

The background of the cover is a dark wooden surface. In the top left, there are several medals hanging from ribbons with red, white, and blue stripes. Below the medals are two blue cast-iron weights with '1.75 KG' embossed on them. Scattered across the center and right are various fruits and nuts: a banana, a whole orange, a sliced orange showing segments, a kiwi, a green pear, a red apple, a sliced grapefruit, a whole carrot, a walnut, almonds, and other nuts. The title 'Performance Nutrition Cookbook' is written in a large, blue, serif font across the top half. Below it, the subtitle 'For Aboriginal Sport and Recreation' and the location 'New Brunswick' are written in a smaller, black, serif font.

Performance Nutrition Cookbook

For Aboriginal Sport and Recreation
New Brunswick

Performance Nutrition Cookbook

*For Aboriginal Sport and Recreation
New Brunswick*

A Cookbook created by

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Preface

This book was created for Aboriginal Sports and Recreation New Brunswick, to offer athletes, coaches, parents and active individuals, a nutrition aid for fueling performance.

As a resource, it covers important nutrition information that can help you fuel your body before training/competition, during events, and in recovery. You will also find tips for ingredient substitutions, interesting sports nutrition facts, and tricks for cooking in bulk to save on time.

You can now access a list of athlete-worthy ingredients and various recipes adapted to quick fueling and recovery from training/events requiring minimal preparation time. (Athletes have busy schedules and can't spend all their time in the kitchen!)

It has been a privilege to get to develop this resource. We hope that this cookbook will be of great use to you and your family as you continue to strive for peak athletic performance.

Sincerely,

A handwritten signature in black ink, reading "Mee Hyle". The signature is written in a cursive, flowing style. The first name "Mee" is written with a large, looped 'M' and a small 'e'. The last name "Hyle" is written with a large, looped 'H' and a small 'e'.

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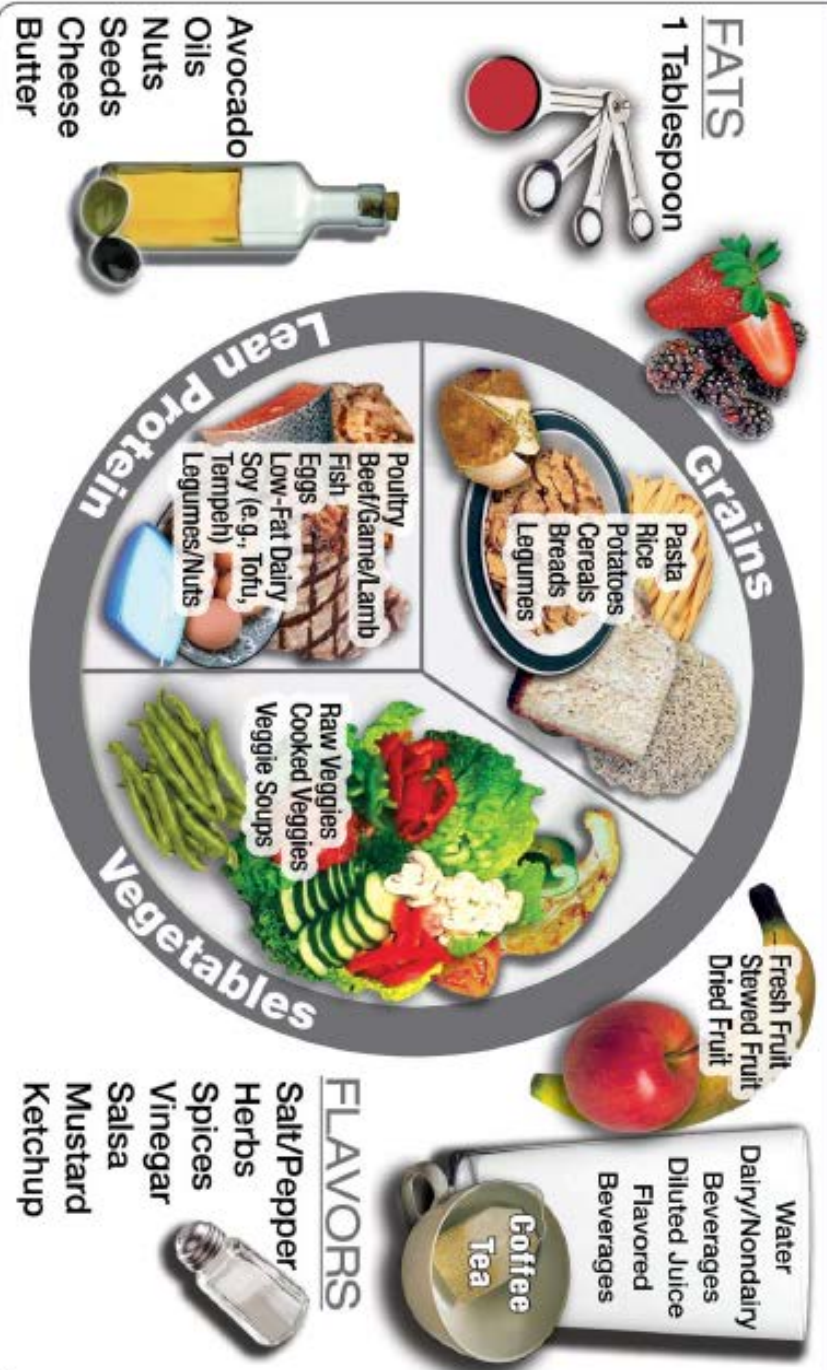
Balanced Meals



