

RECOGNIZE DEHYDRATION



Nausea



Vomiting



Headache



Fainting



Weakness



Poor Concentration



Fatigue/
Exhaustion



Loss of Muscle
Coordination



Light-
headedness



Decreased
Performance

COMBAT DEHYDRATION

START BODY COOLING Remove excess clothing and equipment to start the body-cooling process.

REDUCE BODY TEMP Move the athlete to a cool/shaded area. Use fans or ice towels as needed.

ELEVATE THE LEGS Place the athlete flat on their back. Elevate the legs above the level of the heart.

MONITOR ATHLETE CLOSELY If the athlete is in significant distress or not showing signs of feeling better, contact emergency medical staff immediately.

GSSI RECOVERY MEAL KIT RECIPES #2



Many of you already know that in order to properly recover after training you need to eat a balanced meal. However, sometimes coming up with meal ideas can be challenging.

Refueling after training with the proper nutrients can be both nutritious and delicious. The recipes focus on frozen and canned foods. Choosing these types of foods at the grocery store will make your food last longer. There will be several recipes listed throughout this kit; it will take your personal judgment to know which meal to choose.

“Recovery” is a term used to describe the refueling and rehydration strategies taken in the period immediately post exercise to gain training adaptations and prevent fatigue in the next exercise sessions. It takes about an entire 24-hour day for the body to recover from training.

COOKWARE NEEDED:

- Blender
- Crockpot (slow cooker)
- Pans (for stovetop)
 - Baking dish
 - Utensils
- Mixing bowl

GSSI RECOVERY MEAL KIT RECIPES #2

SHAKES

Mix together the ingredients in a blender to your desired consistency. If you would like a lower calorie option, split the ingredients in half or make the entire recipe for two servings.

Post Workout

12oz 2% milk
1 scoop Gatorade Recover whey protein powder
1/2 cup frozen tart cherries or pure tart cherry juice 1/2 banana, or 1/2 cup frozen strawberries
2 Tbsp flax meal

Servings: 1

Nutritional Value: 490 calories, 56g carbohydrate, 35g protein, 14g fat

Meal on the Run

12oz 2% milk
1 Tbsp nut butter
1/4 cup rolled oats
1 cup frozen strawberries
1 handful dark leafy greens (spinach, kale, arugula) Cinnamon TT

Servings: 1

Nutritional Value: 445 calories, 57g carbohydrate, 18g protein, 16g fat

Splash

12oz water
1 tsp sea salt
1/4 Avocado
1/2 cup frozen pineapple
1 handful dark leafy greens 1/2 cup tart cherry juice

Servings: 1

Nutritional Value: 260 calories, 50g carbohydrate, 3g protein, 5g fat

GSSI RECOVERY MEAL KIT RECIPES #2

SANDWICHES

All sandwiches can be eaten toasted or cold. Feel free to substitute preferred protein source or bread/wrap into any sandwich.

Turkey Avocado Panini

Multigrain Ciabatta bun
3oz sliced turkey (mesquite smoked)
1 roasted sliced red bell pepper (canned or fresh) 1 cup baby spinach
1 slice provolone cheese
1/2 ripe avocado
1/4 cup mayonnaise

Mash avocado in a bowl with mayonnaise until thoroughly mixed. Spread avocado mayo on the top half of the bun, on the bottom half place cheese, spinach, peppers and turkey. Close sandwich and press in panini maker. If you do not have a Panini maker, this can be made in a toaster oven, broiled in the oven, or on a grill.

Servings: 1

Nutritional Value: 550 calories, 50g carbohydrate, 35g protein, 24g fat

Tuna melt

Whole grain English muffin
2oz tuna
Plain Greek yogurt (enough for desired consistency, about 1/4 cup) Salt and Pepper, TT
2 slices rye bread
2 slices tomato
1 slice Swiss cheese
Lemon juice, TT

Mix tuna, yogurt, lemon juice and spices. Toast bread, or place in toaster oven or oven broiler until lightly toasted. Remove from heat and spread tuna salad, place tomato slices on tuna and top with cheese. Return layered bread to toaster oven or broiler and cook until cheese is melted, typically 3-5 minutes. You can also add chopped celery and/or onion to this if you please.

