

POWER TO GO 2012 - PRE AND POST WORKOUT FUELING

Nutrition intake has a major influence upon endurance, power/performance, protein synthesis/muscle growth and recovery.

- Pre/ post exercise fueling positively impacts or negatively impair results.
- Properly hydrated and fueled, the body is less stressed, better able to work harder, recover more quickly and be ready to train again.
- Fuel before a workout *must be 'easy to digest and assimilate'*.
- Professional Iron man and Tri-athlete Brendan Braizer informs us that *too much protein can cause cramping* for it is not the fuel of choice to energize a workout.

PRE EXERCISE:

1 HOUR INTENSE ACTIVITY - choose fruits / simple carbs such as:

- **Fructose** -a fruit sugar are great choices. Bananas, mangos, papayas or are a combo of both and are alkaline forming. This combo is good for immediate and prolonged energy
- **Glucose** can be used for immediate energy Dates are a good choice.

LONGER DURATION (3 HRS):

- 3 parts carb, 1 part protein, 1 part EFA's. (Hemp protein NRG shake or power balls – see [Maison Orphee Organic Coconut oil](#) is also a fabulous source of easily accessed energy.
- Visit www.terigentes.com for fabulous easy to make recipes.)

POST EXERCISE:

Post Workout Water w/ chlorophyll and /or 2 oz freshly squeezed juice with 6 oz water

NUTRIENT REPLENISHING IMMEDIATELY AFTER ACTIVITY -

This is imperative to aid in recovery as well as to fuel muscle growth!

IMMEDIATELY AFTER EXERCISE the best snack to eat is primarily a simple carb.

Ideally with-in a 15 minute window.

Choose something that can enter the blood stream rapidly.

A small % of alkaline protein and very little healthy fat is also ok yet the emphasis is minimal amounts; (1 to 4 ratio protein to carbs) will refuel muscles quickly.

- **Carbs** are needed as well as **easy to digest/assimilate alkaline protein.**
A good ratio is 1 part protein to 4 parts carb (less fibre is better for quick absorption).
- I.e. Enjoy banana cubes shaken or dipped into [Ruth's hemp, Chia](#) or ground flax seeds.

WITHIN THE HOUR AFTER WORKING OUT: **A full spectrum meal** - high quality alkaline protein' **healthy fats**, whole grain carbs and fibre. This is needed to aid in protein synthesis. Ideally choose 'raw-easy- to- digest/assimilate' plant based alkaline proteins (rich in healthy fats and enzymes.)

Milk is NOT an ideal choice as dairy causes inflammation

If using a protein powder: Plant based alkaline protein blends **Ruth's hemp** Maca, E3Live or Sprouted Flax, Powder or **Sun Warrior** sprouted rice or **Vega** are suggested brands.

Teri's: Fresh living foods Suggestions:

- ♥ [Raw Nut Humus](#) Wrap
- ♥ Purple Powered Protein Smoothie;
- ♥ More options on the site: Veggie wraps, Quinoa salads, Pastas etc...

BASIC SUPPLEMENT SUGGESTIONS:

1. **Pro-biotics** – Healthy bacteria: Lactobacillus Acidophilus
Food Sources: Active Raw or augmented Yogurt (Recommended for periodic use).
2. **Digestive Enzymes** – Digest-aid, bromelain, pineapple and papaya etc...
Food Sources: Raw foods, Fresh Ginger, Fermented foods such as Miso
3. **Multi Vitamins and Minerals Complex** –
Full spectrum supplement derived from 'whole food' sources – in divided doses
4. **Phytochemicals** –
Food Sources: Garlic/leeks/onions/Broccoli/cabbage/kale/Carrots/Yams...
Barley, sea, wheat grasses "**GREENS**" Sunwarrior, Garden of Life, New Chapter...
5. **Essential Fatty Acids** – Omega 3's most particularly
Food Sources: Dark leafy greens/flax/ walnut, hemp, pumpkin seeds, nuts, oil,
Supplement w/ Quality oil such as [Ruth's hemp oil](#) and [Maison Orphee](#) walnut oil
6. **Fibre** – Supplements: Psyllium/Flax/Hemp/Chia seeds, fibre-aid...
Food sources:
Complex carbs: Fruits and Veggies / Unrefined Whole Grains/Cereals, Legumes

