

DakotaLifeFitness



RECIPES AND NUTRITION

FOR SPORTS FITNESS AND HEALTH

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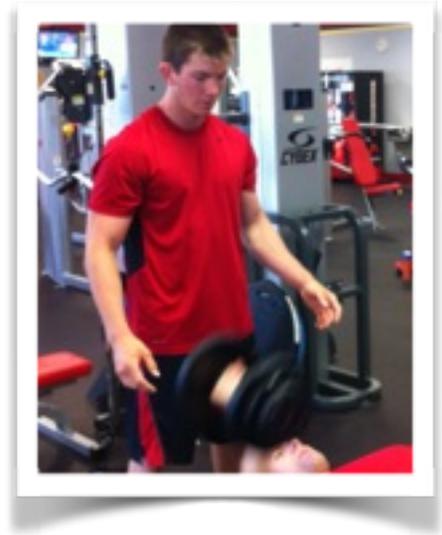
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Self-Introduction

Dakota Heuer

My name is Dakota M. Heuer and much like you probably do, I love exercise and nutrition! I have personal training certifications through World Instructor Training Schools (WITS), an associate's degree in Health and Physical Education, and I am currently attending Slippery Rock University to get my Bachelors Degree in Fitness Management. I have been involved with exercise my whole life through sports such as gymnastics, wrestling, and more. However, I did not really get into nutrition and healthy dieting until I had finished gymnastics at 18 years old. I knew I would not be as healthy or able to maintain a good physique with the poor diet I had. I started off making a few small changes until it became natural to eat healthy. That is actually how I recommend people start off on getting into a healthy diet. Ever since I saw progress in my workouts and how I was getting even more fit with the healthy diet and continuing to exercise, I became more intrigued with nutrition. It became a hobby to study and learn as much as I could about nutrition and exercise, because I understand as much as anybody else, I want the best outcomes from the hard work I put into the gym and the kitchen, and I want the same for my clients. I realized it is truly a 50/50 split of importance; exercise and nutrition that is.



Being a personal trainer requires me to keep up with my own health and nutrition and stay committed to what I love. I constantly need to keep up with the latest nutrition research and know what is actually good, so I can keep my self progressing and help my clients reach their greatest potential as well. That is why this book contains some of the best nutrient dense recipes that I use for my self every day to stay in the best shape I can year round, along with some cLEAN Treat meals for healthy high protein alternatives that taste as good as the unhealthy sweet craving version everyone wants from time to time.

Body Types

Many people believe that everyone is created the same, leading them to think if a certain diet or exercise works for someone, it should work for them too (which is not always the case). The problem with that idea is everyone is made up of different genetics which means every ones body is not the same. A person's genetics determines just about everything with their body including their body type. There are three basic body types, which include Ectomorph, Mesomorph, and Endomorph, which all have different aspects to how the body is formed. Some positive and some negative attributes apply for each, but by knowing your body type and understanding what it means, you can adjust your workouts to accomplish the best results for your goals!

Ectomorph – This is the body type that tends to be thin and lengthy. The ectomorph usually appear to have longer arms, legs, and mid section. Their shoulders and hips are not very wide and muscles tend to be long rather than bulky. They have a harder time gaining muscle but also have difficulty retaining fat as well, which causes weight gain over all to be difficult. Luckily, keeping the unwanted weight off is not a big issue. It just takes more work and higher amounts of calories to build muscle mass.

A person with this body type should – Intake more calories through out the day and incorporate a more power lifting style to there workout routine. Exercises should include heavier weights and lower reps with 2 – 3 minute rest between sets. Doing a lot of cardio should be avoided as well since that burns calories causing excessive weight loss. Following these basic guidelines will help you gain muscle with extra calories (keeping it healthy with high amounts of protein, healthy fats, and complex carbohydrates), power lifting, and little cardio. Luckily, people with this body type can get away with eating a few more cheat meals than other body types.