Servings: 1

Nutritional Value: 345 calories, 37g carbohydrate, 29g protein, 9g fat

GSSI RECOVERY MEAL KIT RECIPES #2

BREAKFAST FOODS

Overnight Oats

1/2 cup oats
1/2 cup milk
2 Tbsp Dried tart cherries 1/2 cup Greek yogurt

Mix oats and milk and place in refrigerator overnight. Top with cherries and yogurt when ready to eat.

Servings: 1

Nutritional Value: 380 calories, 55g carbohydrate, 27g protein, 6g fat

Egg Mug Muffin

2 eggs
1oz sliced ham
1/4 cup chopped bell pepper
1/4 cup diced onions
1 whole wheat English muffin, toasted 1 piece favorite fruit

Spray large mug with nonstick spray. Add vegetables and micro- wave 1-2 minutes until softened. Whisk eggs together then add to mug, microwave for 1 minute. Add ham and cheese, stirring mixture, microwave for an additional minute. Place in toasted muffin, and choose your favorite fruit for a side.

Servings: 1

Nutritional Value: 420 calories, 54g carbohydrate, 24g protein, 12g fat

Hashbrown Cups

Pair this with the egg cups listed after this recipe. This will make for several meals, depending on your type of training day.

2 large potatoes peeled and grated, makes about 4 cups 2/3 cup grated parmesan cheese
1/2 cup panko breadcrumbs
2 Tbsp olive oil
Salt and pepper, TT

Preheat oven to 350°F and spray muffin tin. Making sure to blot potatoes to rid moisture, then mix all ingredients in a bowl. (Dry potatoes = crispy hashbrowns!) Place in muffin tin and bake until golden and crispy, time may vary with ovens, typically 40 minutes or more. Allow to cool for 10 minutes before removing from tin.

Servings: 4

Nutritional Value: 540 calories, 83g carbohydrate, 18g protein, 15g fat

GSSI RECOVERY MEAL KIT RECIPES #2

CHICKEN MEAL

Chicken can be cooked with any of your favorite seasonings and served with several different vegetables and carbohydrate sides! **Tip: Aluminum foil keeps leftovers fresh, helps foods to cook more evenly and stay moist, and also makes clean-up easy.**

Quick BBQ Chicken and Rice

1 frozen chicken breast 1 Tbsp barbecue sauce 1 Tbsp garlic powder
1 bag frozen vegetable 1 cup minute brown rice

Spray pan over medium heat and place chicken in pan. Stir garlic powder with barbecue sauce and then cover chicken with it. Cook until chicken is no longer pink on the inside, about 10 minutes, flip- ping on each side at least half way through. Cook rice and vegetables per package instructions.

Servings: 1

Nutritional Value: 330 calories, 52g carbohydrate, 22g protein, 4g fat

Cherry Chicken Pasta

1/2 cup whole wheat pasta
2 frozen chicken sausage links
1/2 cup dried tart cherries
1 cup frozen broccoli
1/4 cup parmesan cheese
1 clove garlic, minced (or you can use garlic powder) 1 Tbsp olive oil

Cook pasta according to package instructions. In a pan, add olive oil, garlic, chicken, cherries, and broccoli until heated through and broccoli is soft. Mix in bowl with pasta, add olive oil, salt and pepper TT then mix in parmesan cheese.

