



# BRATTAIN

SPORTS PERFORMANCE

---

Coach's Recipe Book



So, you are ready to begin your fitness journey. You have committed to the training. You are ready to make the necessary adjustments in your exercise routine in order to see the results you seek. However, have you thought about the adjustments you will make in the kitchen? You will incorporate 2-4 hours of additional training each week, but what about the 21-25 hours you will spend eating over the course of a week. This is enough time to make or break your results in the gym.

This recipe book was designed for those of you who are ready to make the necessary dietary adjustment but you are unsure as to what those meals could look like. The coaches at Brattain Sports Performance have compiled a handful of the recipes that we most enjoy.

Check them out for yourself!



## Garlic Parmesan Zucchini Noodles



### *Ingredients:*

- 1 1/4 cup spiraled zucchini (best to use a spiralizer)
- 1/4 cup cherry tomatoes, cut in half
- 1 tbsp light butter (Light butter with canola oil)
- 1 clove garlic, minced
- 1 tbsp Kraft grated parmesan cheese
- 1/4 tsp dried basil or fresh basil
- 1/8 tsp salt
- Dash of fresh ground pepper

### *Directions:*

1. Heat a large pan over medium high heat.
2. Melt butter and add garlic. Cook garlic until fragrant.
3. Add zucchini noodles and tomatoes.
4. Cook until tender, about 2 to 3 min.
5. Do not overcook or the zucchini will get mushy.
6. Remove the pan from the heat.
7. Add parmesan cheese and basil.
8. Season with salt and pepper, if desired.



## Cashew Crunch Salad



### *Ingredients:*

#### *For the Salad:*

- 1/2 head of green cabbage, finely shredded
- 1/2 head of purple cabbage, finely shredded
- 2 cups carrots, matchstick-cut or shredded
- 1 cup fresh cilantro, chopped
- 1/2 cup sliced green onion
- 2 cups cooked edamame
- 1–2 cup roasted cashews
- 2 cups crunchy chow mein noodles (optional)  
Add chicken, shrimp, or any other protein you like

#### *For the Dressing:*

- 1/4 cup olive oil (you can use any other oil as well)
- 3 tablespoons white vinegar
- 2 tablespoons sesame oil – very important for flavor!
- 2 tablespoons sugar
- 1 teaspoon salt
- a few shakes of garlic powder
- optional: 1/4 cup Greek yogurt

### *Directions*

1. Shake the dressing ingredients up in a jar until smooth. Add the Greek yogurt or mayo (optional – just makes it more creamy) and shake again until smooth.
2. Toss all the salad ingredients together. Drizzle with dressing and serve!



## Avocado Hummus



### *Ingredients:*

- 1 (15 oz) can chick peas, well drained
- 2 medium ripe avocados , cored and peeled (13 oz before cored and peeled)
- 3 Tbsp olive oil , plus more for serving if desired
- 1 1/2 Tbsp tahini
- 3 Tbsp fresh lime juice
- 1 clove garlic , peeled
- Salt and freshly ground black pepper
- 1/8 tsp cumin
- 1 - 2 Tbsp finely chopped cilantro leaves , for topping
- Red pepper flakes , for topping

### *Directions:*

1. Pulse chick peas, olive oil, tahini, lime juice, and garlic in a food processor until smooth, about 2 minutes. Season with salt and pepper to taste, add cumin and avocados and pulse mixture until smooth and creamy, about 1 - 2 minutes longer.
2. Serve topped with more olive oil if desired and sprinkle with cilantro and red pepper flakes. Serve with pita chips or tortilla chips.



## Chopped Kale Quinoa and Avocado Salad



### *Ingredients:*

- 1 1/2 cups chopped kale
  - 3/4 cup cooked quinoa
  - 3 tablespoons avocado diced
  - 4 tablespoons button mushrooms diced
  - 1 tablespoon extra virgin olive oil
  - 2 tablespoons lemon juice
  - 1/2 teaspoon parsley chopped
  - salt and pepper to taste
  - salad dressing optional if desired, recommend
  - Trader Joe's Green Goddess Dressing
- \*\*\*Another optional add in would be to add pre-cooked tofu

### *Directions:*

1. Add kale, quinoa, avocado and mushrooms to a bowl.
2. Drizzle with extra virgin olive oil and lemon juice.
3. Sprinkle with parsley, salt and pepper to taste.
4. Serve as is or with your favorite dressing.



