

Smoothie Recipes For Triathletes

Drink Your Way To A Faster Season

By: Drs. Laura & Mitchel Schwindt

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Smashwords Edition

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Triathletes and Endurance athletes are a different breed. We are a dedicated lot who let passion, focus and persistence push our limits. The sublime pleasure of a hard day training or crossing the finish line a bit ahead of a previous PR keeps us honest about our training.

We created this book to share some of our favorite and tested recipes. Call them smoothies if you like, but we prefer the term ‘elixir’. Seems to give a magical sort of credence to the power of these simple solutions. By combining the right combination of ingredients, one can help fuel to body for an intense workout or ensure the required nutrients are available to facilitate recovery after pushing the body past previous limits.

My training partner and wife, Dr. Laura, has helped create a tasty variety that relies partly on culinary art and mostly on sound nutritional research. We have focused on a single ingredient for each recipe and will share what we have learned and experienced over the last decade of training and racing.

Of course, what is shared in the following pages represents our thoughts and preferences and the research cited is based on published data. Any person or athlete with special health concerns or needs should first seek the counsel of their own personal physician.

Now with that out of the way, let’s move on to sharing and creating.

See you at the finish line!

Drs. Laura and Mitchel Schwindt

## Dr. Laura Schwindt

Laura is an accomplished athlete who balances a professional career as a dentist with the amazing talents of a mother, business owner and avid racer. She competes at all distances from 5k through marathon and will be running Boston 2014 as a highlight for next season. She was invited to the national duathlon age group championship and regularly finishes at the top in every race. Her nutritional philosophy focuses on plant-based whole foods and balancing training with regenerative activities such as yoga and sitting with nature.



All smiles - 1<sup>st</sup> place co-ed team Tri



## Dr. Mitchel Schwindt

Mitchel is an ER doc and former flight physician, but is on a quest to promote health and wellness by changing the way athletes fuel their bodies. He has a passion for triathlon, but also competes in the in-line marathon community. His training focus is on optimizing improvement through nutritional support and shares his message on his [iTunes podcast](#) - Triathlon Training & Nutrition by TriDoc7. His website can be found at [TriDoc7.com](http://TriDoc7.com).



Post-race with my crew

## **Disclaimer**

This project/ebook/guide was created to share what we like as athletes and in no way represents medical advice, nor does it establish a doctor-patient relationship. Each person's physiology is unique and those with underlying health concerns must consult their personal physician for advice. Use of the recipes, information and educational materials presented within does not guarantee any specific degree of performance, success or offer the guarantee of prevention, treatment or reversal of any health problems. As always, a partnership between the patient and their personal physician who knows their unique concerns is the best course of action. Like all things in life, competitive athletic endeavors poses risk to health and wellness and the risk of participation lies solely with the participant.



## Tools



A good blender is vital to creating smoothies you will love. The texture has a lot to do with palatability and we use a [Vitamix](#) for those that require high power mixing. Kale and other fibrous vegetables and fruits can be processed down to a very smooth consistency that even our kids enjoy. For other recipes, most standard kitchen blenders work nicely. You may want to look into the Ninja line of blenders. We like the single serving portable containers that come with the Ninja, but one drawback is that the unit only comes with one blade.

If you want the most versatility and a robust warranty to boot, check out the Vitamix. We have been using ours for a long time and nothing can compare. The link below gets you free shipping to your door. Although it is our affiliate link, you are actually saving some money compared to other purchasing options as you get *free shipping*.

Click this [link](#) or paste it into your browser:

<https://www.vitamix.com/Home?coupon=06-009351>



This book wraps up with a references section for those that may want to dig a bit deeper into the science behind eating for success. Some of the articles and links are easy to read, others are more technical and scientific. A great website for high quality information is:

<http://www.plantbasedresearch.org>



## Pre-Workout Smoothie



This smoothie is often a substitute for breakfast in our house. With three busy kids and an unforgiving work schedule, the workouts are often completed before the sun fully rises. Fitting in a “normal” breakfast is impossible and the time required to digest it would prohibit any degree of effective training.