The following MODERATE DAY PLATE is a great baseline portion guide for athlete's meals. It was developed by the United States Olympic Committee Sports Dietitians and the University of Colorado Sport Nutrition Graduate Program.

ATHLETE'S PLATE

MODERATE TRAINING:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.
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ATHLETE'S PLATE

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or race should also be cycled according to how hard or easy it is. Consult with your sport dietitian to put the Athlete's Plate into practice!

The Athlete's Plates are tools for you to better adjust your eating to the physical demands of your sport!

EASY An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

MODERATE A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/race).

HARD A hard day contains at least 2 workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.

EASY TRAINING / WEIGHT MANAGEMENT:



MODERATE TRAINING:



HARD TRAINING / RACE DAY:



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Food Sources



Below are a few additional sources of protein, whole grains, fruit/vegetables and fats to help you follow the balanced plate.

Protein Sources

- Meat (fresh or frozen)
 - Beef
 - Moose
 - Pork
 - Turkey, chicken
 - Game
- Fish (fresh, frozen, canned or dried)
 - Salmon
 - Trout
 - Tuna
 - etc.
- Nuts
- Cow or soy milk
- Yogourt
- Eggs
- Peanut / nut butter
- Canned pulses (chickpeas, lentils, kidney beans and black beans)

Whole Grain Sources

- Whole grain/whole wheat bread
- Starchy vegetables (potato, corn, squash, sweet potato)
- Oatmeal
- Bannock
- Barley
- Wild/brown rice
- Pasta

Fruit/Vegetable Sources

- Fruit (fresh, frozen, dried, canned in water)
 - Berries
 - Bananas, apples
 - Pears, peaches, pineapple
 - Raisins
 - Fruit purées
- Vegetables (fresh, frozen, canned)
 - Peas
 - Carrots
 - Cabbage
 - Tomatoes
 - Cucumber
 - Fiddleheads
 - Etc.

