

Training For MMA Fitness

Ultimate Quick-Start Recipe Guide



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With the help of:

Doug Jackson of www.PersonalFitnessAdvantage.com

And

Brian Schiff of www.TheFitnessEdge.cc

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Introduction

Everyone seems to ask me about healthy recipes. As a fellow combat athlete I know what it's like to juggle training, working, and family responsibilities. That's why I decided to compile some recipes from our clients, as well as the clients of Brian Schiff, owner of *The Fitness Edge* in Dublin, Ohio and the clients of Doug Jackson, owner of *Personal Fitness Advantage*. I wanted to make it easier for us to eat in a way that would support our combat fitness goals.

I want to thank everyone who has contributed to this project. Hopefully our combined effort will continue helping each of us (as well as others around us) make better healthier food choices!

As you will see as you review the recipes, there are a variety of food styles listed, as well as some recipes that are healthier than others. Pick the ones that fit your goals the most closely.

If you would like to contribute your own recipes to the next edition of our *Ultimate Quick-Start Recipe Guide*, just send them to billy@trainingformmafitness.com

In addition to eating healthy, take the time to exercise for 30-60 minutes per day as well.

If you would like to take your personal fitness to the next level, I invite you to request a Free consultation at: <http://www.trainingformmafitness.com>

Dedicated to your combat fitness success,

Billy Hofacker, BS, NSCA-CPT
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Please forward this valuable book to anyone who can benefit from it

You have the right to forward this book to training partners, family members, friends, and co-workers. To forward this book, simply attach it to an e-mail and send it along (your copy will remain on your hard drive). Or you can have them go to: www.trainingformmafitness.com.com to download a copy themselves. Thank you!

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Crabmeat Stuffed Chicken

Contributed by Matt Hurd

"This is a great tasting, low fat chicken recipe that everyone who visits loves. Very healthy, but sure doesn't taste it! Best part is how short a time you need to make, under 30mins."

Serving: 4

Ingredients:

- 1lb chicken breasts
- 3/4 cup whole wheat bread crumbs
- 3oz canned crabmeat
- 1/4 cup light mayo
- 1oz shredded low fat mozzarella cheese
- 2Tbsp lime juice
- 1/4 tsp hot sauce
- 1Tbsp Parsley flakes
- 1tsp black pepper
- 1tsp Paprika
- 1/2 cup skim milk

Directions:

1. Pound out chicken between plastic wrap(less mess) to about 1/8" thickness.
2. Combine 1/4 cup of the bread crumbs, crabmeat, mayo, cheese, lime juice, and hot sauce in a bowl.
3. Divide the mixture between the chicken, roll up, and secure with toothpicks.
4. Combine the remaining bread crumbs, parsley flakes, black pepper, and paprika in a bowl.
5. Dip chicken rolls in the skim milk and roll around in the crumbs till fully breaded.
6. Place all breaded rolls on a plate, cover completely with wax paper and microwave on high for 10 minutes.

Garlic Turkey Sandwich

Contributed by Ireneo Velasco

Ingredients:

- 2 slices of bread
- 3 slices of lean turkey meat
- A clove of garlic or garlic powder
- 1/8 cup of melted butter (don't worry, you're not using all of it)

Directions:

1. Toast or microwave your bread (but if you want a cold sandwich, then that's fine too).
2. Lightly spread melted butter on both sides of the two pieces bread.
3. If you're using real garlic, cut one piece of garlic in half and scrub it on both sides of the bread slices.
4. If you're using garlic powder, lightly sprinkle some on both sides of each.

Protein Pancakes

Anonymous

"This is great for a quick single serving morning meal. It's packed with protein and taste, low on the fat."

Serving: 2

Ingredients:

- 1/2 cup low sodium cottage cheese
- 1/2 cup rolled oats
- 4 egg whites
- 1tsp Vanilla
- Cinnamon to taste

Directions:

1. Mix all ingredients in a blender (I use a magic bullet, less mess, quicker cleanup).
2. Pour mixture on a griddle to make 2 pancakes over medium heat.
3. Flip and cook other side.

*you can also add different fruits to the mixture before blending to add different flavor like bananas, strawberries etc

Tasty Shrimp and Veggies

Contributed by Mike Donovan

I enjoy this quick, healthy and filling dish and maybe you will too! Remember in cooking you can add more of what you like and less of what you do not! Here it is.

