



FLAVOR AND HEALTH

Fit recipes for elite athletes



FLAVOR HEALTH

WELCOME TO THE EBOOK "FLAVOR AND HEALTH:
FIT RECIPES FOR ELITE ATHLETES". THIS
THE BOOK WAS CREATED ESPECIALLY FOR
THOSE WHO ARE DEDICATED TO A STYLE OF
ATHLETIC LIFE, LOOKING TO IMPROVE
YOUR SPORTS PERFORMANCE AND AT THE
SAME TIME ENJOY YOUR MEALS
DELICIOUS AND HEALTHY.



1. CHICKEN SALAD WITH AVOCADO

1. GRILLED CHICKEN BREAST

2. AVOCADO

3. MIXTURE OF GREEN LEAVES

4. CHERRY TOMATO

5. YOGURT SAUCE WITH LEMON



START BY PREPARING THE GRILLED CHICKEN BREAST. SEASON CHICKEN BREAST WITH SALT, PEPPER AND A LITTLE OLIVE OIL. GRILL CHICKEN ON MEDIUM-HIGH HEAT UNTIL COMPLETELY COOKED, ABOUT 6-8 MINUTES PER SIDE, DEPENDING ON THICKNESS. MAKE SURE THE CHICKEN

HAS REACHED A SAFE INTERNAL TEMPERATURE OF 75°C.

WHILE THE CHICKEN ROASTS, PREPARE THE VEGETABLES. WASH AND CUT THE GREEN LEAVES OF YOUR CHOICE AND PLACE THEM IN A BIG BOWL.

CUT THE AVOCADO IN HALF, REMOVE THE STONE AND CAREFULLY REMOVE THE PULP WITH A SPOON. CUT THE AVOCADO INTO SLICES

FINES.

ADD AVOCADO SLICES AND SLICED CHERRY TOMATOES TO THE MIXTURE OF LEAVES IN THE BOWL.

WHEN THE CHICKEN IS READY, REMOVE IT FROM THE GRILL AND LET IT REST FOR A FEW MINUTES. THEN CUT THE CHICKEN IN THIN SLICES OR SMALLER PIECES.

ARRANGE THE CHICKEN SLICES ON THE LEAF SALAD, AVOCADO AND TOMATO.

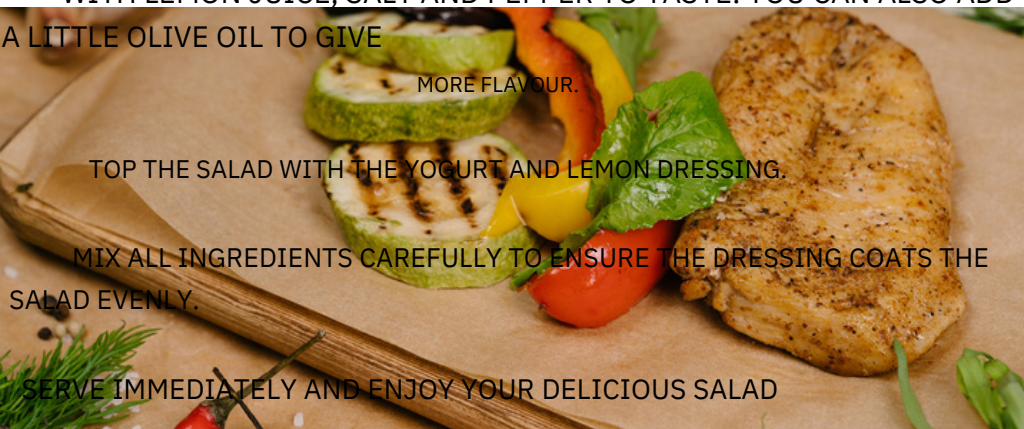
PREPARE THE YOGURT SAUCE WITH LEMON. MIX NATURAL YOGURT WITH LEMON JUICE, SALT AND PEPPER TO TASTE. YOU CAN ALSO ADD A LITTLE OLIVE OIL TO GIVE

MORE FLAVOUR.

TOP THE SALAD WITH THE YOGURT AND LEMON DRESSING.

MIX ALL INGREDIENTS CAREFULLY TO ENSURE THE DRESSING COATS THE SALAD EVENLY.

SERVE IMMEDIATELY AND ENJOY YOUR DELICIOUS SALAD



2. GRILLED SALMON

WITH ASPARAGUS

1. SALMON STEAK

2. GRILLED ASPARAGUS

3. QUINOA and TO jaVu Serif

4. CAPER SAUCE



START BY PREHEATING THE GRILL TO MEDIUM-HIGH HEAT. MAKE SURE THE GRILL IS VERY CLEAN AND LIGHTLY OILED TO PREVENT THE SALMON FROM STICKING.