Fat Sources

- Cheese
- Vegetable oil (canola, olive)
- Butter/margarine
- Nuts
- Avocado
- Salad dressing/vinagrette

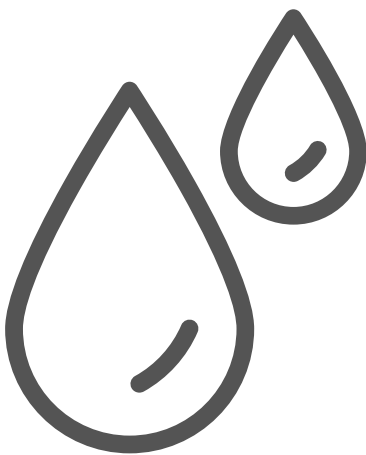
Performance Nutrition 101



Hydration / Dehydration

Dehydration can reduce endurance capacity, power output, decision making and skill ability. To remain hydrated:

- Choose water most often.
- Sip small amounts of water regularly throughout the day.
- Check morning urine tint: pale (straw-like) urine is preferable to dark (apple-juice tint) urine. *Remember that some medication or supplements taken before bed can change urine tint and make this a non-reliable factor.*
- Consume sports drinks like regular Gatorade and Powerade (see homemade version too) only when moderate/high-intensity activity last longer than 1 hour.



Homemade Sports Drink

Take a bottle of choice and fill as directed:

½ juice (100%)

½ water

2 pinches of salt

Before Training

Fueling your muscles and brain will help achieve peak performance:

- Give your body 3-4 hours to digest a large meal (p.3-4 "Athlete's plate") before you train/compete.
- Reduce by half the protein and fat amounts recommended by the "Athlete's Plate" if you are having your meal 1-2 hours before a moderate to high intensity training session or competition.

Examples of pre-training snack
(1 hour or less before):

- Oatmeal with milk
- Toast with peanut butter
- Brown or wild rice + egg
- Yogurt and granola



During Training

Fueling during training helps maximize moderate to high intensity performance lasting longer than 1 hour. It also helps fuel long lasting events of multiple hours.

- For moderate to high-intensity events lasting over 1 hour:
 - Consume a sports drink (see hydration p.11) to help replenish fuel and sodium lost in sweat.
 - Consume a carbohydrate-rich snack (fruit/grain) during breaks in play.
- For long lasting skills events, add protein (nuts, cheese...) to snack for energy sustainability.



Examples of snacks:

- Banana
- Applesauce
- Dried fruit + nuts
- Peanut butter sandwich
- Raisins

After Training (Recovery)

Recovery nutrition is important for refueling, rebuilding and re-hydrating.



- Consume your recovery meal/snack within 1 hour of training.
- Choose a snack/meal containing carbohydrates (fruit/grain), protein, some fat and liquid.

Examples of balanced recovery meals/snacks:

- Recipes from this cookbook!
- Peanut butter and banana sandwich + milk
- Tuna melt (canned tuna + grilled cheese) + side of carrots or berries



Reducing Risk of Illness



Illness can impact training and performance, especially during travel. To reduce the risk of sickness follow these guidelines:

- Wash your hands with soap and warm water before and after eating or food prep.
 - Many athletes forget to do this while traveling for competition!
 - Don't share water bottles with teammates, especially during flu season.
 - Prioritize sleep.
-
- Do not leave refrigerated food (including leftovers) out of the refrigerator for more than 2 hours in the winter and 1 hour in the summer unless you're using an insulated lunch-box or cooler with ice packs.



Recipes





Breakfast/Snacks

Banana Oatmeal Pancakes ⁽³⁾

Ingredients

- 3/4 cup milk
- 2 tablespoons sugar (brown or white) or maple syrup
- 3 eggs
- 1 banana
- 1 ½ cups quick oats
- 1 pinch of salt
- Butter or oil for cooking
- 2 teaspoons baking powder (optional)
- 1 tablespoon vanilla extract (optional)

Make a double batch and freeze it for a quick grab on busy days!

Preparation

1. Mash banana with a fork.
2. Add in all other ingredients and stir.
3. Heat butter or oil in a pan on medium heat.
4. Drop a large spoonful of batter onto the pan and repeat. Cook until golden brown on each side.

