



# 35

# HIGH-ENERGY MEALS



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# MEET THE HEALTHY FATS

If you think fat is your diet's nemesis, we have three words for you: monounsaturated fatty acids. These plant-based compounds can actually help you drop pounds and reduce belly fat by helping you ride longer. The even better news? Delicious foods such as olives, nuts and seeds, avocado, oils, and dark chocolate are some of the best sources of these healthful fats.

Try to get about 20% of your calories from these healthy fats; that's about 50 g if you are on a 2,000-calorie daily diet. The easiest way to do this is to have one serving per meal and snack. Each of the following meals contains a monounsaturated fat and just around 400 calories, just the right size to eat before you head out on a ride. They're also rich in carbohydrates for energy. Plus, they are easy to prepare and ready in 5 minutes or less, so you don't have any excuse not to eat a healthy pre-ride meal.



## Have One at Every Meal

**These fats are rich in flavor and in health benefits. The fact that they help you control your weight is just a bonus.**

### 1. OILS

**YOUR OPTIONS** Canola oil, flaxseed oil, olive oil, peanut oil, pesto sauce, safflower oil, sesame oil, soybean oil, sunflower oil, walnut oil

**USE THEM LIKE THIS** Stir-fry with sesame, peanut, or canola oil; pan-fry in walnut or olive oil; spread pesto on a sandwich, drizzle it over soups or grilled foods, or toss it with rice or pasta; add walnut, sesame, or olive oil to marinades; cook with safflower, soybean, or sunflower oil; use flaxseed oil in salad dressings (flaxseed oil cannot be used for cooking)

**A SERVING = 1 TABLESPOON**

### 2. NUTS & SEEDS

**YOUR OPTIONS** Almond butter, almonds, Brazil nuts, cashew butter, chunky natural peanut butter, dry-roasted cashews, dry-roasted peanuts, dry-roasted sunflower seeds, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, roasted pumpkin seeds, smooth natural peanut butter, sunflower seed butter, sunflower seeds tahini (sesame seed paste), walnuts

**USE THEM LIKE THIS** Eat as a snack; sprinkle on a salad; crush and use as a crunchy topping for fish and chicken (dip fish or chicken in lightly beaten egg white to help nuts adhere); spread nut butters on crackers, bread, or fruit; stir nut butters into soups and sauces to add body and flavor

**A SERVING = 2 TABLESPOONS**

### 3. AVOCADO

**YOUR OPTIONS** Florida avocado, Hass avocado

**USE THEM LIKE THIS** Slice and serve with a salad or any entrée; mash with lime juice, salt, and pepper and serve with chips; chop and fold into store-bought salsa

**A SERVING = 1/4 CUP**

### 4. OLIVES

**YOUR OPTIONS** Black olives, black olive tapenade, green olives, green olive tapenade

**USE THEM LIKE THIS** Serve olives as a snack; sprinkle sliced olives on pizzas, salads, or pastas; spread tapenade on crackers or sandwiches; stuff tapenade into chicken breasts or fish fillets

**A SERVING = 10 LARGE OLIVES OR 2 TABLESPOONS OF TAPENADE**

### 5. CHOCOLATE

**YOUR OPTIONS** Dark or semisweet chocolate chips, shavings, or chunks

**USE THEM LIKE THIS** Any way you crave!

**A SERVING = 1/4 CUP**



# SNACKS

## Cheesy Bean Dip

Mix  $\frac{3}{4}$  cup rinsed and drained kidney beans, mashed, with  $\frac{1}{4}$  cup diced onion, 1 tablespoon walnut oil, and 1 tablespoon balsamic vinegar. Sprinkle with  $\frac{1}{4}$  cup shredded reduced-fat Cheddar cheese and microwave on medium until cheese is melted. Serve with 1 cup sliced red bell pepper for dipping.

**Healthy fat:**  
**Walnut oil**

*Per serving:*  
389 calories,  
22 g protein,  
54 g carbs,  
17 g fat



## Almond Butter with Fresh Fruit

Spread 1 slice whole wheat bread with 2 tablespoons almond butter. Eat with  $\frac{1}{2}$  cup each sliced strawberries and sliced kiwifruit.

**Healthy fat:**  
**Almond butter**

*Per serving:* 340 calories,  
10 g protein, 36 g carbs, 20 g fat

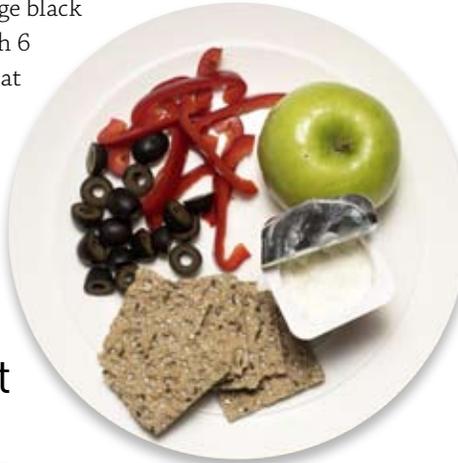


## Grab & Go Cheese & Crackers

Mix  $\frac{1}{2}$  cup fat-free cottage cheese with 1 cup chopped red bell pepper and 10 sliced large black olives. Serve with 6 small whole wheat crackers. Have 1 medium apple.

**Healthy fat:**  
**Black olives**

*Per serving:*  
378 calories,  
17 g protein,  
55 g carbs, 10 g fat

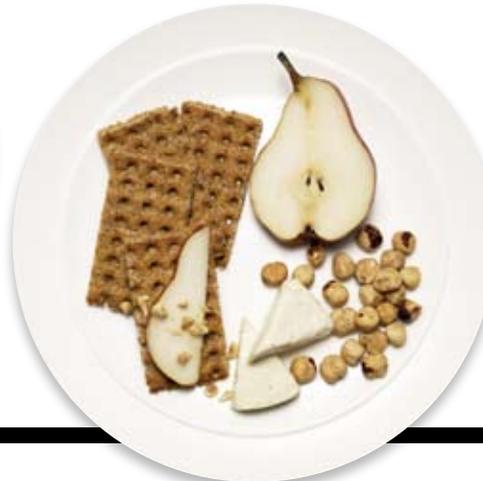


## Hazelnut Pear Crackers

Spread 4 RyKrisp crackers with 2 Laughing Cow Light Garlic & Herb Wedges and top with 1 sliced medium pear and 2 tablespoons hazelnuts.

**Healthy fat:** Hazelnuts

*Per serving:* 410 calories, 14 g protein, 50 g carbs, 17 g fat



## Spanish-Style Eggs

Fry 1 whole egg with 1 egg white in 1 teaspoon olive oil. Place on top of  $\frac{1}{2}$  cup salsa and 10 sliced large green olives. Serve with 6" whole wheat tortilla.

**Healthy fats:**  
**Olive oil, green olives**

*Per serving:* 340 calories, 13 g protein, 34 g carbs, 20 g fat



## Strawberry Chocolate Cottage Cheese

Sprinkle 1 cup fat-free cottage cheese with  $\frac{1}{4}$  cup semisweet chocolate chips and  $\frac{1}{4}$  cup sliced strawberries. Sprinkle with chopped mint leaves.

**Healthy fat:**  
**Semisweet chocolate**

*Per serving:*  
340 calories,  
27 g protein,  
32 g carbs, 13 g fat



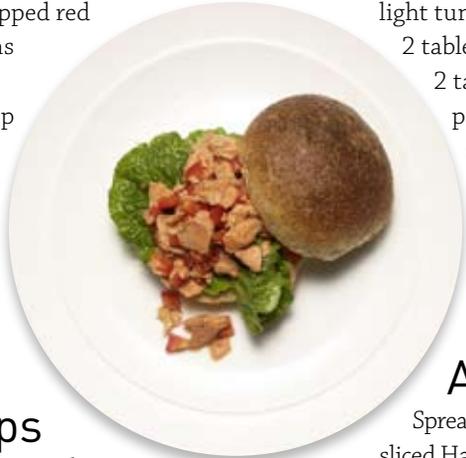
# SANDWICHES

## Simple Salmon Sandwich

Mix 3 ounces canned boneless, skinless wild salmon, drained, with  $\frac{1}{4}$  cup chopped red bell pepper, 2 tablespoons lemon juice, and 1 tablespoon olive oil. Top with romaine lettuce leaves and serve on whole wheat roll.

