

# [Core] Chiropractic and Wellness

Daryl C. Rich, D.C.,C.S.C.S.

CoreRoanoke.com

## “Recipes For Enhanced Athletic Performance”

### Hydration:

#### **Homemade Gatorade:**--Yields: 1.5 liters

Ingredients: 1/2 liter of ginger water (recipe below), 1 liter of water (coconut water is best), juice of 3 small lemons, 1/2 tsp. sea salt (you can add a bit more if you'd like), stevia to taste

*Ginger Water:* 1 medium-sized ginger root, 1 liter of water, liquid stevia, to taste

Directions:

1. Cut ginger into large coins and place into a large pot. Add water.
2. Bring water to a boil and then simmer for 15 minutes. Shut off heat and let the ginger water steep until cool.
3. Add liquid stevia to taste and store in airtight container, pitcher, or jar in the fridge.
4. Mix all ingredients together into a large jar or pitcher and stir to combine. Refrigerate and now you have a healthy, natural sports drink!

#### **Cherry-Lemon Sports Drink:** Yields 1 liter

Ingredients: 2.5 ounces tart cherry juice, 1 ounce lemon juice (this equals about 1/2 of a extra large lemon), 2.5 tablespoons of honey, 27 ounces of cold water (coconut water works best), 1/6 -1/4 tsp. salt (1/6 would be just under 1/4 tsp. of salt)

**Directions:**

Combine tart cherry juice, lemon juice, and honey in a 32 ounce water bottle. Then add enough water to fill bottle to the 32 ounce line. Add salt. Shake vigorously until the honey has completely dissolved into the beverage. Chill and serve.

4 servings per liter, serving is approximately 50 calories, 0 grams of fat, 0 grams protein, 14 grams of carbohydrate, 0 grams of fiber, 112-145 mg sodium, 39 mg potassium

### Protein Shakes

#### **Peanut Butter Cup Shake**

- 1 cup coconut milk, almond milk, or low-sugar yogurt
- 1-2 tbsp nut butter (almond butter, organic peanut butter, cashew butter)
- 2-3 tbsp cocoa powder
- 1 scoop chocolate or vanilla whey protein
- ½ cup of ice

Directions: Put all ingredients in a heavy-duty blender, and blend to desired consistency.  
*Optional nutritional boosters: hemp seeds, flax seeds, coconut oil, cocoa nibs*

## **The Pits**

4 peaches, 1 avocado, 12 cherries, pitted  
ice, unsweetened almond milk (enough for desired consistency),  
2 scoops of whey protein powder  
optional: 1 tablespoon ground flaxseed  
*Directions: Blend it up, baby!*

## **Detoxifying Dandelion Shake**

3 cups dandelion greens  
2 cups coconut water  
1 peach, pitted  
2 scoops of whey protein powder (ideally vanilla flavor)  
1 tablespoon ground flax seed  
½ cup of ice  
Directions: Blend until smooth.

## **Peaches And Cream Shake**

1 cup frozen peaches  
2 cups coconut milk  
2 teaspoon pumpkin pie spice  
1 teaspoon freshly grated ginger  
2 scoops of whey protein powder (ideally vanilla flavor)  
optional: 1 tablespoon ground flax seed  
optional: Top with a few sprinkles of toasted (or raw) coconut for extra crunchy treat.  
Directions: Blend until smooth and creamy.

## **Meals and More:**

### **Egg Muffin Bake**

1 Large Sweet potato diced and sauteed or 2 large white potatoes shredded and hash browned  
6 eggs scrambled  
3 pieces of cooked bacon  
Shredded cheddar cheese  
Directions: Spray a muffin pan to lightly coat each cup. Place potato on the bottom of each cup, pour egg over potato to fill the cup half full, add bacon and cheese as desired to each muffin. Bake at 350 for 20 minutes or egg is done.

### **Quinoa and Chicken Rissotto**

1 cup red quinoa, 2 shallots chopped, 2 cloves garlic chopped, 1 cup (or any variety you like) mushroom sliced, 2 cups mushroom broth (veggie is fine also), a couple hearty handfuls of spinach, olive oil, sea salt, freshly ground pepper, 4 grilled chicken breasts

1. Soak quinoa in cold water for a few hours before cooking. (If you don't have time, give it a good rinse and proceed).
2. Coat a large pot with olive oil and place over medium high heat. Add onion, season with salt & pepper and cook until translucent, about one minute. Add garlic and cook for another minute, until soft.
3. Add mushrooms, season and cook for about three minutes until soft and slightly browned.
4. Add quinoa and let cook for about a minute, stirring throughout to mix.
5. Add broth and bring to boil. Reduce heat to medium and let simmer, stirring occasionally, until most of the water is absorbed (you don't want the risotto totally dry at this point). Add spinach and grilled chicken mix to combine and remove from heat. Cover for about three minutes. Uncover, fluff with fork, season with salt, pepper and Parmesan cheese to your liking. Serve immediately.

## **Sweet Potato and Black Bean Skillet**

2 sweet potatoes peeled, 1 can black beans, 2 hearty handfuls kale, torn into bite-size pieces  
1 lime, olive oil, pinch of sumac, pinch of cumin, sea salt, freshly ground pepper

1. Cut sweet potatoes in half lengthwise. Lay cut surface flat on a cutting board and slice in half again lengthwise. Then, slice into ¼ inch thick pieces.
2. Place large sauté pan over medium high heat and drizzle with olive oil. Add sweet potatoes, sumac and cumin to pan and cook for a minute until they begin to brown, stirring throughout to coat (if you wait to add salt and pepper, the potatoes will brown up a little better). Cover after a minute, bring the heat down to medium and let cook for about 5-8 minutes, stirring once or twice, until they've softened up.
3. Add black beans. Stir to mix. Add kale, season with salt and pepper, mix and cover. Let cook for 2-3 minutes, uncover and stir. (If it's feeling a bit too dry at this point, drizzle a little more olive oil.) Cook for another minute or so until kale is cooked to your liking.
4. Drizzle with lime and serve with avocado slices, cilantro, warm tortillas and sour cream if desired.

## **PB&J Rice Cakes**

3 cups cooked sticky rice, 1 cup peanut butter, 1 cup fruit preserves

Directions: Spread half of the rice in the bottom of 9x12 pan and firmly press rice down, spread peanut butter and jelly onto the rice, cover with remaining rice and press firmly down again.

Refrigerate for an hour or overnight and cut into squares.

## **Peanut Butter Protein Balls**

1 cup dry oatmeal, 2/3 cup coconut flakes, ½ cup peanut butter, ½ cup flaxseed, ½ cup cocoa nibs, 1/3 cup honey, 1 tbsp chia seeds, 1 tsp vanilla extract, 1 scoop vanilla/chocolate protein powder

Mix in a large bowl all of the ingredients. Let sit in the refrigerator for 30 min or more and roll into bite size balls. Store in the fridge for up to 10 days.

## **Nut Butter Cookies**

1 cup brown rice flour

¼ cup potato flour

2 teaspoons brown sugar

¼ teaspoon baking powder

¼ teaspoon coarse salt

¾ cup almond milk, heated

¼ cup almond butter

½ teaspoon vanilla extract

Directions:

Pre-heat oven 350 degrees. Combine dry ingredients in a large mixing bowl. Heat almond milk and add almond butter, vanilla and mix. Mix dry and wet ingredients together. Spoon a balls of dough on lightly oiled cookie sheet and top with sliced nuts of your choice.