*For a full balanced meal, add one of the following:

- Fruit + yogurt
- Fruit + peanut butter + glass of milk
- Glass of milk + applesauce
- Hard boiled or scrambled egg + mashed berries

*This recipe on it's own counts as a "grain".



Peanut Butter, Apple & Banana Breakfast Barley⁽⁴⁾

Ingredients

- 1 cup barley
- 1 cup milk
- 2 teaspoons brown sugar or maple syrup
- 1 apple
- 2 bananas
- 3 tablespoons peanut butter



Preparation

1. Cook barley as per directions on the bag.
2. Cut apple and bananas into cubes while the barley is cooking.
3. Add sugar and milk to the cooked barley and stir until the mixture gets creamy and thick.
4. Pour barley into a bowl and top with peanut butter, banana and apple.

Alternate toppings for this recipe include:

- Nuts + berries
- Dried fruit + nuts
- Boiled eggs + cheese + vegetables of choice

Baked Berry Oatmeal⁽⁵⁾



Ingredients

- 2 cups berries, fresh or frozen
- 2 cups milk
- ⅓ cup sugar (brown or white)
- 2 eggs
- 2 cups quick oats
- 1 pinch of salt
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 tablespoon vanilla extract (optional)
- 1 ½ tablespoons melted butter

Berries are high in antioxidants, which helps the body adapt to training.

Preparation

1. Preheat the oven to 375°F.
2. Mix all dry ingredients in a bowl.
3. Mix all wet ingredients in a separate bowl.
4. In an baking dish, mix half the berries with the dry mixture.
5. Pour the liquid mixture over the dry mixture and top with the rest of the berries.
6. Bake for 35-45 minutes.

Serve warm or cold with 1 or more of the options below:

- Peanut butter
- Greek yogurt
- Nuts
- Glass of milk



No Bake Energy Bites⁽⁶⁾



Ingredients

Base Ingredients

- 1 ¼ cups oats
- ½ cup peanut butter
- ⅓ cup honey or maple syrup

Top Up Ingredients

Banana bread

- 1 banana
- ½ cup walnuts

Carrot cake

- ½ cup shredded carrots
- ½ teaspoon cinnamon

Cinnamon raisin

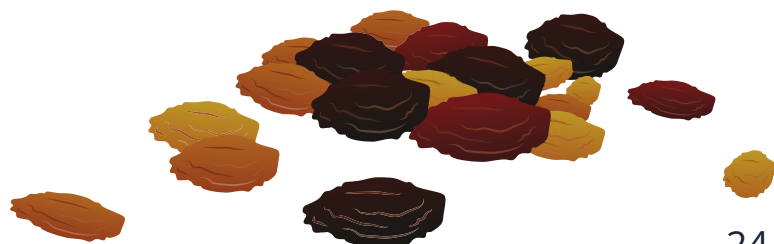
- ½ cup raisins
- ½ teaspoon cinnamon

Trail mix

- ¼ cup dried fruit
- ¼ cup semi-sweet chocolate chip

Preparation

1. Mix all ingredients in a bowl (base ingredients + top-up ingredients)
2. Use your hands to roll the mixture into 15 balls. *If the mixture is not sticky enough, add a small amount of peanut butter.*
3. Store energy bites in the refrigerator.



Bannock ⁽⁷⁾



Ingredients

- 1 ½ cups all purpose flour
- 1 ½ cups whole wheat flour
- 1 teaspoon salt
- 2 tablespoons baking powder
- ¼ cup melted butter
- 1 ½ cups water

Food containing fiber helps athletes sustain energy for better performance and development.

Preparation

1. Preheat oven to 400°F.
2. Mix all dry ingredients in a bowl.
3. Work in water and butter using your hands.
4. On a floured surface, pat and knead dough gently about 10 times.
5. Shape into a large circle on a greased baking sheet.
5. Bake for 25 minutes or until lightly brown.

