

FUEL UP



RECIPES TO *POWER* YOUR PERFORMANCE



NUTRITIOUS. DELICIOUS. PERFORMANCE-DRIVEN.
FUEL YOUR BODY. FUEL YOUR GAME.



HIGH IN
PROTEIN



PERFECT FOR
ATHLETES



QUICK & EASY
TO MAKE



MADE TO
PERFORM



REAL INGREDIENTS.
REAL RESULTS.



EAT WELL.
PLAY STRONG.

BUILT ON DISCIPLINE. FUELED BY CHOICE. POWERED BY YOU.



LEVEL UP YOUR RAMEN

More Protein. More Flavor. More Power.

INGREDIENTS:

- 1 package ramen noodles
(use only 1/2 seasoning packet)
- 2 large eggs
- 1 cup frozen mixed vegetables
- 1/2 cup shredded rotisserie chicken
- 1 green onion, sliced (optional)
- 1 tsp sesame oil (optional)

DIRECTIONS:

1. Cook ramen noodles according to package directions. Drain and return to pot.
2. Add 1/2 of the seasoning packet and stir well.
3. Push noodles to one side. Crack eggs into the pot and scramble until cooked.
4. Add vegetables and chicken. Stir until heated through.
5. Top with green onion and a drizzle of sesame oil if using. Enjoy!



COACH'S TIP:

Don't throw away ramen—build around it! Add protein, veggies, and healthy fats to level up your meal and keep you full longer.



PROTEIN:
30g+



TIME:
8 MIN
(approx.)



CALORIES:
~450



FUEL LEVEL:





PB&J ATHLETE TOAST

Simple Fuel for Busy Days.

INGREDIENTS:

- 2 slices whole grain bread
- 2 tbsp natural peanut butter
- 1/2 banana, sliced
- 1/4 cup strawberries, sliced
- 1 tsp honey
- 1 tsp chia seeds (optional)

DIRECTIONS:

1. Toast the bread.
2. Spread peanut butter on each slice.
3. Top with banana, strawberries, and a drizzle of honey.
4. Sprinkle chia seeds on top (if using). Enjoy!



COACH'S TIP:

Great before practice, as breakfast, or even as a late-night snack to refuel your body.



PROTEIN:
15g



TIME:
5 MIN



CALORIES:
~350

FUEL LEVEL:





CHICKEN QUESADILLA UPGRADE

More Protein. More Veggies. More Wins.

INGREDIENTS:

- 1 whole wheat tortilla
- 1/2 cup grilled chicken, chopped
- 1/4 cup reduced-fat shredded cheese
- 1/4 cup spinach
- 1/4 cup diced bell peppers
- Salsa for serving

DIRECTIONS:

1. Heat a skillet over medium heat.
2. Place tortilla in skillet and sprinkle cheese on half of it.
3. Top with chicken, spinach, and peppers. Fold tortilla in half.
4. Cook for 2-3 minutes per side until cheese is melted and tortilla is golden.
5. Cut into wedges and serve with salsa.



COACH'S TIP:

Use salsa instead of sour cream to save calories and add flavor!



PROTEIN:

28g



TIME:

10 MIN



CALORIES:

~420

FUEL LEVEL:





OVERNIGHT OATS

Prep it. Sleep. Wake Up. Fuel Up.

INGREDIENTS:

- 1/2 cup rolled oats
- 1/2 cup Greek yogurt
- 1/2 cup milk (dairy or non-dairy)
- 1 tbsp honey or maple syrup
- 1/2 tsp cinnamon
- 1/2 cup frozen berries

DIRECTIONS:

1. In a jar or container, mix all ingredients.
2. Stir well. Cover, and refrigerate overnight.
3. In the morning, give it a stir and enjoy!
Add more milk if needed.



COACH'S TIP:

A perfect make-ahead breakfast that saves time and keeps you full until lunch.



