



ANTHROPOLOGY OF SPORTS: UN-ESSAY

# Student-Athlete Cookbook

*Dishes to fuel and empower athletes*



BY MAGGIE MARNIOVICH

# Table of Contents

1. Breakfast Recipes
2. Lunch Recipes
3. Dinner Recipes
4. Snacks Recipes
5. Dessert Recipes



# The Importance of Nutrition

It is essential to nourish your body after a workout properly. According to Healthline, when working out your muscles use up glycogen. After your workout, your body rebuilds its glycogen stores as well as repairs and regrows those muscle proteins. With the right nutrients, the body can get this process done faster. It is very important to eat carbs and proteins after a workout.

## This will help your body.

- Decrease muscle protein breakdown
- Increase muscle protein synthesis
- Restore glycogen stores
- Enhance recovery

# Breakfast Recipes



# Oatmeal



## Ingredients

- **1/2 cup of oats**
- **choice of fruit**
- **1 tbs peanut butter**
- **1 tbs chia seeds**
- **1/2 cup granola**
- **1 tsp honey optional**

## Directions

1. **prep your oats in  
1/2 cup of water**
2. **microwave for 1  
minute**
3. **stir**
4. **add fruit and  
granola**
5. **drizzle peanut  
butter over top**

# Sweet Potato Breakfast Burrito



## Ingredients

- **1 whole wheat tortilla**
- **1/4 peppers**
- **1/4 tomato**
- **1/4 avocado**
- **2 eggs**
- **1/2 sweet potato**
- **salsa of choice**
- **meat of choice**  
**(optional)**

## Directions

1. **cut tomatoes, pepper, sweet potato into cubes**
2. **crack two eggs into a pan & pour veggies in**
3. **scramble and toss into tortilla**
4. **top with avocado, salsa and meat of choice**

# Vegetable Omelette



## Ingredients

- **2 large eggs**
- **1/4 red pepper, chopped**
- **1/4 cup cheddar cheese**
- **Few leaves of fresh baby spinach**
- **2 cherry tomatoes, chopped**
- **Salt and pepper**
- **1/4 tsp butter**

## Directions

1. **cut vegetables**
2. **melt butter in a pan**
3. **mix eggs in a bowl**
4. **add eggs to the pan and spread evenly, add cheese and vegetables**
5. **using a spatula, ease edges and turn over onto one side**
6. **cook other side (it will cook much quicker)**
7. **place on a plate & enjoy**

# Lunch/Dinner Recipes



# Strawberry Spinich Salad with Avocado & Chicken



## Ingredients

- **Dressing of choice**
- **Baby spinach**
- **fresh basil**
- **sliced strawberries**
- **1/2 diced avocados**
- **shredded grilled chicken**
- **almonds**
- **goat choice or (feta cheese)**

## Directions

1. **Grill chicken**
2. **Mix together & enjoy!**

# Cilantro, Lime, Avocado, Grilled Chicken



## Ingredients

- **Chicken Breast**
- **1 bundle of cilantro**
- **1/2 avocado**
- **1 lime**
- **salt**
- **Your choice of dressing**
- **Rice**
- **Sweet Potatoes (optional)**

## Directions

1. **Grill chicken**
2. **During, chop the avocado into cube, cut cilantro**
3. **Mix both into a bowl with lime**
4. **Pour on top of the rice and chicken, add dressing on top**
5. **Add Sweet potato's (optional)**

# Salmon, Vegetable, and Sweet Potatoes



## Ingredients

- **Salmon**
- **1 lemon**
- **1 tbsp olive oil**
- **pinch of salt/pepper**
- **pinch of paprika**
- **Broccoli (choice of vegetable)**
- **2 whole Sweet Potatoes (choice of potatoes)**

## Directions

1. **Preheat oven at 450 degrees**
2. **Season (salt, pepper, paprika) salmon and use olive oil, lemon bake until cooked through 15-20 minutes**
3. **Cook , season , and use olive oil on broccoli and sweat potatoes at 400 degrees for 30-40 minutes until golden brown on a baking sheet**

# Snack/Pre-Workout Recipes



# Green Smoothie



## Ingredients

- **1/2 Banana**
- **1/2 Frozen, Peach**
- **1 tsp Grated Ginger**
- **1/2 Cucumber**
- **1/3 Cup Almond Milk**
- **1/2 cup Spinach**

## Directions

- **Blend all together and serve**

# No-Bake Energy Balls



## Ingredients

- **1 cup Old fashioned oats**
- **2/3 cups of peanut butter**
- **1/4 cup of chocolate chips**
- **1/2 Smashed Banana**
- **2 tbs Honey**
- **Dash of cinnamon**

## Directions

- **Mash banana**
- **Mixed ingredient all together**
- **Store in the fridge for 30 minutes**
- **Roll into balls and place in container**
- **Store in Fridge**
- **Enjoy!**

# Acai Bowl



## Ingredients

- **1 packet of acai (Trader Joes/Target)**
- **1/2 frozen banana**
- **1/2-1 cup of almond milk**
- **1 cup of protein powder**
- **1/2 cup of granola**
- **1 tbs peanut butter**
- **Choice of fruit (banana, strawberries, blueberries)**

## Directions

1. **Place acai, frozen banana, protein powder, almond milk in the blender**
2. **Blend until fully blended (to keep it thick, use less almond milk)**
3. **On top add granola**
4. **Add fruit and drizzle peanut butter**

# Dessert Recipes



# Vegan Banana Bread



## Ingredients

- **1 3/4 cup flour**
- **1/3 cup sugar**
- **1 1/2 tsp baking powder**
- **1/2 tsp baking soda**
- **pinch of salt**
- **1/3 cup of flavored oil**
- **1 tsp vanilla**
- **1/4 cup almond milk**
- **3-4 overripe bananas**
- **1/4 cup chocolate chips**

## Directions

1. **Preheat oven 350**
2. **Mash bananas, add oil, vanilla, mix, add flour, sugar, baking soda, baking powder, salt, mix**
3. **Batter slightly thick**
4. **Pour batter into greased loaf pan  
bake for 50-60 minutes**
5. **Enjoy!**

# Baked Apple Pie Without The Crust



## Ingredients

- **1 Apple**
- **1/4 cup of granola**
- **1 tsp cinnamon**
- **1 tsp peanut butter (optional)**
- **Sprinkle brown sugar optional**

## Directions

1. **Cut apple into thin slices and sprinkle cinnamon and brown sugar on them**
2. **Microwave for 1 minute or (stovetop for 10). The apples are moist and limp**
3. **Add granola**
4. **Enjoy!**

# Healthy Chocolate Chip Cookies



## Ingredients

- **2 cups of almond flour**
- **1/4 cup starch**
- **1 tsp baking powder**
- **1 tsp vanilla extract**
- **6 tbsp maple syrup**
- **2 tbsp coconut oil**
- **1/4 cup coconut milk**
- **1/2 cup chocolate chips of choice**
- 

## Directions

1. **Preheat oven 350**
2. **In a large mixing bowl, combine dry ingredients and mix well.**
3. **In microwave safe bowl over the stove, combine oil, syrup, heat until melted, then add chocolate chips**
4. **Form balls of cookie dough. Place and press lightly on a large cookie tray with parchment paper**
5. **Bake for 12-15 minutes**
6. **Cool & enjoy!**



ANTHROPOLOGY OF SPORTS: UN-ESSAY

# Enjoy!

*Thank you*



MAGGIE MARNIOVICH