*Can be frozen for up to 6 months

You can add additional ingredients to the recipe such as :

- Cheese + onions
- Cinnamon + raisins
- Berries

Lunch/Dinner



Egg Toast

Ingredients

- 4 eggs
- 1 teaspoon onions, diced
- 1 tablespoon mayonnaise
- 2 tablespoons cheddar cheese, grated
- Salt and pepper to taste
- 2 slices whole grain (or whole wheat) bread

Preparation

1. Bring eggs to a boil in a saucepan filled with water over high heat.
2. Remove from heat and cover the saucepan. Let sit for 10-12 minutes.
3. Rinse eggs under cold water and peel.
4. Mash eggs and add in other ingredients.
5. Toast the bread.
6. Add the mix to the toast and enjoy.

*For a complete meal, consume with vegetables or fruit on the side.

Boil 2-3 extra eggs and keep them unpeeled in the refrigerator for a good source of protein on the go.



Tuna Macaroni Salad

Ingredients

- 2 cups whole wheat elbow macaroni pasta
- ½ cup mayonnaise
- 2 cans of tuna (or salmon)
- ¼ small onion, diced
- 1 cup of celery, diced
- 1 cup of green peas (canned or frozen)
- ½ red pepper, diced
- 1 tablespoon butter
- Salt and pepper
- 2 tablespoons Italian salad dressing (optional)



Preparation

1. Cook pasta as indicated on the box or bag.
2. Once cooked, rinse pasta under cold water and set aside.
3. Dice onions, celery and red pepper.
4. Slightly brown vegetables in a pan with butter.
5. Add all ingredients to macaroni and stir.
6. Add salt and pepper to taste. Enjoy cold.

The bones in the cans of salmon should not be removed as they are actually an excellent source of calcium! Calcium is important for bone health.

Black Bean & Corn Salad ⁽⁸⁾

Ingredients

Salad

- 2 cans black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen or canned)
- 2 tomatoes, diced
- ¼ cup onions, diced
- 1 cup mix vegetables (green pepper, cucumber, green beans, edamame), diced

Dressing

- ⅓ cup vegetable oil
- ¼ cup lime juice
- 1 clove garlic, minced
- Salt and pepper to taste

Preparation

1. Combine dressing ingredients in a jar and shake to blend.
2. Combine salad ingredients in a large bowl.
3. Add dressing amount of choice to salad and enjoy.



Meat stew⁽⁹⁾

Ingredients

- 2 pounds diced meat (moose or beef)
- 2 tablespoons butter or meat fat
- 2 tablespoons flour
- 1 can stewed tomatoes
- 1 cup peas (canned or frozen)
- 6 carrots, diced
- 2 large potatoes or 2 cups turnips, diced
- 6 cups broth (regular or low sodium)
- 1 onion, diced
- 2 tablespoons sugar (brown or white)
- 1 teaspoon garlic, minced
- Salt and pepper to taste

Preparation

1. In a large saucepan, cook meat on medium heat using butter or meat fat.
2. Add flour and reduce heat to simmer, stir for 2-3 minutes until mix is golden.
3. Add broth and stir.
4. Cook on low-medium heat for about 1 hour or until the meat gets tender.
5. Add other ingredients except peas, simmer until vegetables are cooked.
7. Add peas to the stew, let cook for 5 minutes.
8. Serve warm with bannock or with a slice of whole grain bread.

Moose is a lean source of protein and a good source of iron. Iron is necessary for proper oxygen delivery to an athlete's muscles.



Store in the refrigerator for up to 3 days or in the freezer for up to 3 months.

Chicken & Corn Chowder⁽¹⁰⁾

Ingredients

- 1 tablespoon butter
- ½ cup onions, diced
- 1 cup celery, diced
- 1 cup carrots, diced
- 1 cup sweet potato, diced
- 1 cup corn (frozen or canned)
- 4-6 ounces chicken, diced
- 4 cups of chicken broth (regular or low-sodium)
- 1 can evaporated milk (optional)
- Salt and pepper to taste

You can also add in 1 cup of whole wheat pasta approx. 15 min before the soup is ready for an extra portion of grains.

