



**GO TO PROTEIN SNACK OPTIONS  
TO HELP FUEL RECOVERY  
AND SUPPORT METABOLISM**





Hey Guys! I'm Katie Slanker I teach athletes of all types how to achieve optimal balance in their training to avoid pain and injury without giving up the training they love. Having had 3 ACL reconstruction surgeries and one complex root tear repair of my medial meniscus, I know what it is like to be told you have to stop running (even if for a short period of time).

I have taken the last year to deep dive into new research on running injuries and rehab and the shifts compared to what used to be standard recommendations. So I specialize in helping runners modify their training to keep running as much as they safely can as well as getting back to running after time off from injury.

As an athletic trainer, running coach, personal trainer, nutrition coach, mom and wife, I know we also have to do all our training within a busy schedule and help people find ways to make it all fit! I put this resource together to help educate athletes the importance of nutrition while also appreciating the challenge of a busy schedule!

There are many more recipes out there, and I will continue to build on this resource for you! These are recipes I use on the regular and I think about the mix and match snack on the regular!

Please reach out if you have more specific questions or I can be of any assistance. My contact info is on the last page!

# SETTING YOURSELF UP FOR SUCCESS

When it comes to switching to healthier nutrition choices; you will either set yourself up for success or failure. Not having good quality proteins on hand is one of the fastest ways to lose footing quickly!

Here are some proteins that are great to have on hand.

## Protein/Carb Blends

- Greek Yogurt
- Quinoa
- Buckweat
- Beans
- Lentils
- Broccoli
- Kale
- Chickpeas
- Oats
- Soy
- Spinach
- Mushrooms

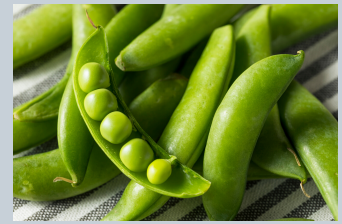
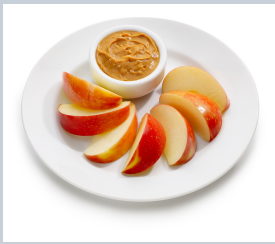
## Lean Proteins

- Chicken
- Turkey
- Egg Whites
- Lean Fish
- Lean Beef
- Bison
- Protein Powder
- Turkey Bacon

## Protein/Fat Blends

- Full Fat Greek Yogurt
- Whole Eggs
- Bacon
- Fish
- Cottage Cheese
- Hemp Seeds
- Chia Seeds
- Pumpkin Seeds
- Nut Butters
- Hummus
- Nuts

Keeping these foods on hand means having proteins ready for meals or snacks. Which will allow you more opportunity to make good choices instead of impulse choices always being simple carbs.



## Think Mix and Match

### Pick a Protein (About 100 Calories)

- 1 Tbsp Nut Butter
- 1 Oz. Cheese
- 1-2 Large Eggs
- 3 Oz. Nitrite Free Turkey or Chicken
- 1/2 Cup Plain Greek Yogurt
- 1/2 Cup Salmon/Tuna
- 12 Almonds
- 1/2 Cup Cottage Cheese
- 30 Pistachios

### Pick a Fruit/Vegetable (About 50-100 Calories)

#### About 100 Calories

- 1 Medium Apple/Pear
- 1 Medium Orange
- 30 Seedless Grapes
- 1/2 Avocado
- 2 Cups Sliced Strawberries
- 1 1/2 Cup Blueberries

#### About 50 Calories

- 12 Baby Carrots
- 10 Grape Tomatoes
- 1 Small Sweet Potato
- 1 1/2 Cups Broccoli
- 3 Cups Chopped Kale
- Lots of Celery, LOL

# PROTEIN DEVILED EGGS

## INGREDIENTS

4 Egg (hard boiled)  
1 can Tuna (drained)  
1/2 Avocado  
1 stalk Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/2 Cucumber (sliced)

## DIRECTIONS

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.



# EGG WHITE VEGGIE MUFFINS

## INGREDIENTS

6 Large Egg Whites  
1/2 tsp. Black Pepper  
1/3 Cup Thinly Sliced Mushrooms  
1/3 Cup Chopped Broccoli  
1/4 Cup Diced Red Bell Pepper  
2 Tbsp. Shredded Cheddar  
4 Halves Sun-Dried Tomatoes  
Grape Seed Oil Spray

## DIRECTIONS

1. preheat Oven to 350°F. Coat 4 Cups of a Muffin Pan with Oil Spray or Favorite Non-Stick Liners
2. In a Bowl, whisk to combine egg whites and pepper
3. Divide Mushrooms, broccoli and bell pepper evenly between the 4 muffin cups. Pour egg white mixture over vegetables, then top with cheese and 1 sun dried tomato half.
4. Bake for 20 minutes or until eggs are set. Serve Warm.



# TOASTED TRAIL MIX

## INGREDIENTS

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Organic Raisins

## DIRECTIONS

1. Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
2. Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!



# TURKEY TROT MEATBALLS

## INGREDIENTS

- 1 T Grapeseed Oil
- 1/2 C Finely Grated Parmesan
- 1/2 C Almond Flour
- 1/3 C Finely Chopped Parsley
- 1/2 tsp. Garlic Powder
- 1/2 tsp. Sea Salt
- 1/4 tsp. Black Pepper
- 1 Pound Ground Turkey
- 1 Egg



## DIRECTIONS

1. Preheat Oven to 350°F. Line a baking sheet with parchment paper and drizzle the oil across the paper, use your fingers to spread around
2. In a large bowl combine the parmesan, flour, parsley, garlic powder, salt and pepper. Add the turkey and egg, and mix with your hands. Set aside for 15 minutes.
3. Use a spoon or scoop and your hands to form the meatballs (about golfball size. Space evenly on the baking sheet.
4. Bake in the center of the oven for 15 minutes, Flip the meatballs and cook another 15 minutes or until cooked through (smaller meatballs need less cook time.

They should be crispy and lightly browned on the outside.

From Run Fast, Cook Fast, Eat Slow Cook Book!



# POWER TUNA SALAD

## INGREDIENTS

- 1 3oz Can Chunk Light Tuna in Water
- 1/2 Ripe Avocado
- 1 Shallot Diced (or Dried Minced Onion)
- 1/2 tsp. Lime Juice
- 1/4 tsp. Garlic Powder
- Salt and Pepper to Taste

## DIRECTIONS

1. Drain Your Tuna Well.
2. Mash the Avocado and mix well with shallot, lime juice, garlic powder, salt and pepper. Add Tuna and mix.
2. Enjoy with veggies, on a salad or just alone!





# Katie Slanker

<https://www.katieslanker.com>

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