

Performance Foods

Reduce inflammation → Improve performance. Done.



To improve your performance, in academics and in sport, eat an anti-inflammatory diet. It's simple, yet complex. Think about where your food comes from and it will be easier.

The way that you eat directly controls inflammation. Some foods turn it off, and some foods stimulate inflammation. Food literally turns on and off the genes that control inflammatory proteins and processes in the body.

An anti-inflammatory diet is really a part of a *lifestyle* that incorporates eating right, exercise, adequate and quality sleep and stress management. The diet aspect of an anti-inflammatory life can be summarized with these five ideas:

1. Put lots of color on your plate.
2. Use unprocessed ingredients.
3. Eat less animal protein and more plant protein.
4. Eat smaller meals, and snacks only when needed.
5. Enjoy tons of spice and flavor!

Anti-Inflammatory Snacks:

- Edamame pods and cherry tomatoes
- Soy nuts with raisins and dried apricots
- Walnuts and dried cherries
- Almonds and an apple
- Pear and almond butter
- Hard boiled omega 3 egg, baby carrots and edamame
- Apple and natural peanut butter
- Raisins and almonds
- Walnuts and dried apricots
- Celery sticks with ricotta cheese and raisins
- Carrots with natural peanut butter
- Bell pepper stuffed with roasted red pepper hummus
- Granola sprinkled on plain yogurt with defrosted frozen peach slices
- Honey whole wheat pretzels with natural almond butter and apple slices
- Corn tortilla chips with salsa and black bean dip
- Brown rice cakes spread with natural sunflower seed butter and fruit spread
- 100% whole grain crackers with hummus and cucumber slices (try Triscuits, Trader Joe's Woven Wheats, Ak-Mak, Wasa, Kavli or Mary's Gone Rice Crackers)
- Trail mix made with raisins, dates, peanuts, almonds, sunflower seeds, and bran flakes
- Whole grain cereal with milk and banana slices (try Shredded Wheat, bran flakes or granola)

Performance Foods



Breakfast:

- Shredded Wheat or Nature's Path Flax Plus with skim milk, nuts and fruit on top
- 100% whole grain English muffin spread with natural peanut butter and an apple
- Oatmeal with skim milk, almonds, ground flaxseeds, diced apples, raisins and cinnamon
- Smoothie made with plain yogurt, frozen berries, ground flaxseeds, firm tofu (gives creamy texture)
- ½ whole wheat bagel topped with a thin spread of cream cheese, lox and tomato slices; add capers and onions if desired
- Burrito with 100% whole grain tortilla, scrambled eggs, black beans, salsa and avocado
- Egg sandwich with egg, tomato slices and avocado on a whole grain English muffin or toast and an orange
- Tortilla wrap up: 100% whole wheat tortilla spread with natural almond or peanut butter, banana slices and granola

Lunch:

- Instant brown rice, mixed frozen veggies and canned salmon; mix in a bowl, top with teriyaki sauce and heat in microwave
- Burrito with 100% whole wheat tortilla, refried black beans, shredded cheese and salsa; add leftover diced chicken and avocado
- Spinach salad with sunflower seeds, canned lentils, feta cheese, cucumbers, tomatoes and olive oil, season with mint
- Stuffed baked potato with broccoli, Greek yogurt and diced chicken; stuff with marinara sauce and ricotta cheese; stuff with salsa, black beans, corn and avocado
- Bean chili and a colorful salad with Italian vinaigrette
- "Pizza" on a 100% whole wheat tortilla or pita, topped with tomato sauce or salsa, diced chicken, diced veggies and shredded mozzarella; toast in toaster oven or oven
- Turkey sandwich on 100% whole grain bread with turkey, lettuce, tomato, cucumbers, sprouts and avocado; baby carrots dipped in hummus and fresh fruit
- 100% whole grain flat bread and hummus sandwiches with cucumber slices, cubes of feta cheese and dates
- Mixed salad greens with shredded carrots and cabbage, cherry tomatoes and cauliflower florets (buy all these veggies pre-cut) topped with garbanzo beans, canned light tuna and olive oil, season with oregano
- Salmon apple salad made with canned wild salmon, canola oil mayo, diced apples and celery, season with curry powder; stuff into 100% whole wheat pita or with 100% whole grain crackers, bread or tortilla
- Burrito made with 100% whole wheat tortilla with black beans, defrosted frozen corn, avocado, shredded cabbage and salsa
- Natural almond butter sandwich with honey on 100% whole wheat bread, carrot sticks, low fat yogurt, and an apple

Performance Foods



Dinner:

Fast Skillet Meals: Mix it all up in a skillet for a super-fast meal

- Mexican skillet: ground skinless turkey, salsa, Mexican spice blend, cooked brown rice, frozen corn; top with plain Greek yogurt
- Tacos: ground skinless chicken and black beans sautéed with salsa as the filling, top soft or hard tacos with Greek yogurt, avocado, shredded cabbage, cilantro, shredded cheese, salsa and diced green onions
- Stir fry: diced skinless chicken or frozen shrimp, canola oil, minced garlic, a bag of frozen Asian veggies and soy sauce; serve with cooked brown rice
 - Add ginger, powder or fresh
 - Add a splash of orange juice or a spoon of orange juice concentrate
 - Mix soy sauce with corn starch to make a thick sauce
- Frozen pre-cooked chicken strips with a vacuum sealed pouch of precooked brown rice, quinoa or kasha (get from Trader Joe's or Sprouts) and a bag of frozen mixed vegetables
- Frozen Evol bean burrito with salsa and sautéed zucchini and bell pepper strips (or a salad)

Get a Grill (or an oven would work too)

- Shish Kebobs (meat/chicken and vegetables, marinated in lemon juice, olive oil, and garlic), served over brown rice or quinoa or smashed white beans with rosemary
- Grilled pork chops with apple sauce, cooked frozen or fresh carrots and frozen oven fries (or make your own by cubing white or sweet potato, toss with olive oil and bake at 450 until soft)
- Chicken, turkey or salmon burger grilled and served with fresh or frozen corn on the cob, coleslaw (from a bag) and watermelon

Chicken of the Sea (canned light tuna and canned wild salmon)

- Tuna or salmon with white beans, olive oil, minced garlic, and Italian spice blend on salad greens with whole grain crackers
- Tuna or salmon mixed into cooked quinoa or brown rice pilaf made with diced celery and carrots, almonds, raisins and olive oil
- Tuna or salmon salad made with canola mayonnaise, mustard, diced celery and walnuts and served on top of salad greens with 100% whole grain crackers

Balanced Pasta and Potato Meals

- 100% whole wheat rotini, diced lean chicken sausage, frozen veggies, olive oil and minced garlic (throw veggies into the boiling water for 3 minutes; use jarred minced garlic)
- Small shell pasta tossed with canned lentils, jarred marinara sauce, frozen spinach and minced garlic
- Loaded potato: "bake" a potato in the microwave, top with cottage cheese and broccoli, or tuna, olive oil and oregano, or cheese, salsa and Greek yogurt; serve with a salad

Fancy Salads

- Spinach with toasted almonds or sunflower seeds, fresh or frozen strawberries, canned wild salmon and raspberry vinaigrette
- Mixed greens with diced cooked chicken with orange segments, pumpkin seeds, cucumber slices and honey mustard dressing
- Romaine lettuce with canned black beans, salsa, shredded cheese, olives, avocado and tortilla chips
- Mixed greens with sliced deli turkey, a hardboiled egg, avocado and ranch dressing with 100% whole grain crackers