**Bromelain is a fabulous all natural herbal anti-inflammatory -
derived from pineapple and/or papaya.**

**Choose supplements that are derived from Real Food sources.
Supplements are only meant to augment a healthy dietary intake!**

Super Stamina Cocoa-Coconut Truffles (or Bars)

Makes approx 24 balls or one 8 x 8 inch baking dish

2/3 cup Camino Organic cocoa powder (or Nativa raw cocoa powder)

(Cocoa is a fabulous source of anti-oxidants, iron and magnesium)

1 cup almonds, ground (A calcium rich 'alkaline' protein that will not cause inflammation)

¼ cup organic coconut, small flakes

3/4 cup Mid Eastern or Medjool fresh dried dates, pitted (Mineral rich source of carbs)

2 tbs [Maison Orphee extra virgin organic coconut butter](#). Gently warmed to melt. (This med chain saturated fatty acid is fabulous for athletes. It provides an easily digested and instantly accessed source of energy.)

¼ tsp sea salt (A source of trace minerals - electrolytes.)

[Ruth's Soft Hemp seeds](#), to sprinkle bars or roll balls in, if desired (Omega 3 rich)

1. Process cocoa powder, coconut and almonds.
2. Add dates, coconut oil and sea salt; puree until mixture sticks together. If needed add a little more coconut butter or dates to adjust texture to desired stickiness and the level of sweetness.
3. Roll into 1 inch balls, 2 inch patties or press into an 8 x 8 square baking dish and cut into bars. Roll balls/patties in hemp seeds or sprinkle bars. Chill for a minimum of one hour. Cut bars into desired size and wrap individually. Store in fridge or freezer for up to 2 – 3 weeks.

Tip Soaking the almonds in water for 8 hours removes some of the nutrient absorption-inhibiting enzymes enabling easier digestion and assimilation. Drain before using.

A NOTE TO MY HARD CORE ATHLETES.

These recipes are inspired from my research on sports fuelling. Like all of my recipes, I focus on using whole 'real food' natural ingredients that deliver mother nature's perfect 'full spectrum' of nutrients. For more protein power in the Super Stamina Truffles, add ¼ cup [Ruth's Hemp Protein Powder](#) along with 3 – 4 additional dates. The recipe is intended to deliver fast, sustaining energy that provides trace nutrients and electrolytes. Adjust the ingredient amounts to meet 'your' specific needs for you know your body's requirements best – tune in and honor this.

Post Workout Banana, Ginger, Grape Shake Summer 2011 One serving

½ cup organic grapes, fresh or frozen
¾ cup frozen banana chunks
1 small Lebanese cucumber, approx ½ cup
1 tsp fresh ginger root, grated
¼ cup water, almond, rice or soy milk
1 serving [Ruth's Raw Hemp Protein Powder with Maca](#)
1 serving Perfect Greens Powder (or your preferred brand)
1 serving L-Glutamine
1 tsp [Maison Orphee Walnut, Hazelnut or coconut oil](#) (warmed to melt)
Ruth's [Chia, Hemp](#) or flax seeds, to garnish

1. Whirl all ingredients except garnish in a blender, Vita Mixer or with a handheld submersible blender until desired consistency. Add additional liquid if required.
2. Top with a tsp of ground Chia or flax seed and enjoy as is or served with a few ice cubes. This is so fabulous, I always find myself wishing 'd made more :)

GREAT PRODUCTS: www.maisonorphee.com / www.ruthsfoods.com / www.sunbutter.com / www.sunwarrior.ca

Resources/References:

The Encyclopedia of Healing Foods – Michael Murray ND / <http://www.hps-online.com> / www.wrc.net
Brendan Braizer – [The Thrive Diet Weekday Wonders](#) / [Fast and Fabulous](#) Foods - Teri R Gentes
[Staying Healthy with Nutrition](#) - Elson Haas, MD www.diseasaefree.com

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