### *Ingredients:*

- 1 cup almond milk
- 1 cup filtered cold water
- 1 banana
- 1 scoop protein powder
- 1/2 cup blueberries
- 1 tablespoon honey
- 1/2 cup mango or papaya
- 1 cup ice

We add a bit more water at times and the consistency is thin enough to flow through most water bottles. We start sipping on the way to the bike route and it’s a nice way to ease into a long ride. The body will be fueled and having fluids on board gets the workout headed in the right direction.

### *Why the Blue?*

- Rich in antioxidants
- Wild blueberries are rich in polyphenols and are believed to have cardiovascular health benefits
- Reduce chronic inflammation

## Morning Lift



This is our favorite morning pick-me-up smoothie recipe. Coffee is in truth, an acidic beverage, and can take away resources and energy as the body works to buffer the acidity. Green tea is an excellent coffee alternative and provides a nice energy boost.

### *Ingredients:*

- 1 cup cold filtered water
- 1/2 cucumber
- 1 tablespoon raw almonds
- 1 tablespoon chia seeds
- 1 frozen banana (or add ice if not frozen)
- 1 large kale leaf
- 1/2 cup blueberries
- 2-3 large strawberries

2 tablespoons hemp protein

1 tablespoon matcha green tea powder

Add 1/2 cup of ice if the banana is not frozen. Blend until smooth and get your day started off with a nice kick.

*Why Chia?*

- Rich in protein, omega-3 fatty acids, calcium & iron
- Superfood of the ancients
- Boost energy
- Improve digestion
- Sate your hunger

## Midmorning Elixir



Instead of a coffee break, why not pack in a bit of this nutrient dense elixir. Blend at home and keep in a thermos or office fridge for later in the day.

### *Ingredients:*

- 1 cup Almond or Rice milk
- 1 teaspoon carob chips
- 1/2 frozen banana
- 1 carrot
- 1/2 cucumber
- 1 teaspoon nutritional yeast
- 1/4 teaspoon ginger root
- 1 teaspoon agave

Enjoy this tasty elixir to soothe midmorning hunger and keep your metabolism revving through the day. The carob and ginger adds a bit of interest and spice to fuel your system. We like to cut bananas

in 1/2 and freeze. This is a nice alternative to adding ice, although if you like a thinner liquid ice is a good option. You may find it difficult to resist sipping on this all morning.

#### *Drinking Yeast - Really??*

- Balances blood glucose (sugar)
- Packed full of amino acids
- Mineral dense with 15 different elements
- Rich in chromium
- Adds a hint of nutty flavor



## Afternoon Fire



We are all getting busier than ever and adding in a workout or two every day and it's easy to become bogged down and fatigued. This recipe will fire up your energy level and prepare you to tackle the rest of your day.

### *Ingredients:*

- 2 cups filtered water or vanilla almond milk
- 1 teaspoon maca powder
- 1 teaspoon cacao
- 1/2 pomegranate (or juice if preferred)
- 1 teaspoon chia seed
- 1/2 avocado
- 1 cup favorite berry (we like blueberry and raspberry mix)
- 1 teaspoon nutritional yeast
- 1 frozen banana



1 cup baby spinach leaves

1/2 orange (peeled)

*Cacao - What's that?*

- Superfood
- Rich in magnesium, potassium & iron
- Theobromine - beneficial to lung function

## Green Monster



This is the ultimate elixir! Don't get hung up on the taste, but instead focus on the vital nutrients being provided to your body.