PROTEIN:
20g+



TIME:
5 MIN
(Prep)



CALORIES:
~380

FUEL LEVEL:





PIZZA BAGEL UPGRADE

All the Flavor. Better Fuel.

INGREDIENTS:

- 1 whole wheat English muffin
- 2 tbsp pizza sauce
- 1/4 cup shredded mozzarella cheese
- 5–6 turkey pepperoni slices
- 1/4 cup fresh spinach



DIRECTIONS:

1. Preheat oven or air fryer to 375°F.
2. Spread pizza sauce on each half of the English muffin.
3. Top with cheese, pepperoni, and spinach.
4. Bake for 8–10 minutes until cheese is melted and edges are crispy.
5. Let cool for a minute and enjoy!

★ COACH'S TIP:

A quick, easy meal that hits the spot and fuels your body with protein.



PROTEIN:
15g



TIME:
10 MIN



CALORIES:
~330

FUEL LEVEL:



SHEET PAN CHICKEN & VEGGIES

One Pan. Big Gains. Easy Clean Up.

INGREDIENTS:

- 1 lb chicken breast, cut into cubes
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 red onion, sliced
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper

DIRECTIONS:

1. Preheat oven to 400°F.
2. On a large sheet pan, toss chicken and veggies with olive oil, garlic powder, Italian seasoning, salt, and pepper.
3. Spread everything out in a single layer.
4. Roast for 20–25 minutes, stirring halfway through, until chicken is cooked and veggies are tender.
5. Serve as is, over rice, or in a wrap!

★ COACH'S TIP:

Make a big batch and portion it out for easy meals throughout the week. Add a carb like rice, quinoa, or sweet potato to refuel after tough workouts.



PROTEIN:
35g+



TIME:
30 MIN
(Prep + Cook)



CALORIES:
~450

FUEL LEVEL:





TURKEY & AVOCADO POWER BOWL

Balanced Fuel. Peak Performance.

INGREDIENTS:

- 1 cup cooked brown rice
- 1/2 lb ground turkey (93% lean)
- 1/2 avocado, diced
- 1/2 cup black beans, rinsed
- 1/2 cup corn (fresh, frozen, or canned)
- 1/2 cup cherry tomatoes, halved
- 1 cup chopped romaine lettuce
- 1 tbsp olive oil
- 1 tsp taco seasoning
- Juice of 1/2 lime
- Salt & pepper to taste
- Optional: shredded cheese

DIRECTIONS:

1. Cook brown rice according to package directions.
2. In a skillet, heat olive oil over medium heat. Add ground turkey and taco seasoning. Cook until browned and fully cooked.
3. In a large bowl, layer rice, turkey, black beans, corn, tomatoes, and lettuce.
4. Top with avocado and optional cheese.
5. Squeeze lime juice over the top. Add salt and pepper to taste. Enjoy!



COACH'S TIP:

Load up on colors! The more nutrients you fuel your body with, the better you recover, train, and perform.



PROTEIN:
34g



TIME:
25 MIN
(Prep + Cook)



CALORIES:
~540

FUEL LEVEL:





GREEK CHICKEN WRAP

Portable Fuel. Big Flavor. Game Day Ready.

INGREDIENTS:

- 1 whole wheat wrap (large)
- 3 oz grilled chicken breast, sliced
- 1/4 cup hummus
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped cucumber
- 1/4 cup cherry tomatoes, halved
- 1/4 cup shredded lettuce
- 1 tbsp red onion, thinly sliced
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt & pepper to taste

DIRECTIONS:

1. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
2. Lay the wrap flat and spread hummus evenly over the surface.
3. Layer chicken, veggies, feta, and lettuce down the center.
4. Drizzle with dressing.
5. Fold in the sides, then roll tightly. Slice in half and enjoy!



COACH'S TIP:

Wraps are perfect for busy days. Make it the night before and you've got a high-protein, nutrient-packed meal on the go!



PROTEIN:
28g



TIME:
15 MIN
(Prep)



CALORIES:
~410

FUEL LEVEL:

