: 15 minutes

Servings: 8

- 2 cans of garbanzo beans (chickpeas)
- 2 small lemons, zested and juiced
- 3 Tbsp. of chopped Italian parsley
- 2 Tbsp. of extra virgin olive oil
- 2 tsp. of garlic paste (or minced garlic)
- 1 tsp. of freshly ground pepper
- ½ tsp. of salt

Optional Add-Ins:

- Sliced roasted red peppers
- Thinly sliced sweet onion
- Halved cherry tomatoes
- Spinach, kale, romaine, arugula

Directions

1. Rinse and drain the canned chickpeas and set aside.
2. In a large bowl, combine all dressing ingredients using a whisk in the following order: lemon juice, garlic, lemon zest, parsley, olive oil.
3. Add the chickpeas to the bowl. Finish with salt and pepper.
4. Stir to combine all ingredients and serve.



Garlic, Lemon & Parsley Chickpea Salad

Amount	¾ cup
Calories	220
Fat (g)	9
Sat. Fat (g)	1
Carb. (g)	28
Fiber (g)	6
Protein (g)	8
Gluten Free, Vegan.	

Liz Fusco, MS, RD - Author

Cooking Tip

If you have time, try using dried chickpeas. They are higher in nutrients and less expensive than their canned counterparts! Soak 1 cup of dried chickpeas overnight in a large covered bowl filled with cool water. The next day, add 1 tsp. of salt to a stockpot of water. Simmer on low for ~2 hours. Rinse and refrigerate until needed.

Performance Facts

Garbanzo beans are a great source of protein, fiber, and complex carbohydrates, all of which help maintain a continuous stream of energy and promote fullness. Garbanzo beans are an excellent carbohydrate-rich alternative to pasta for anyone with a gluten allergy or intolerance. Parsley is rich in epigenin, a powerful flavonoid antioxidant. Epigenin has been shown to reduce skin tumors in mice, inhibit signaling molecules that promote tumor formation, and even kill cancer cells.

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EDAMAME SALSA



Dietary: Gluten free | Servings: 5-6 | Preparation Time: 15 min

INGREDIENTS

- 12 oz. cherry tomatoes, sliced in half
- ½ red onion, diced
- 1 bell pepper, diced
- 1 Tbsp. extra virgin olive oil
- ⅛ tsp. salt
- 2 lemons, juiced
- 12 oz. edamame, precooked
- 6 oz. crumbled feta
- 2 avocados, chopped
- ¼ cup fresh cilantro, chopped

Adapted from: rachaelhartleynutrition.com



DIRECTIONS

In a glass or plastic bowl, stir together cherry tomatoes, red onion, bell pepper, olive oil, salt, and lemon juice.

Stir in the edamame, feta, and avocado.

Stir in chopped cilantro.

Stays fresh for 3-4 days if covered in the fridge.

Serving Size: 1 cup

Calories: 220

Fat (g): 14

Sat. Fat (g): 5

Carb (g): 14

Fiber (g): 5

Protein (g): 12

Author- Katie Shetland,
USOC Sport Nutrition Intern

THE INSIDE SCOOP

This salsa is great as an appetizer or snack. Edamame is a plant-based protein, rich in fiber, calcium, and vitamin C. Avocados provide a source of healthy fats and contain 13 grams of fiber per avocado! Tomatoes contain vitamin C, an antioxidant that protects against cell damage, and vitamin A, which is essential for eye health. This dish pairs well with chips for a hearty snack, tacos, or eggs for a nutrient boost at breakfast. It can also be served over quinoa or just eaten straight from the bowl. This can be made ahead, simply wait to add the avocado and edamame until just before serving. Parsley can be used in place of the cilantro in this recipe.

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Summer Salmon Pasta

Ingredients

Preparation time: 30 minutes

Servings: 6

For the Pasta:

- 1 cup whole wheat orzo pasta
- 6 cups water
- 1 lb. asparagus, rinsed, cut into 2 inch pieces
- 1 lb. salmon fillet
- ¼ cup thinly sliced red onion
- ¼ tsp. salt
- ¼ tsp. ground black pepper

For the Lemon Vinaigrette:

- 1/3 cup crumbled feta cheese
- 3 Tbsp. lemon juice
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. chopped dill
- ¼ tsp. salt
- ¼ tsp. ground black pepper

Directions

1. Preheat oven broiler.
2. Bring a pot of water to a boil, then add orzo and stir periodically. After 7 minutes, add the asparagus to the pot with the orzo and cook for 2 more minutes. Drain and set aside in a large serving bowl.
3. While orzo is cooking, season salmon fillet with salt and pepper. Place on foil-lined broiler pan. Broil for 8 minutes, or until the fish is cooked through.
4. Break broiled fish into smaller pieces using 2 forks and add to serving bowl with asparagus and orzo.
5. Combine the lemon vinaigrette ingredients in a bowl and stir.
6. Add the red onion to the bowl of asparagus and orzo, pour the vinaigrette over the contents, and toss gently.