### *Ingredients:*

2 cups of your favorite milk (we like vanilla almond)

2 kale leaves

Handful of baby spinach

1 beet + beet greens

1 tablespoon flax

1 tablespoon chia

1 teaspoon maca

1 cucumber

1 green apple

1 avocado

1 banana

1 cup of ice

This recipe is best made in a Vitamix to process the fibrous components of the various ingredients. Fiber is slow to absorb and stabilized blood sugar. Blending flax seeds allows the vital omega-3 fatty acids to escape and be absorbed into your body. The banana and apple smooth out the taste of the kale, spinach and cucumber. For those that like a little sweeter version, add honey or agave nectar to taste. The combination of the banana and avocado provides a rich flavor that will fill you up. This smoothie can even serve as a meal replacement and we suggest adding a scoop of hemp protein.

*Maca Maca Maca?*

- Peruvian ginseng
- Boost energy
- Improve stamina
- Full of vitamins and antioxidants

## Marathon Magic



Proper nutrition and energy management is a difficult concept for new runners to master. We have all experienced *the bonk* and this recipe is a perfect strategy to prevent the drop in energy during long workouts and races.

UCAN is a unique energy source powered by SuperStarch. It is non-GMO, gluten-free and all-natural. By stabilizing blood sugar, UCAN prevents the spikes in insulin that can trigger fat storage. It is more efficient in delivering energy than other high-carb bars and gels and does not contain caffeine or other stimulants. We use UCAN in a variety of recipes and even just mix with cold water to get the most out of our long workouts. We have no affiliation with the company, but have fallen in love with it. Learn more by visiting: <http://generationucan.com>

### *Ingredients:*

8 oz. cold filtered water

1 scoop UCAN

1 scoop hemp protein

1/2 avocado

1 cup ice

We like the addition of hemp protein as opposed to casein or cow's milk and the avocado gives it a smoother texture and richer flavor. UCAN is fairly sticky when mixed with water so be sure to blend thoroughly to avoid the chunks. New flavors of UCAN have just been released and the vanilla acai is the best tasting in our opinion. Try to avoid mixing with juice or other sports drinks to prevent the spike in insulin caused by simple sugars such as glucose. Generally, this smoothie is consumed about 30-45 minutes prior to a race or long training session.

Many tout the fat burning potential of UCAN and use it as an alternative to snacking or late night eating. You'll have to experiment and see what works best for your body.

## Skipping Supper



Planning an after work workout? Don't have time to run home for supper or have after school kid activities? This is a balanced source of nutrients to tide you over and provide energy and the building blocks your body needs to push through the day.

### *Ingredients:*

- 1 cup rice milk
- 1/2 cucumber
- 2 tablespoons hemp protein powder
- 1 tablespoon coconut oil
- 1 teaspoon flax seed
- 1 teaspoon chia seed
- 1 tablespoon organic almond butter
- 1 teaspoon cacao
- 1 teaspoon carob chips
- 1/2 cup spinach
- 2 large kale leaves

1/2 frozen banana

Add more rice milk or filtered water to reach desired consistency

*Kale, kale and more kale please!*

- Potent antioxidant
- Packed with vitamins
- Rich in potassium, calcium, fiber and iron
- Adds a nice boost to protein intake
- Protects eyes from age related vision loss
- Keeps skin healthy and offers up a source of natural sun protection (but don't skip the sunblock!)

## Recovery Smoothie



Fail to allow your body to recover and repair and the consequences will inevitably surface as illness, injury, burnout or all three. Intense exercise generates free radicals and inflammation. The body must deal with these or pay the consequences later. Ignore recovery at your peril.

### *Ingredients:*

- 2 cups coconut water
- 1/2 beet
- 2 large kale leaves
- 1 tablespoon pumpkin seeds
- 1 tablespoon chia seeds
- 2 tablespoons hemp protein
- 1 tablespoon coconut oil
- 1 cup blueberries
- 2 tablespoons raw almonds



1/2 cup organic cranberry juice

Organic honey to taste

May add additional filtered water or ice to desired consistency

*Drinking your coconut?*

- Heart healthy lauric acid
- Excellent fuel source of medium chain triglycerides
- Adds rich taste and consistency
- Understand that coconut oil is high in MCT and provides quick fuel, but also is high in fat overall

## Drink Your Desert



This recipe is a favorite of our children and a perfect way to avoid the high content of refined sugars and carbohydrates found in processed deserts

### *Ingredients:*

- 2 cups vanilla almond milk
- 1 tablespoon peanut butter
- 1 tablespoon almond butter
- 1 frozen banana
- 1/2 avocado
- 3 large strawberries
- 1 kale leaf
- 1 cup Greek yogurt
- 1 apple
- 1 cup peeled papaya
- 1 tablespoon maca powder

Add additional almond milk, ice or filtered water to reach desired consistency.

For an extra rich flavor, add 1 tablespoon coconut oil

## ChocoNut Recovery Shake



This is probably the best tasting recipe and a favorite of everyone we share it with. The addition of UCAN provides stabilization of blood glucose and long lasting energy, but you can make it with cacao or chocolate protein powder if you prefer.

### Ingredients:

- 1 scoop chocolate UCAN
- 1 cup almond, rice or hemp milk
- 2 tablespoons of PB2 powdered peanut butter
- 1 teaspoon of Nutella
- 1/2 frozen banana
- 1 cup of ice

Be warned! This recipe is addictive. Some would argue that the sugar in Nutella defeats the purpose of UCAN, but we still find benefit and long lasting energy for recovery.

## Simply Smooth



This simple recipe is great any time of the day.

### *Ingredients:*

- 1 cup chocolate soy or almond milk
- 1 small frozen banana
- 1 teaspoon of almond butter (or peanut butter)
- 1/2 cup ice

Almond butter is a nice alternative to peanut butter and generally contains around the same amount of fat. The taste is smoother and worth the bit of extra expense. Keep it away from the kids or they tend to devour the entire jar.

## Pumpkin Power



This simple yet power packed recipe adds some variety and spice to the smoothie line up. The color is beautiful and provides potent antioxidants to defend and repair the body.

### *Ingredients:*

- 1 cup rice milk
- 1/2 cup canned pumpkin
- 2 tablespoons Greek vanilla yogurt
- 1 frozen banana
- 1 teaspoon almond butter
- 3-4 ice cubes

Blend and add additional rice milk to get the desired consistency. Add a dash of cinnamon to and gain the benefit of glucose stabilization and a bit of tastebud interest. We like to toss in a few roasted pumpkin seeds for the energy boost and extra iron. The production of red blood cells depends in part on iron and this is vital for the carrying and delivery of oxygen.

Roasted pumpkin seeds with a dash of sea salt make a perfect snack. We keep a stash in the car for quick energy.

## Cookie Dough Ice Cream Cheat



Who doesn't like ice cream!?! This recipe is an alternative to the calories and fat found in traditional ice cream and tastes great. We like to make it with UCAN, but your favorite flavor of protein powder will also do the trick. You can make this in a blender on low speed or mix it by hand.

### *Ingredients:*

2 tablespoons of vanilla or chocolate almond milk

1/2 scoop of vanilla or chocolate UCAN

1/2 cookie dough Lara bar - break into bite sized pieces

1 frozen banana

Blend or mix and enjoy. For an added treat, add 1 teaspoon of peanut butter.

Helado is Spanish for ice cream, but I bet you already knew that.



## Milks



Our favorites are anything but cow's milk. Although promoted everywhere in the media, there are actually some detrimental actions from drinking cow's milk.

Consider that we are the only species that drinks another's milk. Nature designed cow's milk to take an 80 pound calf and grow it into a 600+ pound cow in a matter of months. That doesn't fit very well into what we are trying to accomplish as athletes and in reaching a desired racing weight. Animal products are acidic by nature and the same applies to cow's milk. The body must buffer the acidity and relies on the most readily available source - the bones. The body pulls calcium out of our bones in order to buffer the acid load incurred by drinking milk. Seems counter intuitive, but we can't argue with science. For that reason, our family prefers a variety of nut milk and occasionally soy milk. Finding non-GMO soy milk can be a challenge and there is some controversy around the phytoestrogens or plant-based estrogens found in soy.