Preparation

1. In a large saucepan, melt butter over medium heat. Cook onions, celery and carrots for about 5 minutes.
2. Add all ingredients except evaporated milk and bring to a boil. Reduce heat and let simmer for 30 minutes or as long as needed for chicken to be well cooked.
3. Add evaporated milk and reduce to low-heat.
4. Enjoy warm.



Wild Rice Casserole⁽¹¹⁾

Ingredients

- 1 cup wild rice or brown rice
- 2 ½ cups broth (regular or low-sodium)
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons butter, melted
- 1 cup mushrooms, sliced
- 8 ounces game, turkey or pork
- ½ cup canned lentils
- Salt and pepper to taste

Studies show that the traditional aboriginal diet is associated with a lower intake of simple sugars. (2) This enables better energy sustainability.

Preparation

1. Rinse rice thoroughly.
2. Place rice in a large saucepan with broth and bring to a boil.
3. Reduce heat and cover for about 40 minutes or until the rice has absorbed the broth.
4. In a skillet, cook onions, garlic, mushroom and meat in the butter.
5. Combine ingredients and serve warm.

Consume with a side of butternut squash soup (p.37) for a complete pre-training or post-training meal.

Potato Fish Cakes

(10)

Ingredients

- 6 ounces salmon, trout, cod or tuna (cooked or canned)
- 2 cups cooked potatoes
- ½ cup cheese, shredded
- 1 egg, beaten
- Salt and pepper to taste

Garlic Mayonnaise

Add ½ clove minced garlic to ⅓ cup mayonnaise.

Preparation

1. Wash and boil potatoes.
2. In a bowl, mash potatoes with a fork.
3. Add the rest of the ingredients and mix.
4. Using your hands, make 6 patties out of the mix.
5. Grill in a pan on medium heat with 1 tablespoon cooking oil for about 10 minutes on each side or until the cakes are lightly browned.
6. Serve with raw or steamed vegetables of choice (such as carrots, zucchini, etc.).

For a quicker way to cook potatoes: wash, prick with a fork and cook in the microwave for 4-5 minutes. If potatoes are still hard, cook for an extra minute at a time and keep checking until they are softened.



Garlic & Lemon Fish Foil Pack

Ingredients

- Aluminum foil
- 1 fish filet of choice: cod, haddock, tilapia (fresh or frozen)
- 1 cup mix green beans, sliced zucchini and carrots
- 1 tablespoon cooking oil
- 1 clove garlic, minced
- ½ tablespoon lemon juice
- ¼ teaspoon parsley (optional)
- Salt and pepper to taste

Preparation

1. Preheat oven to 450°F.
2. Wrap all ingredients in foil.
4. Bake in oven for 15-30 minutes or until fish is flaky when cut with a fork.
5. Serve with side of rice or bannock for a complete meal.

Fatty fish such as salmon, trout, mackerel, arctic char, herring and sardines are good sources of EPA and DHA omega-3 fats.

Omega-3 fats help support the health of the cardiovascular system.



Chili⁽¹⁰⁾

Ingredients

- 1 pound lean ground turkey or beef
- 1 can black bean, rinsed
- 1 tablespoon olive oil
- 1 large can diced tomatoes
- 1 bottle spaghetti sauce
- 1 can corn
- 1 onion, diced
- 2-3 garlic cloves, minced
- 2 tablespoons sugar (maple syrup, brown or white sugar)
- 1 cup broth (regular or low-sodium)
- Chili seasoning (to taste)
- Salt and pepper (to taste)
- 1 can (445 ml) of squash or pumpkin puree (optional)

Make you own chili spice mix :

- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ teaspoon garlic powder
- ½ teaspoon onion powder

Preparation

1. In a large saucepan, heat olive oil over medium heat, then cook onion and garlic for 2-3 minutes.
2. Add turkey/beef and cook meat thoroughly.
3. Add other ingredients and bring to a boil.
4. Reduce heat to low and simmer while stirring occasionally for 20 minutes.
5. Serve warm with shredded cheese over pasta, rice or with bread.



