



# Tri Fit Cooks

## Eating for Energy



**Not every calorie is created equally.**

**Choosing the right foods and food combinations  
can provide you with lasting, balanced energy  
instead of riding the energy rollercoaster.**



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## Food as Fuel

Eating for energy can help us live each day to the fullest, from work day to workout. Healthy eating, along with exercise and restful sleep, is part of the energy trifecta that helps us function optimally. What you may not realize is that these three factors can all impact each other positively or negatively.

- **Regular physical activity** increases blood and oxygen flow, strengthens the heart and helps balance blood sugar. It also improves quality of sleep and encourages smarter food choices.
- **Lack of sleep** can lead to low energy in the morning, hitting the snooze button too many times and skipping workouts. This can contribute to even lower energy, frequent stops at the takeout window and reliance on caffeine to stay awake all day. A vicious cycle of fatigue and low energy is created!
- **A balanced, nutrient dense diet** can help maintain energy, provide the fuel we need to be physically active and contribute to a positive sleep routine.

Natasha Turner N.D. recommends combining complex carbohydrates, protein and healthy fat at each meal and snack to keep insulin balanced and to cut down on cravings. She also recommends a target of 25-35 grams of fibre per day. Aim for this criteria when reading labels or choosing recipes.

## Building Balanced Meals: Include the following breakdown of nutrients in meals and snacks

	Women	Men
<b>Protein</b>	Meal: 25-30 grams Snack: 12-15 grams	Meal: 40-45 grams Snack: 20-23 grams
<b>Carbohydrates</b>	Meal: 20-30 grams Snack: 10-15 grams	Meal: 30-40 grams Snack: 15-20 grams
<b>Fat</b>	Meal: 10-14 grams Snack: 5-7 grams	Meal: 14-18 grams Snack: 7-9 grams

Based on 3 meals of 400-500 calories each and one or two snacks of 100-125 calories each.

REFERENCE: 1 chicken breast=26g protein | 1 slice whole grain bread=12g carbohydrates | 1 tbsp oil=15g fat

## What is Insulin?

Insulin is a hormone responsible for releasing glucose into the bloodstream to be used as energy.

## Balanced Energy & Insulin

Choose whole grains, lean protein, healthy fat and high fibre foods. Aim for at least 26 grams of fibre daily.

## Energy Highs & Lows

Eating processed carbohydrates and a diet low in protein, healthy fat and fibre can cause energy to spike and dip resulting in cravings and can lead to insulin resistance in the long term.

## What is Insulin Resistance?

When the body is working properly, insulin works to remove excess sugar from the bloodstream to be stored. If the body becomes insulin resistant, excess sugar stays in the bloodstream. This can be a precursor to type-2 diabetes and heart disease.



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## Featured Recipes

These recipes from The Supercharged Hormone Diet by Dr. Natasha Turner N.D. will keep your energy levels balanced at breakfast, lunch and dinner.

### Protein and Fibre Pancakes (Serves 1)

1/3 cup (78mL) uncooked oatmeal

6 egg whites

2 tbsp (30mL) ground flax or chia seeds

1/4 tsp (1mL) baking soda

1/2 tsp (2mL) cinnamon

Stevia to taste (optional)

1. Mix all ingredients in a blender.
2. Heat a frying pan until hot, reduce heat to medium.
3. Apply a non-stick cooking spray to the pan and drop spoonfuls of batter into the pan.
4. Flip when bubbles start to form. Cook until the underside is also golden. Makes 4-6 pancakes.

Cal 280 protein 29g fat 6g carbs 30g, fiber 9g

### Spanish Chicken Dish (Serves 2)

1 1/2 Tbsp (8mL) extra-virgin olive oil or coconut oil

2 boneless, skinless chicken breasts

Salt and pepper to taste

1 clove garlic, minced

1 small onion, thinly sliced

1/2 red pepper, sliced

1/2 green or yellow pepper, sliced

1/4 cup (60mL) green olives, pitted and halved

1 cup (250mL) zucchini, diced

1/2 pint (137g) cherry tomatoes

Fresh lime juice

1/8 cup (30mL) chopped fresh cilantro

1/4 avocado, sliced

1. Heat the olive oil in a large skillet over medium heat. Place chicken in the pan and season with salt and pepper. Cook until no longer pink and lightly browned, 10-15 minutes. Transfer to a plate and cover with foil.
2. Add garlic, onions, zucchini and peppers to the skillet and cook until soft. Add the olives and tomatoes and cook about 2 more minutes until the tomatoes are soft. Remove from heat.
3. Toss the vegetables with lime and cilantro. Top the chicken with the vegetables and avocado and serve.

Calories 255, Protein 31 g, Fat 10 g, Carbohydrates 13 g, Fibre 4 g



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## Curried Shrimp (Serves 2)

1 Tbsp (15mL) coconut or extra-virgin olive oil  
1 small onion, thinly sliced  
Salt to taste  
1 Tbsp (15mL) tomato paste  
 $\frac{1}{4}$  -  $\frac{1}{2}$  tsp (1-2mL) ground ginger  
1 tsp (5mL) curry powder  
2 plum tomatoes, quartered and cut into large chunks

$\frac{3}{4}$  cup (177mL) water  
 $\frac{1}{2}$  pound (225g) fresh or frozen shrimp, peeled and uncooked  
3-4 Tbsp (45-60mL) yogurt  
 $\frac{1}{2}$  cup (125mL) cooked basmati or jasmine rice  
Fresh lime juice

1. Heat the oil in a skillet over medium heat. Add onion, season with salt and cook until softened. Add the tomato paste, ginger and curry. Cook for another minute or so, stirring until the curry is fully dispersed.
2. Add the tomatoes and cook until they release their juices, about 1 minute. Add the water and simmer another 3-5 minutes. Add the shrimp and cook until opaque, about 4 minutes. Remove from heat.
3. Add yogurt and fresh lime juice to taste. Serve over rice.

Calories 328, Protein 32 g, Fat 9 g, Carbohydrates 29 g, Fibre 4 g

Sources: <http://drnatashaturner.com/wp-content/uploads/2014/01/supercharged-recipes-book-extra.pdf>

[www.natashaturner.com](http://www.natashaturner.com)