**Healthy fat: Olive oil**

*Per serving: 398 calories, 28 g protein, 27 g carbs, 21 g fat*



## Chicken Lettuce Wraps

Spread 6 Bibb lettuce leaves with 2 tablespoons hummus and top with 3 oz sliced grilled chicken and 2 tablespoons walnuts. Eat with 1 cup raspberries and 6 small whole wheat crackers.

**Healthy fat: Walnuts**

*Per serving: 391 calories, 11 g protein, 41 g carbs, 24 g fat*



## Tahini Tuna Pita

Blend 3 ounces canned chunk light tuna, drained, with 2 tablespoons tahini, 2 tablespoons chopped parsley, and  $\frac{1}{2}$  small carrot, finely shredded. Stuff into 4" whole wheat pita.

**Healthy fat: Tahini (sesame seeds)**

*Per serving: 370 calories, 31 g protein, 25 g carbs, 17 g fat*

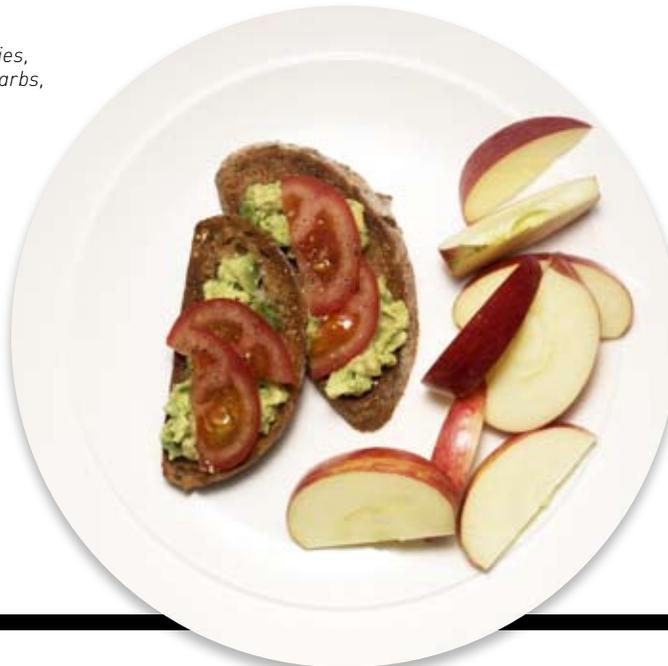


## Avocado Bruschetta

Spread 2 slices toasted whole wheat bread with  $\frac{1}{4}$  cup sliced Hass avocado, mashed, and top with 2 sliced small tomatoes and salt and pepper to taste. Have 1 medium apple.

**Healthy fat: Avocado**

*Per serving: 320 calories, 10 g protein, 59 g carbs, 8 g fat*



## Avocado Tomato Herbed Wrap

Spread 1 whole wheat wrap with 2 Laughing Cow Light Garlic & Herb Wedges and fill with 1 sliced small tomato,  $\frac{1}{4}$  cup sliced Hass avocado, whole basil leaves, and 1 teaspoon balsamic vinaigrette.

**Healthy fat: Avocado**

*Per serving: 319 calories, 12 g protein, 37 g carbs, 14 g fat*



## Dijon Egg Sandwich

Scramble  $\frac{1}{2}$  cup egg whites in cooking spray. Place on toasted whole wheat English muffin spread with 1 tablespoon Dijon mustard and top with 1 ounce reduced-fat Monterey Jack cheese and  $\frac{1}{4}$  cup cubed Hass avocado.

**Healthy fat: Avocado**

*Per serving: 350 calories, 27 g protein, 35 g carbs, 13 g fat*



# SANDWICHES

## Southwest Veggie Burger

Fill 1 whole wheat bun with 1 black-bean veggie burger, 1 cup mixed baby greens,  $\frac{1}{4}$  cup canned corn,  $\frac{1}{4}$  cup sliced Hass avocado, and 2 tablespoons salsa.

**Healthy fat: Avocado**

*Per serving: 380 calories, 19 g protein, 53 g carbs, 12 g fat*



## Hummus, Olive, and Tomato Muffin

Spread 2 Tbsp hummus on each half of a toasted whole wheat English muffin. Top each half with 5 thinly sliced olives and a slice of tomato. Eat with 1 medium orange.