WHILE THE GRILL HEATS UP, PREPARE THE SALMON. WASH THE SALMON FILLET AND DRY IT WITH PAPER TOWEL. IF YOU WISH, PUSH THE SALMON WITH A LITTLE LEMON JUICE AND SEASON WITH SALT, PEPPER AND YOUR FAVORITE SEASONINGS. THIS WILL GIVE FLAVOR TO THE

FISH.

WASH AND TRIM THE ASPARAGUS, REMOVING THE TOUGHEST PARTS OF THE STEMS. CAN USE WHOLE ASPARAGUS OR CUT THEM INTO SMALLER PIECES, DEPENDING ON YOUR PREFERENCE.

BRUSH THE ASPARAGUS WITH OLIVE OIL AND SEASON WITH SALT AND PEPPER.

PLACE THE SALMON FILLET AND ASPARAGUS ON THE PREHEATED GRILL. PLACE THE SALMON WITH THE SKIN DOWN. COOK THE SALMON FOR ABOUT 4-5 MINUTES EACH SIDE, DEPENDING ON THE THICKNESS OF THE STEAK. THE SALMON WILL BE READY WHEN THE MEAT GOES EASILY WITH A FORK AND IS OPANA IN THE CENTER.

WHILE SALMON GRILLS, TURN THE ASPARAGUS FROM TIME TO TIME TO ENSURE WHICH ARE COOKED EVENLY. THEY GENERALLY TAKE BETWEEN 8 AND 10 MINUTES FOR IT TO BE SOFT AND LIGHTLY TOASTED.

WHEN THE SALMON IS READY, CAREFULLY REMOVE IT FROM THE GRILL, USING A WIDE SPATULA TO PREVENT THE SKIN FROM STICKING TO THE GRILL. ASPARAGUS SHOULD ALSO BE READY AT THE SAME TIME.

SERVE GRILLED SALMON WITH ASPARAGUS AND GRILLED SALMON WITH LEMON SLICES, YES WANT



CURRY CHICKEN WITH CAULIFLOWER

- CHICKEN BREAST
- CAULIFLOWER
- COCONUT MILK
- CURRY POWDER
- BROWN RICE OR OTHER

GRAIN OF YOUR PREFERENCE

- OLIVE OIL
- ONION
- GARLIC
- SALT AND PEPPER TO TEST



SPLIT THE CHICKEN BREAST INTO SMALL PIECES AND SEASON WITH SALT, PEPPER AND A TEASPOON OF CURRY POWDER. LET THE CHICKEN MARINATE FOR AT LEAST 15-20 MINUTES TO ABSORB THE FLAVOR OF THE CONDIMENT.

WHILE THE CHICKEN IS MARINATING, PREPARE THE BROWN RICE OR GRAIN OF YOUR CHOICE, ACCORDING TO THE PACKAGE INSTRUCTIONS. HAVE IT READY TO SERVE WHEN THE DISH IS READY.

CUT THE CAULIFLOWER INTO SMALL FLOWERS AND SAVE IT.

IN A LARGE Frying Pan, HEAT A LITTLE OLIVE OIL ON MEDIUM HEAT. ADD THE ONION, CARROT AND CHOPPED GARLIC AND SAUTÉ UNTIL IT IS SOFT AND TRANSLUCENT.

ADD THE MARINATED CHICKEN CUPS TO THE PAN AND COOK UNTIL THEY ARE BROWN ON THE OUTSIDE AND COOKED ON INSIDE. THIS USUALLY TAKES 5 TO 7 MINUTES DEPENDING ON THE SIZE OF THE CHICKEN PIECES.

REMOVE THE CHICKEN FROM THE PAN AND RESERVE ON A PLATE.

IN THE SAME PAN ADD THE CAULIFLOWER AND THE REST OF THE CURRY POWDER. SAUTÉ THE CAULIFLOWER UNTIL IT STARTS SOFT AND LIGHTLY BROWNED, WHICH SHOULD TAKE 5 TO 7 MINUTES.

WHEN THE CAULIFLOWER IS READY, ADD THE CHICKEN BACK TO THE PAN.

POUR THE COCONUT MILK INTO THE PAN, MIX WELL AND LEAVE TO COOK ANOTHER 5-7 MINUTES TO HEAT AND MIX ALL THE FLAVORS.

TASTE THE DISH AND ADJUST SEASONING WITH SALT, PEPPER OR MORE CURRY POWDER AS NEEDED.

SERVE THE CHICKEN CURRY WITH CAULIFLOWER OVER PREPARED BROWN RICE. YOU CAN DECORATE WITH LEAVES OF FRESH MINT OR LEMON PIECES IF YOU DESIRE.

THIS CURRY CHICKEN WITH CAULIFLOWER IS A HEALTHY, TASTY FOOD AND FULL OF EXOTIC FLAVORS.

ENJOY!



Turkey Lettuce Wraps

- GROUND TURKEY BREAST
- LETTUCE LEAVES (SUCH AS ICEBERG LETTUCE, BUTTER OR LETTUCE LEAVES
- ROMANA) COLORED PEPPERS (RED, YELLOW, GREEN) IN STRIPS
- SLICED AVOCADO
- YOGURT SAUCE (COULD BE NATURAL YOGURT WITH LEMON AND SEASONING TO TASTE) SALT AND
- PEPPER TO TASTE



HEAT A PAN ON MEDIUM HEAT. ADD GROUND TURKEY BREAST TO THE PAN AND COOK, GRILL WITH OFTEN, UNTIL IT IS COMPLETELY COOKED AND BROWNED. THIS GENERALLY TAKES 5 TO 7 MINUTES.

WHILE THE TURKEY IS COOKING, PREPARE THE LETTUCE LEAVES. WASH THEM CAREFULLY AND DRY THEM. THEY WILL SERVE AS “WRAPS” FOR THE FILLING.

REPAIR THE PEPPERS by cutting them into thin strips. ALSO CUT THE AVOCADO INTO THIN SLICES.

WHEN THE TURKEY IS COOKED, SEASON WITH SALT AND PEPPER TO TASTE AND ADD ANY SEASONINGS ADDITIONAL WHICH YOU WANT, SUCH AS GARLIC POWDER, ONION POWDER OR CUMIN.

ADD THE WRAPS: PLACE A LETTUCE LEAF ON A FLAT SURFACE. ADD A PORTION OF THE ERU COOKED TO THE CENTER OF THE LEAF.

ON TOP OF THE TURKEY, PLACE CHILI STRIPS AND AVOCADO SLICES.

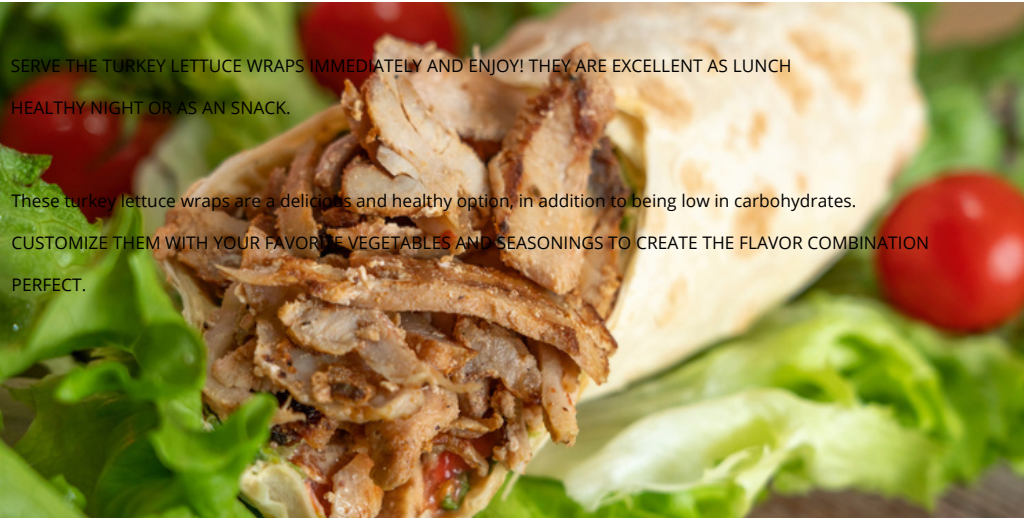
SEASON THE FILLING WITH YOGURT SAUCE TO TASTE.

WRAP THE EDGES OF THE LETTUCE LEAF OVER THE FILLING, CREATING A COMPACT WRAP. ROLL UP WRAP THE WRAP FROM BOTTOM UP, PRESSING WITH A STICK, IF NECESSARY, TO HOLD IT IN CLOSED.

REPEAT THE PROCESS TO MAKE AS MANY WRAPS AS YOU WANT.

SERVE THE TURKEY LETTUCE WRAPS IMMEDIATELY AND ENJOY! THEY ARE EXCELLENT AS LUNCH HEALTHY NIGHT OR AS AN SNACK.

These turkey lettuce wraps are a delicious and healthy option, in addition to being low in carbohydrates. CUSTOMIZE THEM WITH YOUR FAVORITE VEGETABLES AND SEASONINGS TO CREATE THE FLAVOR COMBINATION PERFECT.



SPINACH AND OMELETTE

FETA CHEESE

- 2 TO 3 EGGS (DEPENDING
THE SIZE OF THE OMELETTE

WHAT YOU WANT)

- FRESH SPINACH OR
FROZEN

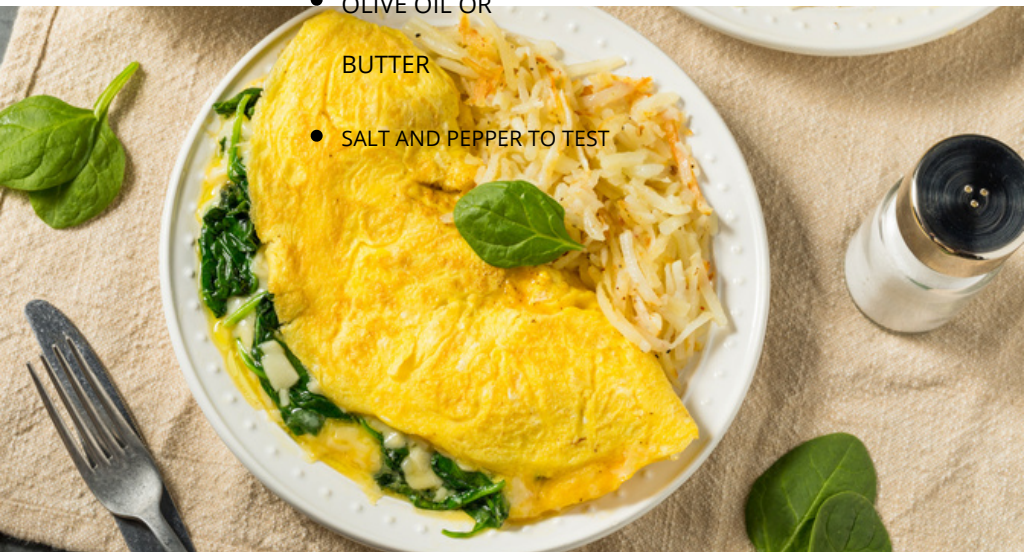
- FETA CHEESE
CRUSHED

- Chopped tomatoes
(OPTIONAL)

- CHOPPED ONION
(OPTIONAL)

- OLIVE OIL OR
BUTTER

- SALT AND PEPPER TO TEST



START BY PREPARING THE INGREDIENTS. WASH AND DRAIN THE FRESH SPINACH OR, IF
USE FROZEN SPINACH, THAW AND DRAIN WELL. IF YOU WANT IT, CHOOSE
A LITTLE ONION AND CUT THE TOMATO INTO QUARTERS.

BEAT THE EGGS IN A BOWL. SEASON WITH A PINT OF SALT AND PEPPER TO TASTE.

HEAT A NON-STICK PAN ON MEDIUM HEAT. ADD A LITTLE OLIVE OIL OR BUTTER AND LEAVE
TO MELT.

IF YOU ARE USING ONION, SAUTE IT IN THE PAN UNTIL IT IS SOFT AND TRANSLUCENT.

ADD THE SPINACH TO THE PAN AND FRY for a few minutes until they wilt and most of the water remains.
EVAPORATE.

IF YOU ARE USING TOMATOES, ADD THE TOMATO CUBES TO THE PAN AND COOK FOR A FEW MORE MINUTES.

POUR THE WHITE EGGS OVER THE VEGETABLES IN THE PAN.

SPREAD THE CUT FETA CHEESE ON TOP OF THE EGGS.

COOK THE OMELETTE OVER MEDIUM HEAT, stirring occasionally with a spatula, until the eggs are cooked.

ALMOST COMPLETELY COOKED. THIS SHOULD TAKE 5 TO 7 MINUTES.

FOLD THE TORTILLA IN HALF WITH THE HELP OF THE SPATULA, COVERING THE FILLING.

CONTINUE COOKING ONE MORE MINUTE OR UNTIL THE OMELETTE IS COMPLETELY COOKED AND THE FETA CHEESE IS
BE MELTED.

SLIDE THE OMELET TO A PLATE, FOLD IN HALF AGAIN IF DESIRED, AND SERVE IMMEDIATELY.

THIS SPINACH AND FETA OMELETTE IS A HEALTHY AND DELICIOUS OPTION FOR BREAKFAST, LUNCH OR
HAVE LUNCH. YOU CAN CUSTOMIZE IT WITH YOUR FAVORITE VEGETABLES AND SEASONINGS. ENJOY!

