READY, SET, GOALS!
Unlock Amped Energy & Laser Focus in 2021

SOBER CURIOUS?
Ditch the Hooch for Your Health

THE ATHLETE’S MINDSET
Your New Competitive Edge

THE RESET ISSUE

Meet Our New Prez!
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Steal the Program That Built This Strong Bod

4 Meals for Super-Charged Workouts
FUEL FOODS

They say abs are made in the kitchen, and while it may be a cliché, it’s a fact that no get-fit plan is complete without the proper fuel. But healthy eating shouldn’t mean compromising taste or your favorite foods. These macro-balanced recipes will revive your weekly menu and invigorate your workouts with the hit of vitamins, protein, and carbs your body needs for muscle building, recovery, and vitality.

RECIPES BY DAWN JACKSON BLATNER, RDN, CSSD PHOTOGRAPHY BY PAUL BUCETA
TIP: Add more protein by cooking oatmeal with egg whites or stirring in some Greek yogurt.

Golden Milk Protein Oats

Prep Time: 5 Minutes
Total Time: 10 Minutes
Makes 1 Serving

1/2 cup rolled oats
1 cup unsweetened vanilla plant milk
1 tsp pure maple syrup
1/4 tsp turmeric powder
1/4 tsp cinnamon
1/8 tsp powdered ginger
Dash black pepper (about 1/4 tsp)
1/2 cup frozen unsweetened tart cherries, thawed
1 1/2 Tbsp almond butter
1 Tbsp hemp seeds

1. In a small pot, mix together oats, milk, maple syrup, turmeric, cinnamon, ginger, and pepper.
2. Cook mixture in a pot over medium heat for about 5 minutes (or microwave in a bowl for 2-3 minutes), until thick.
3. Top with tart cherries, almond butter, and hemp seeds.

NUTRIENTS PER SERVING:
Calories: 430, Protein: 15 g, Carbs: 48 g, Fat: 23 g, Fiber: 9 g

This anti-inflammatory breakfast has complex carbs to replenish fuel stores and plant protein to repair muscle.
TIP: Look for mushrooms grown in UV light for extra immune boosting vitamin D!
Flexitarian Burgers with Root Vegetable Fries

Prep Time: 15 Minutes
Total Time: 40 Minutes
Makes: 4 Servings

FRIES:
8 carrots
8 parsnips
4 small beets
2 Tbsp olive oil, divided
½ tsp sea salt
½ tsp black pepper

BURGERS:
12 oz white, button, or cremini mushrooms, finely diced
12 oz ground beef (grass-fed is recommended)
8 leaves romaine or green leaf lettuce
Topping suggestions: Tomato slices, pickles, onion, hot peppers

1. Preheat oven to 425°F.
2. Cut all root vegetables into thick matchsticks. Toss with 1 ½ tablespoons of oil, salt, and pepper.
3. Place on a baking sheet and bake for 20 minutes, turning once halfway through, until golden.
4. While the fries are baking, in a skillet over medium heat, sauté diced mushrooms in the remaining ½ tablespoon of olive oil for 5 minutes, until cooked down and tender.
5. Let them cool for 5-10 minutes, then mix with beef, and form four patties. Cook burgers in a skillet or on a grill pan for four minutes on each side, until an internal temperature of 160°F is reached.
6. Place burgers on lettuce leaves and top with desired toppings. Serve with a big pile of root veggie fries.

NUTRIENTS PER SERVING:
Calories: 400, Protein: 23 g
Carbs: 39 g, Fat: 18 g, Fiber: 11 g
Blackened Salmon with 50/50 Cilantro-Lime Rice

Prep Time: 5 Minutes
Total Time: 45 Minutes
Makes 4 Servings

50/50 rice is part brown rice and the other part cauliflower rice, which adds a dose of veggies and vitamin C to your flavorful side dish.

50/50 RICE:
¾ cup uncooked brown rice
1 ½ cups water
3 cups frozen cauliflower rice
½ cup cilantro, chopped
1 lime, zest and juice
½ tsp sea salt
½ tsp black pepper

FISH:
16 oz salmon
½ Tbsp olive oil
1 Tbsp blackened seasoning

Garnish: 1 avocado, sliced

1. Cook rice according to package directions. Once cooked, add frozen cauliflower rice, cover again, and let sit for 10 minutes. Fluff with a fork and stir in cilantro, lime zest, lime juice, salt, and pepper.
2. While the rice is cooking, preheat oven to 375° F. Put fish skin-side down on a parchment-lined baking sheet, rub fish with oil, and sprinkle with blackened seasoning.
3. Bake for 12-15 minutes, until fish is opaque and internal temperature of 145° F is reached. Serve with cilantro-lime rice and sliced avocado.

NUTRIENTS PER SERVING:
Calories: 410, Protein: 28 g
Carbs: 37 g, Fat: 17 g, Fiber: 7 g
Kale contains antioxidants such as vitamins A, C, and E; bone builders such as calcium and magnesium; and blood builders such as iron and vitamin K.

**Vegan Chickpea Caesar Wrap**

**Prep Time:** 10 Minutes  
**Total Time:** 15 Minutes  
**Makes:** 1 Serving

- 1 8-inch sprouted whole grain wrap
- 1 cup kale, shredded
- 1 cup romaine, chopped
- ½ cup canned chickpeas, rinsed and drained
- ¼ tsp chili powder

**Dressing:**
- 1 ½ Tbsp tahini
- 1 ½ Tbsp water
- ½ lemon, juiced
- 1 Tbsp nutritional yeast
- ¼ tsp sea salt
- ¼ tsp black pepper

1. Toss chickpeas with chili powder, then partially mash them with a fork. Warm slightly if desired in the microwave.
2. Place chickpeas, kale, and romaine in the wrap.
3. In a small bowl, whisk dressing ingredients and drizzle on the wrap ingredients.
4. Fold the bottom and sides of the wrap so it is rolled up. Serve immediately.

**Nutrients Per Serving:**
- Calories: 400
- Protein: 20 g
- Carbs: 49 g
- Fat: 16 g
- Fiber: 13 g

**TIP:** If you’re not vegan, you can use one tablespoon of grated parmesan cheese instead of nutritional yeast.