Mesomorph – The characteristics of a mesomorph include a strong muscular build, wide shoulders, narrow waistline, and slightly wider hips. Gaining muscle is usually not too difficult and you have a good ability to maintain a low body fat percentage. Muscles tend to be strong and lean while relatively easily maintainable. Although this is the naturally fit body

type, it is important to continue with exercises and healthy eating that complies with you.

A person with this body type should – Maintain a healthy diet with their recommended calorie intake according to their body weight. When exercising, you don't need to over do it with heavy weights. Power lifting is beneficial, however, incorporating slightly lower weights with high reps, doing plyometrics, calisthenics, and conditioning style workouts can give you your best results towards a lean physique with solid muscle mass. Rest time between sets should be short, along with the ability to work out longer and more often. You will notice your muscles heal fairly quickly allowing you to participate in more activity and longer workouts. It is also important to stretch frequently and maintain your flexibility as you increase your muscle mass. High amounts of protein are recommended to accommodate with your workout intensity along with maintaining a healthy amount of complex carbohydrates and fats.

Endomorph – The physical traits of an endomorph tend to include a softer looking body and face. Their shoulders, hips, and midsection are wide along with a more rounded look to their hips and gluts area. The ribcage is usually wide and they have slightly shorter limbs for a more stocky appearance. They accumulate fat pretty easily but can also gain muscle fairly fast with exercise. Losing weight can be a challenge, so regular exercise and healthy eating is very important to someone who resembles the endomorph characteristics.

A person with this body type should – Cut back on the amount of calories per day to help lose weight. Eating healthy meals that have a high nutrition density, high in protein, and fairly low in carbohydrates are necessary along with drinking water and perhaps taking weight loss/nutrition supplements can be very beneficial. People with this body type tend to have a lower threshold for carbohydrates and usually put on extra weight fairly quickly from eating too many carbs. Exercise should include a lot of cardio such as running, cycling, swimming, etc to burn calories and lose weight. Muscular endurance should also be a focus when exercising which would be low weights and high reps. Maintaining a healthy diet and cardio endurance style exercises will help get rid of the unwanted weight and keep it off!

Recipes

Part one: OMELET/EGG RECIPES



Eggs contain many of the essential nutrients for us to live and stay healthy including high quality complete proteins, healthy fats and many vitamins and minerals found in the yolk. One large egg white contains just over 3 grams of protein and each yolk holds another 3 grams of protein, along with 5 grams of healthy fats to help your body regulate and absorb all the vitamins, minerals, and other nutrients you get in an egg. And to top it all off there are virtually no carbs and they can be made into so many recipes. You might not ever get tired of eating eggs for any meal!

Lean tips for making eggs – Obviously eggs are a great way to keep up a clean and lean diet, but can be made even leaner by separating most of the yolks and consuming only the egg whites. By eating at most 1 yolk for every 3 egg whites, you'll achieve a great source of protein with a very low fat content while still getting a good source of vitamins and minerals with a small serving of unsaturated fats at a healthy level with limiting your yolks.

Chicken and Cheese Omelet

This delicious mix makes a fantastic meal that contains over 30 grams of protein for a perfect start to the day or post work out meal! You'll be sure your getting plenty the right nutrients to fuel up and build muscle with out gaining the unwanted fat.

Ingredients

- 4 Egg whites and 1 Whole egg
- 3 oz of Grilled Chicken
- ¼ Cup of low fat Mozzarella Cheese Hand full of Spinach
- 1 tsp olive oil or coconut oil (to lightly grease pan)

Instructions

- Beat eggs in a bowl
- Cut up grilled chicken

- Using a paper towel, spread oil on pan (just enough so eggs don't stick)
- Place the pan over low to medium heat and pour in the eggs
- Add the chicken right after you put in the eggs
- Tear up a handful of spinach and lay it on top of the chicken and eggs
- Next, pour the $\frac{1}{4}$ cup of cheese on top
- Once the bottom of the eggs are cooked enough to lift (about 5 min after pouring them in), fold the omelet in half and slightly reduce heat.
- After a minute, flip omelet and let finish cooking for just under a minute
- Move omelet to plate, let cool for a few min, serve when ready!