You will have to make your own decision, but any of these recipes allow substitution of whichever milk you prefer.

Making your own nut milk is simple and the Vitamix has the power to create the best consistency and taste.

**Almond Milk** (with just a hint of sweetness)

*Ingredients:*

1 cup raw unsalted almonds

1-2 inches of raw vanilla bean (or substitute 2 drops of pure vanilla extract)

10 dates

Pinch of sea salt

*Prep Work:*

Soak the almonds in room temperature filtered water for 2-3 hours

Soak the dates for 30-45 minutes

Drain the water from both. Place the almonds in the Vitamix. Remove the pits from the dates and add to the Vitamix.

Add 4 cups of cold filtered water

Slice open the vanilla bean and add to the Vitamix

1/2 cup of ice

Add 1 pinch of sea salt

Blend on high for 1 minute. Let the mixture settle and blend for another minute. Enjoy!

## Protein Myths



The myth and mystique of protein seems to be perpetuated through media and word of mouth. Our own family frequently reminds us that we are not getting enough protein by eating a primarily plant-based diet. Some of the common assumptions are stated below and the rationale against follows.

- 1) Only by eating meat, can an athlete get enough protein
- 2) Anyone training for triathlon or endurance events requires supplemental protein
- 3) Plant-based diets cannot provide enough daily protein to meet training requirements
- 4) Animal products are the best way to consume amino acids, as they are high quality

The average cited amount of protein our body needs is between .8 and 1.1 g per kilogram. The higher end is generally advised for those who are participating in strenuous physical activity such as endurance training or weightlifting.

I think a better way to look at this is as a percentage of total calories. Based on some sound scientific research, 8 to 10% of your daily caloric intake should come from protein.

**A common question I get is, “What happens if eat too much protein?”**

We know this is going to stir up controversy and that’s fine. This is after all, our opinion, but is based on our education and research as not only doctors but also endurance athletes. So here we go.

Excess protein has been linked to cancer in several large studies. Animal protein has a unique role in turning cancer cells on and off. This work is well documented by Dr. T. Collin Campbell.

We know the following *negative* effects of animal protein:

- Increases cholesterol (even more than cholesterol eaten in other foods)
- Promotes heart disease
- Increases the risk for osteoporosis
- Plays a role in the initiation of type I diabetes
- Stimulates growth hormone production
- Speeds the rate of cellular division
- Associated with Alzheimer disease and cognitive decline
- Plays a role in kidney stone development
- Linked to a variety of Autoimmune diseases (rheumatoid arthritis, multiple sclerosis and more)

**A few points for emphasis/argument:**

- Isn't growth hormone stimulation good? – Not exactly. By stimulating cells to grow, cancer cells are also receiving the same signal to multiple and divide. These cancerous (or pre-cancerous cells) have a higher rate of division than normal cells and the extra stimulation from growth hormone is bad
- Osteoporosis – thin bones – really?? Animal products are acidic by nature and the body must handle this to balance its pH. The most readily available substance is calcium. Where does the body steal it from? The bones! This plays a role in the development of thin bones and increases the risk for fractures. Several studies clearly show an association between increased rates of animal protein consumption and hip fractures.
- Speeds cellular division – see above. The cells within our body are preprogrammed to divide and repair themselves at a certain rate. Speeding this up creates problems and also encourages cancer cells to take hold and set up foci of badness.

A few of our other favorites...

## Chia Pomegranate Pudding



Looking for a nutritious way to treat yourself and fuel the body? This simple recipe is a perennial favorite of our racing team.