Butternut Squash Soup

(14)

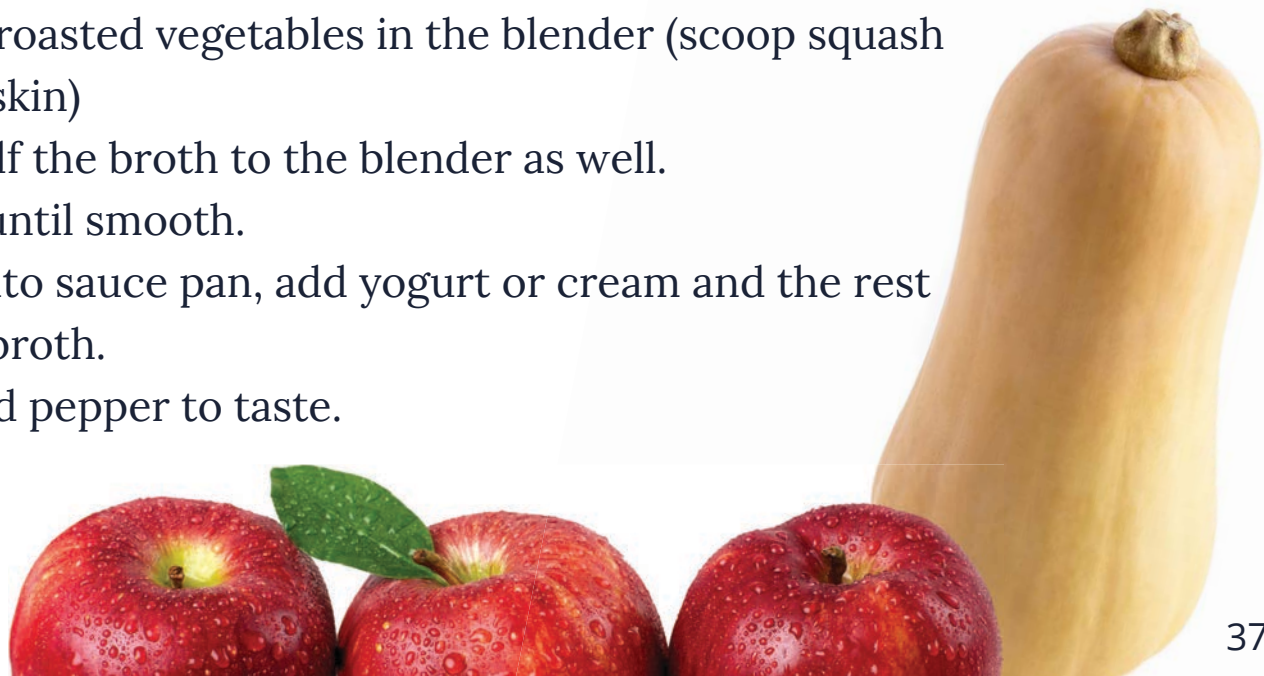
Ingredients

- 1 large butternut squash, halved and seeded
- 1 medium onion, quartered
- 1-2 apples, halved and seeded
- 4 cups broth (regular or low-sodium)
- 4 tablespoons plain Greek yogurt or $\frac{1}{4}$ cup cream
- Salt and pepper to taste

Aim for 2 different colors of fruit or vegetables at each meal as each color contains different nutrients.

Preparation

1. Preheat oven to 400°F.
2. Rub a small amount of oil onto a roasting pan and roast squash, apples and onion face down for approx. 45 minutes.
3. Put all roasted vegetables in the blender (scoop squash out of skin)
4. Add half the broth to the blender as well.
5. Blend until smooth.
6. Pour into sauce pan, add yogurt or cream and the rest of the broth.
7. Salt and pepper to taste.



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