Tip: If desired, chicken can be switched with ham. This will just give it a few extra grams of fat.

Recipes

Part 4: SANDWICHES, WRAPS, and SALADS



Sandwiches, wraps, and salads are a great way to get a quick meal when you're on the run. They can contain a large variety of lean proteins and healthy fats and carbohydrates when made with the right ingredients. All of

these are going to be made with out dressing or condiments since that usually just adds unneeded calories from over loading fats and sugars. If you must use some sort of dressing, balsamic vinegar and hot sauce is ok as long as you don't go crazy with it. When you use these recipes to make sandwiches or a wraps, make sure you use **100% whole grain bread or tortillas** since this contains more nutrients such as

- More complex carbohydrates
- Higher fiber content
- And more protein.

The reason we don't use **white bread or tortillas** is because -

- They have been stripped of a lot of their original nutrients such as fibers and proteins.
- The carbohydrates are broken down which causes them to have a higher glycemic level and can spike your sugar levels then leave you feeling hungry and drained shortly after.
- They are usually bleached to enhance the white color of the food.

The only time I would recommend having white bread and/or tortillas is 30 – 60 min following a workout. The reason for this is because this is the time you want the nutrients right away without your body needing to work to break them down first. You want to allow the carbohydrates and proteins to get to your muscles as fast as possible for recovery and rebuilding.

Other ingredients we will be using that may be new to some people are flax seed and cottage cheese. They both hold great nutritional benefits for a variety of purposes.

Flax Seed contains a good source of healthy unsaturated fats, fiber, and some proteins to add to your meal.

Cottage Cheese is a form of soft cheese that has a very high protein content compared to the rest of its macronutrients (fats and carbs). I usually use ones that contain 1% milk fat and reduced sodium.

Protein Stuffed Club – sandwich, wrap, or salad

Ingredients

- 2 oz Grilled Chicken
- 1 oz Turkey
- 1 slice Ham (about 25 g)
- 1 slice of Swiss Cheese
- Spinach (for a sandwich or wrap, use ½ handful. For a salad, use 2 handfuls)

Instructions

- Sandwich – Layer spinach, turkey, chicken, ham, and cheese, on 1 slice of bread, and cover with the other. Toasting the bread before putting it all together works great as well.
- Wrap – Layer Spinach, turkey, chicken, ham, and cheese on the tortilla and role it up.
- Salad – Throw all ingredients in to a bowl or on a large plate. You can even squeeze some lemon juice over top the salad.

Recipes

Part 5: PROTEIN SHAKES AND SMOOTHIES



Chocolate Dipped Banana

Ingredients

- 1.5 Cup of unsweetened almond milk
- 1 Scoop of Chocolate Protein Powder
- ½ Banana (peeled and sliced)
- ½ Cup of ice
- Optional: 1 tsp Glutamine, 1 tsp Coco nibs

Instructions

- Place all ingredients in a blender in the order they are listed. (Except the coco nibs if your using them)
- Blend until the shake turns smooth (about 20 – 30 seconds)
- If using, add in the coco nibs and blend for another 3 seconds
- Pour into a large cup. Drink up and let your starving muscles absorb the much needed nutrients to recover and build up stronger!

Recipes

Part 5: SNACKS and cLEAN CHEATS



Muscle Builder Chocolate Protein Bowl

Ingredients

- 1 Cup of Yogurt
- ½ Scoop of Chocolate Protein Powder
- Optional – For some extra nutrition, throw in 15 grams of sliced banana or strawberries, 10 almonds, ¼ cup granola, and/or 1 tsp of cacao nibs

Instructions

- Place all 1 cup of yogurt and ½ scoop of protein powder in a bowl.
- Stir until the protein powder is evenly distributed and no longer in a powdery form.
- Place any of the optional ingredients in the bowl, then stir and serve.

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