



Cookin' up Fitness
Cultivate, Coach, Cook & Connect

SportFIT Cookin'

Sweet Squash Classic

2 cups quinoa (rinsed)
4 cups orange juice (OJ)*
2 cups yellow squash (shredded)
½ cup Craisins
½ cup walnuts
*Low sugar version substitute 4 cups
OJ for 3 cups water/1 cup OJ, squeeze 3
whole oranges into water



Tex-Mexi Deliciousness

2 cups quinoa (rinsed)
4 cups better than bouillon chicken base
1 cup black beans (rinsed)
1 cup diced tomatoes Roma or fresh salsa
1 cup of fresh, frozen or canned corn (rinsed)
Sprig chopped cilantro
Fresh lime juice to taste

Leeks & Lentils

1 cup lentils
6 cups chicken stock
1 cup leeks
1 cup carrots shredded
One cup tomatoes diced

Cooking instructions: For each of the above recipes, place all ingredients in a slow cooker or stock pot and cook on low until quinoa or lentils are cooked, soft, and moist.



Homemade Salad & Dressings

Fruity n Fun Salad Dressing

3 tablespoons olive oil
1 tablespoons white balsamic vinegar
½ teaspoon mustard
2 teaspoons shallots
½ cup strawberries pureed

Cookin' Up Fitness Classic Dressing

3 tablespoons olive oil
1 tablespoons white balsamic vinegar
½ teaspoon mustard
1 tablespoon garlic minced
2 tablespoons parsley minced

Strawberry-Walnut Salad

6 cups spinach
2 cups strawberries sliced
½ cup feta
1 cup toasted walnuts
Top with **Fruity n Fun** Vinaigrette



Classic Cucumber-tomato

1 English cucumber diced
3 Roma tomatoes diced
½ cup red onions diced
3 tablespoon olive oil
1 tablespoon apple cider vinegar



SportFIT Soups on the Go!

Potassium Booster

- 6 cups chicken stock
- 2 tablespoons olive oil
- 2 sweet potato chopped
- 1 one onion chopped
- 2 stalks of celery chopped

Cooking instructions:

1. Sauté all vegetables in olive oil until tender
2. Place in Blender or Vitamix with stock
3. Blend until smooth
4. Serve



Beta-K Boost

- 6 cups chicken stock
- 1 pound chopped carrots
- 1 can coconut milk
- 2 stalks celery chopped
- 1 onion chopped

Cooking instructions: Simmer all ingredients until tender, purée and serve