**Healthy fat: Olives**

*Per serving: 349 calories, 11 g protein, 56 g carbs, 11 g fat*



## Roast Beef Sandwich

Toast 2 slices whole wheat bread and spread with 2 tablespoons green olive tapenade. Top with 3 ounces organic deli roast beef. Have 1 medium pear.

**Healthy fat: Green olive tapenade**

*Per serving: 410 calories, 26 g protein, 53 g carbs, 11 g fat*



## Waffles Florentine

Prepare 2 whole grain waffles and spread with 2 Tbsp black olive tapenade. Top with  $\frac{1}{2}$  c egg whites, scrambled in cooking spray, and  $\frac{3}{4}$  c spinach leaves. Eat with  $\frac{1}{2}$  c green or red grapes.

**Healthy fat: Black olive tapenade**

*Per serving: 390 calories, 20 g protein, 45 g carbs, 16 g fat*



# More Breakfast Sandwiches

Have one of these the next time you crave breakfast for dinner—or any meal, for that matter.

## Mediterranean Breakfast Wrap

Fill a 100% whole wheat wrap with  $\frac{1}{2}$  cup egg whites, scrambled; 1 oz feta cheese; 1 diced plum tomato; and 10 large sliced black olives

**Healthy fat: Black olives**

*Per serving: 360 calories, 23 g protein, 34 g carbs, 15 g fat*

## Southwest Breakfast Tacos

Layer 3 soft corn tortillas with the following ingredients:  $\frac{1}{2}$  cup egg whites, scrambled;  $\frac{1}{4}$  cup sliced Hass avocado;  $\frac{1}{4}$  cup low-fat shredded Cheddar cheese; and  $\frac{1}{4}$  cup salsa verde.

**Healthy fat: Avocado**

*Per serving: 400 calories, 24 g protein, 51 g carbs, 10 g fat*

## Farm Fresh Egg & Cheese Sandwich

Drizzle 1 toasted whole wheat English muffin with 1 tablespoon oil and fill with 1 large poached egg, 1 slice reduced-fat Swiss cheese, and  $\frac{1}{2}$  medium vine-ripened tomato, sliced.

**Healthy fat: Avocado**

*Per serving: 400 calories, 20 g protein, 30 g carbs, 24 g fat*

# SALADS

## Greek Lentil Salad

Mix  $\frac{1}{2}$  cup canned lentils, rinsed and drained, with  $\frac{1}{4}$  cup each chopped tomato, chopped cucumber, and chopped red onion; 2 tablespoons red wine vinegar; and 1 tablespoon canola oil.

Sprinkle with  $\frac{1}{4}$  cup crumbled feta cheese and 2 teaspoons dried oregano.

**Healthy fat: Canola oil**

*Per serving: 357 calories, 15 g protein, 26 g carbs, 22 g fat*

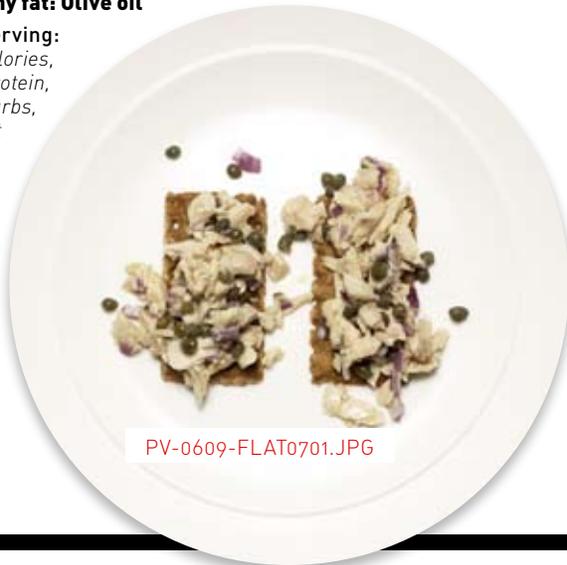


## Italian Tuna Salad

Blend 3 ounces canned chunk light tuna, drained, with  $\frac{1}{4}$  cup chopped red onion, 2 tablespoons capers, 2 tablespoons lemon juice, and 1 tablespoon olive oil. Serve with 4 RyKrisp crackers.

