

SMOOTHIES

MANGO PINEAPPLE

INGREDIENTS (1 serving)

- + 1/4 cup frozen mango
- + 1/4 cup frozen pineapple
- + 1/2 cup orange juice
- + 6 ounces unsweetened almond milk
- + 1 Tbsp ground flax seeds
- + 1 scoop of vanilla protein powder
(NSF Certified for Sport protein, MLB)

NUTRITION BREAKDOWN

CALORIES	293
CARBOHYDRATE (g)	30
PROTEIN (g)	26
FAT (g)	11



NOTE: For the protein powder, you can choose from whey protein or a plant protein. Another option is to swap in 1/2 cup of plain Greek yogurt or 2% plain Fairlife milk or Lifeway Kefir.



GREEN GOODNESS

INGREDIENTS (1 serving)

- + 1/2 cup cucumber slices
- + 1/2 cup spinach
- + 1/4 cup kale
- + 1/4 of an avocado
- + 6 oz unsweetened almond milk
- + 1/2 cup frozen peaches
- + 1/4 cup water
- + 1 scoop of vanilla protein powder
(NSF Certified for Sport protein, MLB)

NUTRITION BREAKDOWN

CALORIES	320
CARBOHYDRATE(g)	36
PROTEIN (g)	25
FAT (g)	15



Michelle Riccardi, MS, MS, RD, CSSD
Team Performance Dietitian



NO BAKE PEANUT BUTTER OAT CHOCOLATE CHIP BITES

INGREDIENTS (makes 50)

- + 1 cup natural peanut butter
- + 2/3 cup honey
- + 2 teaspoons vanilla extract
- + 2 cups old-fashioned oats (instant)
- + 2 cups shredded unsweetened coconut
- + 1 cup ground flax meal
- + 1 cup mini chocolate chips
- + 1/2 cup chopped dried cherries or another dried fruit of choice



DIRECTIONS

- + Mix all ingredients in a large bowl.
- + Use a 1 Tablespoon measuring spoon to form into balls. Option to use hands to make into bite size portions.
- + Refrigerate until ready to eat.
- + Use zip lock bags to portion into grab and go snacks.

NUTRITION BREAKDOWN

The recipe makes 50 bites portioned into 1 Tablespoon balls.

Nutrition breakdown per bite:

CALORIES	120
CARBOHYDRATE (g)	13
PROTEIN (g)	3
FAT (g)	7

Extra bites from the recipe can be stored in the freezer.





OVERNIGHT OATS

PEANUT BUTTER BANANA

INGREDIENTS (serves 2)

- + 3/4 cup old-fashioned rolled oats
- + 6 oz plain Greek yogurt (2%) [1 container]
- + 6 oz unsweetened almond milk
- + 2 Tablespoon chia seeds
- + 3 Tablespoons natural peanut butter
- + 1 banana [1/2 banana for each portion]
- + Cinnamon



DIRECTIONS

- + In a mason jar or glass tupperware dish, mix all the ingredients, except the banana. Portion out evenly into 2 separate containers.
- + Cover with a lid or plastic wrap.
- + In the morning, slice the banana to top onto the overnight oats.
- + Add a spoonful of chopped almonds or walnuts for crunch.
- + Serves 2

NUTRITION BREAKDOWN PER SERVING

CALORIES	435
CARBOHYDRATE (g)	46
PROTEIN (g)	22
FAT (g)	21

TO CREATE YOUR OWN OVERNIGHT OATS RECIPE, THE BASE WILL INCLUDE:

1/2 Cup Rolled Oats + 2 Tbsp Chia Seeds + 1/2 Cup Milk

- + Toppings can include: blueberries, raspberries, strawberries, sliced apples, bananas
- + Shredded coconut, granola, cacao nibs
- + Pecans, almonds, walnuts, pistachios
- + Ground flax seeds, chia seeds, pepitas