Servings: 2

Nutritional Value: 420 calories, 52g carbohydrate, 20g protein, 19g fat

GSSI RECOVERY MEAL KIT RECIPES #2

BEEF MEAL

Beef can be cooked with any of your favorite seasonings and served with several different vegetables and carbohydrate sides! **Tip: Aluminum foil keeps leftovers fresh, helps foods to cook more evenly and stay moist, and also makes clean-up easy.**

Easy Slow Cooker Power Chili

Try serving over rice, or with bread/crackers

1.5 pounds frozen beef

1-28oz can diced tomatoes, undrained

1-10oz can chopped tomatoes and green chili peppers, undrained 2 cups water

1-2 Tbsp chili powder

1 tsp dried oregano

3 cloves garlic, minced (OR garlic powder)

2-15oz canned black beans, kidney beans, or chickpeas, rinsed and drained

1/2 cup reduced fat sharp cheddar cheese (optional)

Combine all ingredients into the slow cooker, cover and cook on low for 8-10 hours.

Garnish with cheese when serving.

Servings: 8

Nutritional Value: 290 calories, 30g carbohydrate, 29g protein, 6g fat

Beef Stuffed Baked Potato (BSBP)

You can top this with anything: salsa, cheese, green onion, sour cream, all optional!

1/4 ground beef

1 large potato (or sweet potato)

1 envelope taco seasoning

Clean then poke several holes into potato on each side and micro- wave for 8 minutes, or until soft. Cook the meat over medium-high heat until browned, discard extra fat. Mix in taco seasoning. Split baked potato in half and fill with cooked meat. Add any optional toppings to your liking.

Servings: 1

Nutritional Value: 550 calories, 67g carbohydrate, 27g protein, 20g fat

GSSI RECOVERY MEAL KIT RECIPES #2

FISH/SEAFOOD MEAL

No matter the type, fish or seafood can be cooked with any of your favorite seasonings and served with several different vegetables and carbohydrate sides!

Tip: Aluminum foil keeps leftovers fresh, helps foods to cook more evenly and stay moist, and also makes clean-up easy.

Parmesan Tilapia

1 frozen tilapia fillet
1/2 cup parmesan cheese 1/2 Tbsp olive oil
1 cup minute brown rice Your favorite seasoning, TT

Preheat oven to 400°F and line baking sheet with aluminum foil. Cover tilapia in olive oil and then coat with parmesan cheese and spices, place on baking sheet. Bake until fish flakes easily, about 10 minutes. Microwave rice per package instructions.

Servings: 1

Nutritional Value: 445 calories, 46g carbohydrate, 27g protein, 17g fat

Salmon Tacos

1 cup smoked, flaked salmon 2 6-in tortillas
2 Tbsp whipped cream cheese 1 packet dry dill ranch

1 Tbsp canned pickled cabbage 1 Tbsp lemon juice
Salt and pepper ,TT

Stir cream cheese with lemon juice and seasonings. Warm tortillas in microwave for 10-30 seconds. Top tortillas with cheese, salmon and cabbage.

Servings: 1

Nutritional Value: 475 calories, 42g carbohydrate, 34g protein, 19g fat

GSSI RECOVERY MEAL KIT RECIPES #2

VEGETARIAN/VEGAN MEAL

Be sure to speak with your dietitian if you follow either of these diets, to ensure that you are still incorporating foods to provide all vitamins and minerals necessary for daily needs.

Alfredo Pasta

2oz rice noodles (or your favorite noodles)
1/2 cup cashews (soaked for a few hours or boiled in water for 10 minutes)
2 Tbsp lemon juice
3 Tbsp nutritional yeast
2 Tbsp miso
1 tsp garlic powder
1 tsp onion powder
1/2 cup water

Cook pasta according to package instructions. In a blender, add 1/4 cup water and all other non-pasta ingredients and mix on high- speed. Blend until smooth, adding water until you get to desired sauce consistency. Serve sauce over noodles.

Servings: 1

Nutritional Value: 730 calories, 85g carbohydrate, 22g protein, 34g fat

Lentil and Quinoa Stew

The stew pairs well with a green leafy vegetable such as cabbage or kale, or as a topper over a salad.