### *Ingredients:*

1 oz ground chia seeds

3/4 cup pomegranate juice

Mix ingredients together in small bowl. Let sit for 30-45 minutes, stir occasionally.

## Smart Bars



This recipe has been in our family for 40+ years and continues to be as popular now as ever. These little nuggets provide a boost in energy any time and are the perfect alternative to the packaged mess of chemicals found in most other bars.

### *Smart Energy Bar Recipe Ingredients:*

1 cup peanut butter

1/2 cup honey

Mix both and then add:

1/2 cup wheat germ

1/2 cup dry nonfat milk

1 cup oatmeal

2 tablespoons of chia seed

5 tablespoons ground flax

(optional: dark chocolate chips)

Total Cal: 124.5 per bar! (2990 for the whole pan!)

Enjoy pure, clean and long lasting energy for your training!



## Kale Is King



The nutritional benefits of kale place it at the top of ingredients for nearly every smoothie recipe and meal. Densely packed with nutrients, we wanted to share a few points about why kale is a favorite superfood.

- Lowers cholesterol - fibrous components bind bile acids and improves excretion from the body. Some evidence that steaming kale improves the ability to lower cholesterol.
- Isothiocyanates (ITCs) may lower the risk of certain types of cancer.
- Potent antioxidant and anti-inflammatory - kale contains over 45 different flavonoids and plays a vital dietary role in decreasing chronic inflammation and oxidative stress. Both things that every triathlete and endurance athlete wants to avoid.

## Avocado



Avocado is packed full of fiber, B vitamins, folate and vitamin C & K. One cup averages about 230 calories. Adding an avocado to the mix provides for a richer consistency and more shake-like texture. The health benefits are an added plus. A word of caution for those with latex allergy as avocados, like bananas, are associated with latex-fruit allergy syndrome and should be avoided in those sensitive or concerned about a reaction.

Avocados are phytonutrient dense and include carotenoids, phytosterols, flavonoids and fatty alcohols. An average avocado has about 30 grams of fat, but the majority are the healthy monounsaturated fats (oleic acid). The abundance of omega-3 secures the avocado's place in our recipes. They are low carb with only 2 grams of sugar per cup.

A few notable benefits of eating avocado

- Anti-inflammatory activity
- Optimized antioxidant (carotenoid) absorption
- Blood sugar regulation



## Maca



Maca root is known as the Peruvian ginseng and is harvested from the plateaus of the Andes Mountains. Other common names include: Maino , Ayuk willku and Ayak chichira.

This little gem is packed full of amino acids, vitamins and minerals and has been used by Peruvians for its medicinal properties. Different preparations seem to offer a variety of flavors and the most common offer sweetness with just a hint of vanilla. We add maca powder to shakes, but many like to add it to tea and cooking.

So what's in it? The nutritional breakdown is as follows:

- Sugar
- Protein - 18 amino acids (7 essential)
- Iron
- Magnesium
- Calcium
- Phosphorous
- Iodine (trace amount)
- B1, B2, B6 & B12

- Essential fatty acids

### **Reported Benefits**

Maca has a reputation for enhancing energy and stamina dating back more than 2,000 years. Although yet to be proven, some athletes use maca as an alternative to steroids. Maca has also been used to for depression, immune system enhancement, memory improvement and hormonal regulation. Training produces oxidative stress and free radicals; maca is capable of scavenging these free radicals and also has been shown to decrease the “bad” cholesterol including VLDL, total cholesterol and triacylglycerol.

Additional animal studies showed an improvement in osteoporosis and depression.

Many tout its libido-boosting effects in men, but also its’ ability to function as an adaptogen. By stabilizing homeostasis and physiologic processes, maca’s adaptogenic properties have found use in treating the unpleasant symptoms of menopause. Medical research has validated these claims and maca root has been shown beneficial to libido and has found use in sexual dysfunction.