## Tofu Peanut Salad



### *Ingredients:*

- 2 cups of mixed salad greens (combo kale, brussels sprouts, cabbage and broccoli)
- 1/2 pre cooked tofu
- 1/2 cup peanuts
- Spicy Thai Peanut Dressing (amount as desired)

### *Directions:*

1. Cut tofu into small cube size until it reaches 1/2 cup.
2. Next put greens, tofu and peanuts into big bowl and mix them. Then add dressing and enjoy!



## Grilled Chicken Margherita



### *Ingredients:*

- 4 boneless skinless chicken breasts, pounded to less than 1 inch thickness
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning (OR 1/2 teaspoon dried oregano + 1/4 teaspoon dried basil + 1/4 teaspoon dried thyme)
- 4 slices mozzarella cheese
- 1/2 cup basil pesto
- 1/2 cup cherry tomatoes, halved
- 1 tablespoon fresh lemon juice
- 1/2 cup packed basil leaves, very thinly sliced
- cracked black pepper

### *Directions:*

1. In a large bowl combine chicken, salt and pepper, olive oil, garlic powder, and Italian seasoning. Toss to combine. Grill chicken over medium-high heat for about 6-8 minutes on each side until cooked through.
2. Top each piece of chicken with a slice of mozzarella cheese and cook another minute or so until melted. Toss tomatoes, lemon juice, and basil together.
3. Top each chicken breast with about 3 tablespoons pesto, a scoop of tomatoes, and some freshly cracked black pepper. Serve and enjoy!





## Black Bean Burgers



### *Ingredients:*

- 1 tablespoon + 2 teaspoons olive oil, divided
  - 4 ounces baby bella or white button mushrooms, finely chopped
  - quarter of a small red onion, peeled and finely chopped (about 1/2 cup total)
  - 2 cloves garlic, minced
  - 1 (15-ounce) can black beans, rinsed and drained
  - 2/3 cup breadcrumbs
  - 1 egg white
  - 2 teaspoons low-sodium steak seasoning (add more/less to taste)
- For serving: hamburger buns, Arla Muenster Sliced Cheese, fresh baby arugula, and/or other desired toppings

### *Directions:*

1. Heat 2 teaspoons oil in a large saute pan over medium-high heat. Add mushrooms and onion and saute, stirring occasionally, for 4-5 minutes or until the onion is soft and translucent. Stir in garlic, and saute for 1-2 more minutes, stirring occasionally, until the garlic is fragrant. Remove mixture from heat, drain off any extra juices or oil, and set aside.
2. Meanwhile, as the mushroom mixture is cooking, add the black beans to a large mixing bowl and roughly mash them with a potato masher (or the back of a spoon). Add in the cooked mushroom mixture, breadcrumbs, egg white, steak seasoning, and stir well until the mixture is evenly mixed. (If the mixture seems too wet, add in a few extra spoonfuls of breadcrumbs to help bind it together.)
3. Divide the mixture into four equal portions (each will be about 1/2 cup), and use your hands to form each portion into a large patty. Set aside.
4. Rinse out the saute pan, then return it to the stove and heat the remaining 1 tablespoon oil over medium-high heat. Carefully transfer the black bean burgers to the pan and cook on each side for 5-6 minutes, flipping once. If your pan is not big enough to fit all four burgers, you may need to do this in batches.
5. Remove from heat and serve the burgers on buns immediately, topped with Arla Muenster sliced cheese, fresh arugula, and/or any other toppings that sound good to you.



## Avocado Toast



### *Ingredients:*

- 2 slices of whole wheat bread
- 2 avocados
- Red Pepper

### *Directions:*

1. Place pieces of bread into toaster until golden brown
2. Slice avocados in half
3. When the toast is done, scoop out the avocado and spread on the pieces of toast
4. Top with red pepper and enjoy for an easy breakfast!

