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Fuel for Your Workouts - DIY snacks!

As you may have experienced, the best way to take your fitness goals to the next level is by incorporating that magic combination of effective training with optimal nutrition.

When it comes to snacking and fuel during long workouts, it is important to consider if these are meeting your needs of obtaining nutrient-dense foods before, during and after training sessions.

I like recipes that call for whole-food ingredients that are easy to find, versatile and can mix and match in many recipes. Costco is a great place to find many of these ingredients at a great price for the quantity you'll need to fuel up for endurance training.



Post Workout Power Smoothie:

Keep in mind your post workout meal is refuelling your body and helping to build lean muscle. Let's make sure you're getting the most from your smoothies by including: fibre, fat and protein. Here's a go-to smoothie that will leave you feeling refreshed and satisfied!

Mojito Power Smoothie

- 1 cup filtered water (or coconut water, great for hydration)
- 1 orange, peeled
- 1 lime, peeled
- Couple big handfuls of spinach or kale
- 4-5 fresh mint leaves
- 2 tble hemp hearts
- 1 tsp chia seeds
- 1/4 - 1/2 tsp turmeric (a wonderful anti-inflammatory)
- Pinch of black pepper (activates the turmeric absorption)
- 1/2 frozen banana

~1 cup frozen pineapple or mango

Hot Tips:

I look for organic and seasonal produce as often as I can. Hemp hearts, chia seeds, frozen fruits and organic spinach are priced great at Costco. When you're making multiple meal-sized smoothies a week, Costco can be a best friend.

I always put the ingredients in this order: liquids, fresh produce, seeds, frozen produce, ice. This is very helpful for your blender to function optimally. I use my Vitamix to make smoothies and boy are they the best! Feel free to mix 'n match your fruits + veggies.

To maximize the benefits from your training, ensure you are drinking your smoothie within 45-90 min post workout. Cheers!