**Healthy fat: Olive oil**

**Per serving:**  
334 calories,  
25 g protein,  
26 g carbs,  
15 g fat



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## Sesame Slaw

Mix 2 cups broccoli slaw with  $\frac{1}{4}$  cup red bell pepper slices,  $\frac{1}{4}$  cup chopped canned water chestnuts, 1 segmented medium orange, 2 tablespoons sesame seeds, 2 tablespoons rice wine vinegar, and 1 tablespoon sesame oil.

**Healthy fats: Sesame seeds, sesame oil**

*Per serving: 355 calories, 8 g protein, 30 g carbs, 23 g fat*



## Mango Walnut Salad

Top 3 cups spinach with  $\frac{1}{2}$  cup chopped mango,  $\frac{1}{4}$  cup sliced red bell pepper, 4 chopped baby carrots, 2 tablespoons walnuts, 2 tablespoons vinaigrette, and 1 tablespoon raisins. Serve with  $\frac{1}{2}$  large whole wheat pita.

**Healthy fat: Walnuts**

**Per serving:**  
401 calories,  
9 g protein,  
56 g carbs,  
19 g fat



## Summer Tomato Salad

Layer 1 cup arugula with 2 sliced tomatoes, 2 ounces thinly sliced part-skim mozzarella, and 5 thin slices red onion. Dress with 2 tablespoons pine nuts; 1 teaspoon olive oil; and balsamic vinegar, salt, and pepper to taste.

**Healthy fats: Pine nuts, olive oil**

**Per serving: 363 calories, 19 g protein, 17 g carbs, 26 g fat**



# SALADS

## Avocado Mango Salad

Mix 1 cubed mango with  $\frac{1}{4}$  c diced Hass avocado and 2 Tbsp minced cilantro. Squeeze in juice of  $\frac{1}{2}$  lime and sprinkle with ground red pepper. Serve with wedges of 1 toasted large whole wheat tortilla.

**Healthy fat: Avocado**

**Per serving:** 331 calories, 6 g protein, 66 g carbs, 8 g fat

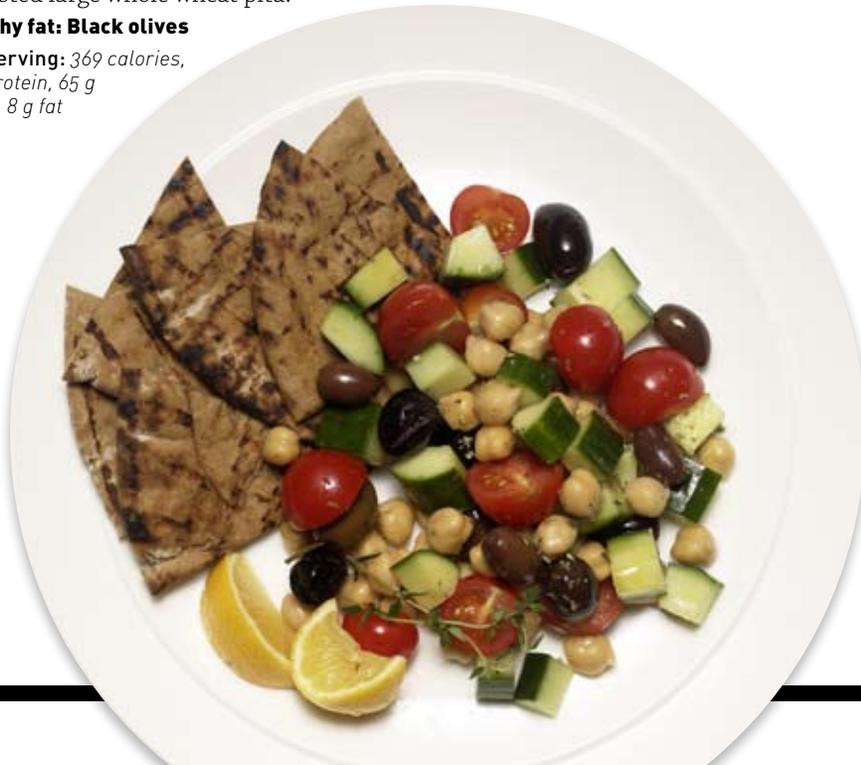


## Mediterranean Salad

Toss  $\frac{1}{2}$  cup chickpeas, rinsed and drained, with  $\frac{1}{2}$  cup halved cherry tomatoes, 1 cup chopped cucumber, 10 large black olives, and 1 tablespoon lemon juice. Serve with 1 toasted large whole wheat pita.