3/4 cup canned lentils 3 cups water
1/2 cup quick quinoa 1 cup vegetable broth 1 small onion

1 Tbsp olive oil
1 Tbsp red wine vinegar 2 Tbsp soy sauce
1 tsp smoked paprika
1 jar tomato sauce

Combine lentils and 3 cups of water, cook as directed on package. Combine quinoa and vegetable broth in pan, cook as directed on package. After lentils and quinoa are ready, sauté onion and olive oil in pan over medium-high heat. Mix lentils and quinoa along with vinegar, soy sauce, and smoked paprika. Add tomato sauce last and simmer, about 10 minutes.

Servings: 1

Nutritional Value: 530 calories, 77g carbohydrate, 24g protein, 16g fat

MEALS UNDER \$5

**Eat great without breaking the bank
with these easy options.**

5 FOR BREAKFAST:

1. Greek yogurt + fruit
2. Toasted waffle + nut butter + jelly
(fold in half and it's portable!)
3. Breakfast burrito with scrambled eggs,
low-fat cheese, salsa and tortilla
4. Overnight oats (made with milk) + fruit
5. Egg Muff-lettes (egg/veggie/cheese
omelets baked in muffin tins) & toast with jam

5 FOR LUNCH/DINNER:

1. Tuna + veggie + low-fat ranch dressing
in a tortilla roll-up
2. Mediterranean pita with chicken, cucumbers,
tomatoes and Greek dressing
3. To-go salads: cooked protein, pasta, veggies
and low-fat dressing, packed in a lidded cup
4. Rice or quinoa bowls with sautéed shrimp
and veggies
5. Bean and cheese quesadillas with salsa

5 FOR SNACKING:

1. Nut Butter Dunk – microwave nut butter
until melted and dunk apple chunks
2. Hummus and veggies/pita chips
3. Frozen yogurt + fruit ice pops
4. Fresh fruit kebabs with yogurt dip
5. Baked tortilla chips with taco-seasoned cooked
ground turkey, low-fat cheese and salsa

THE ATHLETE'S ESSENTIALS

THE FUEL TO HAVE ON HAND FOR YOUR ATHLETE:



Grains/Pasta/Starches

pasta
brown rice
couscous
quick cook polenta
quick cook grits
wholegrain bread
pita
tortillas: corn or flour
potatoes: sweet or white
oatmeal
quinoa
granola bars



Beans/Legumes/Nuts

black beans – canned
cannellini beans – canned
garbanzo beans – canned
northern white beans – canned
kidney beans – canned
dried lentils
peanut butter or other nut butter
nuts: almonds, walnuts,
pecans & pistachios



Seasonings

olive oil
balsamic vinegar
dried herbs/spices
pesto
Dijon mustard
roasted red peppers
sun-dried tomatoes
tomato paste
lemons/limes
honey
garlic
capers



Countertop Items

tomatoes
bananas
fruit needing ripening



Frozen Foods

frozen fruit – for smoothies, etc.
frozen vegetables
frozen grilled chicken/beef strips
frozen shrimp
microwavable entrées
soups/stews – to defrost & reheat



Canned Goods

tomatoes
broth
beans
marinara sauce
tuna
fruit: pineapple, pears, etc.



Refrigerated Items

fruit juices
eggs
fat-free milk
low-fat cottage cheese
hummus
butter
veggies: carrots,
cucumbers & lettuce
fruit: apples, grapes & melon
Greek yogurt
low-fat sour cream
cheese: Parmesan, jack,
mozzarella & cheddar
fresh herbs: basil/cilantro



Drinks/Protein Bars/Gels

water
100% fruit juice
milk (whole, 2%, 1%, skim, soy, almond)
Gatorade
gels or protein bars
protein powder, chocolate syrup
unsweetened/lightly sweetened tea
coffee

GATORADE
THE SPORTS FUEL COMPANY