



Nutrition Seminar with **Erin Bell, Nutritionist** Bios Natural Health

April 5, 2016 Eastgate Clubhouse



The BEST Lunch and Snack ideas for healthy kids:

LUNCH

Homemade chili – with or without meat

Homemade pasta and cheese – made with ancient grain or brown rice pasta, quinoa pasta

(Canned) beans and tomato sauce (full of protein)

Tuna salad or egg salad in gluten-free veggie wraps

Cooked quinoa with diced cooked chicken and veggies

Mini turkey meatballs (homemade) in tomato sauce with diced zucchini

Banana wrapped in corn tortilla, WOW butter, sprinkle of cinnamon

Cottage cheese with raspberries, nuts and seeds or granola sprinkled on top

Sliced Natural (no nitrate) ham or lean turkey wrapped around cheese, pickles and lettuce

Warm soup – homemade chunky chicken noodle with spelt or brown rice noodles, turkey and wild rice, chicken and noodles, beef and noodles, etc.

Crockpot beef and barley stew with carrot, onion, celery and diced sweet potatoes

SNACKS

Natural, organic yogurt with cinnamon and honey

Homemade or sugar free applesauce with cinnamon

Fruits of all kinds – diced and cubed, NOT canned fruits

Veggies of all kinds, sliced and cubed – don't forget raw zucchini, broccoli trees, cauliflower trees, celery "moons", sugar snap peas, raw green and yellow beans

Cheese cubes – real cheese, not processed slices or jarred cheese

Hardboiled eggs

Quinoa crackers and salsa or hummus dip or Baked corn chips and salsa

Rice chips/Rice and bean chips (not rice "cakes")

Apple slices and WOW butter

Cucumbers with homemade yogurt dip/ranch dip

Popcorn – tossed in sea salt and options to choose from: (maple syrup, pepper, garlic powder, paprika, chili powder)

"Hail Mix" – Dark chocolate chips, shredded coconut, goji berries and raisins



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SNACKS cont'd

EASY blender oatmeal power muffins/gluten-free muffins with applesauce/banana (recipes online)

Pretzels, pumpkin and sunflower seeds, raisins and pistachios with banana chips

(*Nuts and seeds, including almond, pecan, filbert, coconut, pumpkin, sunflower, cashew, peanut, walnut, brazil nuts) *WHERE NO ALLERGY.

Chocolate Cake in a Cup Protein Shake

- 1 handful beet greens or dark leafy greens like spinach or kale
- 2 pears - chopped
- 1 banana
- 1/4 cup pecans
- 1 tbsp cacao powder
- 1 scoop VEGA Sport or Garden of Life Chocolate Protein Powder
- 1/2 tsp cinnamon
- 1 cup water or coconut water
- 1 cup ice

After the Games Protein Smoothie

1 cup yogurt (greek or plain or vanilla)

1 scoop natural peanut butter or almond butter

1 cup chocolate coconut milk or almond or cashew milk

1/2 teaspoon chia seeds or hemp hearts

1 tablespoon dark cocoa powder

1 tablespoon coconut oil (will mix right into the shake)

1/2 cup frozen blueberries

1 cup water

Blend all ingredients until smooth. Pour to the brim of a glass mason jar and lid tightly. Put in cooler and drink chilled after the game for an excellent source of protein, carbs and fats. Add a banana to thicken or some cooked oatmeal (yes, cooked oatmeal...it adds fiber, thickens and is an excellent source of carbs after a workout).



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DECORATED CHOCONUT MUFFINS

- 1/2 cup maple syrup, or coconut sugar
- 1 tablespoon vanilla extract
- 2 eggs, at room temperature
- 1 cup of unsweetened almond milk or coconut milk at room temp.
- 1/4 cup nut butter - you can use creamy or chunky - almond, peanut, cashew, macadamia (optional)
- 2 tablespoons coconut oil, melted and cooled
- 1/2 cup coconut flour or a mix of coconut and almond flour (use kamut flour if sensitive to nut flours)
- 2 teaspoons baking powder
- 1/3 cup dark cocoa powder
- 1/3 cup dark, organic chocolate chips, or grated dark chocolate squares
- 1/4 cup almonds, or chopped pecans and brazil nuts if you wish (optional)

INSTRUCTIONS

Preheat oven to 350 degrees F. Line muffin tins with muffin cups or spread butter around tins. Add almond butter, coconut oil, coconut sugar/maple syrup and vanilla. Mix with mixer or by hand until well blended. Slowly add in eggs, one at a time; blend well until batter is smooth, then add almond milk/coconut and mix on low speed until combined.

- 1 In a separate bowl, blend together coconut flour, baking powder and cocoa powder. Slowly add dry ingredients to wet ingredients and blend until smooth.
- 2 Stir in chocolate chips and the nuts if you wish. Bake for 18-20 minutes or until toothpick comes out clean.
- 3 Remove muffins from tins while still warm. Blend up some shredded coconut and shaved dark chocolate. Brush top of muffins with a mix of melted butter and honey. Immediately sprinkle tops of muffins with shaved/shredded chocolate and coconut, or you can use chopped nuts instead (or combined) to “decorate” the tops of the muffins.
- 4 Transfer to a wire rack to finish cooling.

MIX and MATCH ingredients above and make your own flavours such as apple cinnamon, pumpkin orange, zucchini chocolate or date and pecan with chocolate chips.

These muffins are packed with protein, carbs and good fats to provide optimum fuel before, during and after the games.

Enjoy!



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WATER is better than Cheap Sports Drinks:

Add some fresh berries, fresh torn mint leaves, fresh rosemary, lemon, lime, fresh pineapple, some cucumber, EmergenC Vitamin Packs, sliced watermelon, dark cherries, blackberries, chilled green tea with honey, watermelon cubes or some ESSENTIAL OILS like those listed below. (Use quality oils like Young Living) to infuse your water with nutrients and bypass the sugar-laden, toxic sports drinks full of artificial colorants. These poison your liver. Young Living makes pure grapefruit, lemon, tangerine, lime, orange and lavender oils that are wonderful to add to your water! Ask me if you're interested in oils!

Peachy Cinnamon Smoothie Refreshing!

- 1 cup Plain Greek Yogurt
- 1/2 cup Frozen Peaches
- 1-2 drops of Young Living Cinnamon Bark Essential Oil
- 2 tablespoons pure natural honey
- 1 cup vanilla almond milk or coconut milk
- 1/3 tsp pure vanilla extract

Instructions:

1. Combine all of the above ingredients in a blender and blend until smooth.
2. Enjoy!

Best Nutritional Supplements for Growing Kids:

A good quality multi-vitamin (not cheap chain-store brands)

A good quality omega-3 oil such as Nutra-Sea or Progressive Brand

D-Drops - Vitamin D - add 2-3 drops into water bottle to drink throughout the day

Consider a consultation with a Registered Nutritionist (like me!) for safe, painless analysis of food sensitivities, intolerance, muscle aches, sleep and digestive disturbances and growth issues. Nutrition is POWER! Education is knowledge. **GO PLAY!**

****NOTE:** All information provided in these materials was supplied by Erin Bell.