**Healthy fat: Black olives**

**Per serving:** 369 calories, 15 g protein, 65 g carbs, 8 g fat



# PASTAS

## Shrimp & Squash Penne

Mix  $\frac{1}{2}$  cup butternut squash, cooked and cut into chunks, with 1 cup canned diced Italian tomatoes and a 4.5-ounce can shrimp, drained and rinsed. Heat mixture through, spoon over  $\frac{1}{2}$  cup cooked whole wheat penne, and garnish with 2 tablespoons pine nuts.

**Healthy fat: Pine nuts**

**Per serving:** 420 calories, 33 g protein, 44 g carbs, 12 g fat

## Chilled Balsamic Seafood Salad

Toss in medium bowl  $\frac{1}{2}$  cup tuna from pouch with 1 cup cooked, chilled whole wheat pasta spirals; 2 tablespoons balsamic vinegar;  $\frac{1}{4}$  cup green bell pepper, diced; and 10 large sliced black olives.

**Healthy fat: Black olives**

**Per serving:** 350 calories, 28 g protein, 47 g carbs, 6 g fat

## Salmon & Snow Pea Pasta

Toss 1 cup cooked (2 ounces dry) whole wheat rotini with 1 tablespoon extra virgin olive oil, 1 teaspoon minced garlic,  $\frac{1}{4}$  cup canned salmon, drained and rinsed, and  $\frac{1}{2}$  cup snow peas.

**Healthy fat: Olive oil**

**Per serving:** 450 calories, 22 g protein, 39 g carbs, 23 g fat

## Cheesy Spinach Ziti

Toss  $\frac{1}{2}$  cup cooked whole wheat penne with 1 tablespoon extra virgin olive oil,  $\frac{1}{4}$  cup nonfat ricotta cheese, 2 tablespoons shredded Italian four-cheese blend,  $\frac{1}{2}$  cup fresh baby spinach leaves, 2 tablespoons sliced onions, and  $\frac{1}{2}$  cup marinara sauce.

**Healthy fat: Olive oil**

**Per serving:** 380 calories, 18 g protein, 37 g carbs, 18 g fat

# SWEETS

## Blueberry Waffle

Top 1 frozen whole grain waffle, toasted, with  $\frac{1}{4}$  cup semisweet chocolate chips and place in toaster oven or oven set to 350°F to slightly melt chips. Top with  $\frac{1}{4}$  cup blueberries and 2 ounces fat-free vanilla yogurt.

**Healthy fat: Semisweet chocolate**

**Per serving:** 380 calories, 9 g protein, 56 g carbs, 17 g fat



## Cherry Chocolate Smoothie

In a blender, combine  $\frac{1}{2}$  cup fat-free milk, 1 cup frozen cherries, 3 ounces fat-free vanilla yogurt, and  $\frac{1}{4}$  cup semisweet chocolate chips. Mix until smooth.

**Healthy fat: Semisweet chocolate**

**Per serving:** 410 calories, 12 g protein, 69 g carbs, 13 g fat



## Chocolate Banana Blast

Mix sliced  $\frac{1}{2}$  small banana and  $\frac{1}{4}$  cup semisweet chocolate chips with 6-ounce container unsweetened fat-free Greek-style yogurt.

**Healthy fat: Semisweet chocolate**

**Per serving:** 352 calories, 17 g protein, 45 g carbs, 13 g fat



## Chocolate Raspberry Oatmeal

Mix  $\frac{1}{2}$  cup dry oats (cooked with water to desired consistency) with  $\frac{1}{4}$  cup semisweet chocolate chips and 1 cup raspberries.

**Healthy fat: Semisweet chocolate**

**Per serving:** 415 calories, 8 g protein, 68 g carbs, 16 g fat



## Grab & Go Chocolate Cherry Trail Mix

Toss together  $\frac{1}{2}$  cup whole grain O's cereal,  $\frac{1}{4}$  cup semisweet chocolate chips, and 1 ounce dried cherries. Have with  $\frac{1}{2}$  cup fat-free milk.

**Healthy fat: Semisweet chocolate**

**Per serving:** 385 calories, 8 g protein, 64 g carbs, 13 g fat



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spirit — a whole life.

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