### **Chemistry Lesson (for those interested)**

Glucosinolates and isothiocyanates have anticancer activity. Isothiocyanates may be associated with aphrodisiac activity.

Phenolic and saccharide compounds function as potent antioxidants.

Other glucosinolates have been shown in lab studies to possess antibacterial, antiviral and fungicidal activity.

### **Caution**

Those with thyroid conditions and pregnancy should avoid maca. Maca when combined with a diet low in iodine can cause a goiter to develop.

# Chia



Chia was derived from the Mayan word for strength. How fitting that this ancient super-seed has found its way into the nutritional armamentarium of the triathlete. Dating back to around 3,500 B.C., chia seeds became a dietary staple. Aztecs and Mayans pressed them for oil and mixed with water or ground them to use as flour. Their ability to increase energy and stamina become legendary.

Chia seeds are rich in energy and provide very little calories. These tiny superfood seeds contain fiber, omega fatty acids, antioxidants, protein and calcium. A single serving of chia delivers around 40% of the daily fiber needs. Some advocate chia as a method to facilitate lean body mass and weight loss. Chia seeds draw in water as swell up to 12 times their weight. This triggers a fullness sensation in the stomach and can help curb appetite.

Compared to salmon, chia seeds are richer in omega-3 fatty acids and help reduce inflammation. Chia also contains some omega-6, but it is the overall balance of the two that keeps the body in check. Chia seeds are also rich with calcium and can provide 18% of the daily requirements in just one ounce.

Chia boosts mood and has found use in combating depression and mood disorders. The omega-3 content has been shown to improve brain function and combat depression.

Two tablespoons of chia seeds

- 7 grams of fiber
- 4 grams of protein
- 200 milligrams of calcium
- 5 grams of omega-3

Chia works well in any smoothie. We recommend grinding to facilitate a smoother texture, but it is not necessary as it is for flax seed. Our kids have become used to the added crunch and now love them in cookies and other homemade nutrition bars. Sprinkle on your favorite yogurt or cereal as an added bonus.

## Sweetness Revealed



There are several ways to sweeten your smoothie without adding glucose. Try any of these as a better alternative to sugar or high fructose corn syrup containing products. We don't want to belabor the details, but simple sugar is not something that should be part of an endurance athlete's diet.

Honey - the darker the honey, the higher the antioxidant content.

Agave – made from cactus. Thin and delicious. Very sweet, so don't overdo it.

Lacuma powder - South American lucuma fruit. Low glycemic index and contains beta-carotene. Good for smoothies and has a bit of maple hint to the flavor.

Erythritol - calorie free sweetener (nearly). Better tolerated than xylitol as it is excreted in the urine and causes less GI upset than some of the other sugar alcohols. Taste is pretty close to table sugar.

Maple syrup has less calories than honey and also possesses beneficial antioxidants

Molasses is a low cost option and contains some minerals such as calcium, magnesium and iron. There are reports of chemical exposure as it is processed in typical sugarcane plantation factories. Take that for what it's worth.



## Thank You

We hope you enjoyed this book and found some valuable information within. Please share with your family and friends and leave a review. We hope you have a great season and perhaps we'll see you at the finish line!



## **Other Books**

### **By Dr. Mitchel Schwindt**

A Patient's Guide to Urgent Care and the Emergency Room

Sinus Relief Today: The Snot Manifesto

Test Taking Strategies: The Proven Methods For Success

### **By Dr. Laura Schwindt**

Inside The Mind Of A Dentist - Straight Talk & Answers For Common Dental Health Concerns



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**This is our favorite site for the most comprehensive information:**

<http://www.plantbasedresearch.org>

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### ***Blueberries***

<http://www.sciencedaily.com/releases/2013/11/131106073857.htm>

### ***Avocado***

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<http://generationucan.com>

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<http://www.plantbasedresearch.org>

Other ingredients we like:

- Turmeric
- Cinnamon
- Ginger
- Yucca root
- Stevia
- Cashew milk