**Recipe adapted from MyRecipes.com*



Summer Salmon Pasta	
Amount	½ cup
Calories	278
Fat (g)	10
Sat. Fat (g)	2.5
Carb. (g)	25
Fiber (g)	6
Protein (g)	23

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Cooking Tip

Mix it up and add any other veggies that you like! If you are missing any of the dressing ingredients or are in a time crunch a pre-made citrus dressing will work too.

Performance Facts

This pasta is packed with muscle building protein and anti-inflammatory omega-3s. The onion and asparagus contain carbohydrates that act as prebiotics which promote gut health and help maintain a strong immune system.

Curried Chicken Salad



Everyone loves comfort food. This is comfort food for you and your body. This lower fat chicken salad option is great for a quick meal, snack, or after a workout. Fueled by lean chicken, fat free Greek yogurt and vegetables, this can start the rebuilding process. Pair as a sandwich using 100% whole grain bread, whole wheat Pita, or other whole grain wrap; add in spinach, kale, or other veggies for a nutrient packed sandwich!

Ingredients:

Wet Ingredients:

2 cups Fat free plain Greek yogurt
 2 pounds chicken breast- diced
 1 Tbs Lemon juice
 1 Tbs Balsamic Vinegar
 1 Tbs olive oil

Dry Ingredients:

3 Spears Celery- diced
 ½ Yellow onion-diced
 ½ Red onion- diced
 4 cloves garlic- minced
 ½ cup cut toasted almonds
 ½ cup Dried Tart Cherries
 1 Tbs Black Pepper
 1 Tbs Onion Powder
 1 teaspoons of curry powder
 1 teaspoon of ground turmeric
 5-6 Fresh Basil leaves- finely chopped

Directions:

1. Dice chicken into ½ inch cubes. Set aside.
2. Dice onions, celery and garlic.
3. Place into sauté pan with 1 tablespoon olive oil and cook till yellow onion is translucent (about 5 minutes)
4. Take sautéed vegetable out and fold into chicken. Fold in half the Greek yogurt.
5. Add lemon, balsamic vinegar, onion powder, pepper, turmeric, curry, basil, and dried tart cherries
6. Once incorporated, fold in remainder of Greek yogurt.

Curried Chicken Salad

Amount	1/10 of recipe
Calories	180
Fat	8g
Sat Fat	2g
Carbs	14g
Fiber	2g
Protein	15g

Nutrient Information

- ✓ There are many reasons this meal is excellent for supporting athletic performance. Turmeric (by itself and in curry) and tart cherries are anti-inflammatory foods that can help decrease muscle soreness after exercise and decrease joint pain.
- ✓ Greek yogurt is a great source of lean protein, calcium, and probiotics. Probiotics help to keep your digestive system running smoothly, and can also improve immune function by increasing the number of beneficial bacteria in your body.
- ✓ Cherries are full of antioxidants, which help fight free radicals (damaged cells) in the body. Cherries are also an excellent source of potassium, which helps to lower blood pressure. One cup of cherries has about the same amount of potassium as a banana (300-400mg). The enzymes in tart cherries have been shown to reduce joint and muscle pain by decreasing inflammation that leads to swelling and irritation. Cherries also contain high levels of phytochemicals such as melatonin, which helps to regulate the sleep-wake cycle.
- ✓ Often overlooked or taken for granted as a “healthy food” chicken has a lot more to offer than just being a great source of protein. Chicken is a particularly helpful food for obtaining vitamin B3, niacin, a heart healthy vitamin and ranks as an excellent source of this B vitamin. In terms of minerals, chicken is richest in selenium and provides zinc, copper, phosphorus, magnesium, and iron by this food. These minerals are essential for muscle recovery and energy metabolism.

Tip: If you eat an orange with your granola, you will absorb more iron!

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