Serving: 2-3

Ingredients:

- Tablespoon of garlic
- ¼ cup olive oil
- 1 small container grape tomatoes (halved)
- 1 package fresh leaf spinach
- 1 small package portabella mushrooms (cut into small pieces)
- 1 package shredded mozzarella cheese
- 1 pound package of shrimp (cooked or uncooked)
- 1 package (16oz) gnocchi

Directions:

1. Sauté the garlic and olive oil in a large skillet or pan.
2. Add the halved tomatoes and spinach and sauté them until tender.
3. Add the mushrooms and shrimp and cook all until done.
4. Add the mozzarella cheese and mix thoroughly in the pan.
5. Cook the gnocchi separately and when ready add it to the main dish.

*If you want you may add whatever seasoning you like or eat as is. I eat as is since the fresh vegetables add great flavor but put whatever you want on yours.

Cranberry Apple Bread

Contributed by Cynthia Hofacker

Serving: 12

Ingredients:

- 2 Cups peeled, chopped apple (I like Granny Smith or Golden Delicious)
- 1/2 to 3/4 Cup Sugar
- 2 TBS Canola oil
- 1/2 teas baking soda
- 1 1/2 teas baking powder
- 1 Cup flour
- 1/2 cup whole wheat flour
- 1 teas cinnamon
- 1 Cup fresh or frozen cranberries
- 1/4 Cup egg-beaters or 2 egg whites
- 1 Cup chopped walnuts

Directions:

1. Preheat oven to 350.
2. Spray loaf pan with cooking spray.
3. Combine Apples, sugar and oil in medium bowl.
4. Add egg whites or egg beaters, mixing well.
5. Combine dry ingredients in separate bowl.
6. Add apple mixture, stir until moist.
7. Stir in cranberries and walnuts.
8. Spread evenly in loaf pan.
9. Bake one hour, or until tooth pick comes out clean.
10. Cut into slices when cooled.

Baked "Jerk" Chicken

Contributed by Eric Chang

"Trying to eat healthy when you don't have a lot of time to prepare meals is a real chore, but it doesn't have to be if you prepare meals in batches! This is a pretty simple recipe, doesn't require a lot of (or any) culinary know-how but it tastes decent enough and only takes about 40-45 minutes to prepare! Each 8 oz chicken breast is one serving so this makes about 7-8 meals worth of chicken"

Ingredients:

- 7-8 8oz chicken breasts (about 1-1.25" thick)
- 2 tbsp extra virgin olive oil
- 5-6 cloves of garlic (or 1 garlic bulb)
- 3-4 green onion stalks
- 1 habenero pepper
- 1 tsp soy sauce
- Salt
- Pepper
- Crushed red chili peppers (the kind you put on pizza)
- 1-2 large freezer bags
- Food processor
- 2 large baking pans w/ aluminum foil
- Saran wrap (for your hands)

I usually prepare this over the weekend; first make sure your chicken breasts are boneless. If any chicken breasts are thicker than 1.25", put them in the sandwich bag and smash them down so they're a bit flatter. Put all the chicken breasts into the large freezer bags.

Use the saran wrap to make gloves for your hands, you don't want to be handling peppers with your bare hands!

Directions:

1. Peel the garlic and put it in the food processor.
2. Chop up the green onion and put it in the food processor.
3. Pour the olive oil and soy sauce into the food processor.

4. Open up the habanero pepper -- carefully! --, and toss out the seeds, and put the pepper in the food processor.
5. Add salt, pepper, pepper flakes to taste.
6. Blend it up!
7. Pour the marinade into the freezer bags with the chicken, shake it around, etc., to make sure the chicken is coated completely and put it in the fridge overnight (or for a few hours).

The next day:

8. Preheat the oven to bake @ 375, and set a timer for 25 minutes.
9. Lay the chicken onto baking pans with foil and put it in the oven!
10. After 25 minutes, check on the chicken by poking one with a fork. If the juice runs clear, the chicken is ready but just to be safe, turn off the heat and let it sit in the oven for another 2-3 minutes.
11. Tupperware and heat (microwave?) when you make your meals during the week!

Baked Chilean Sea Bass

Contributed by Gus and Erika Larrea

My husband and I have very long days and usually don't get home until way past dinner time. I am constantly looking for quick and tasty recipes, and I have to say that this is by far my favorite. I love making this dish for my husband and dinner parties. It is simple and delicious!

My wife is aware of my health and my diet because I'm a fighter and this is one of my favorite recipes.

(5 minutes prep time and 20 minutes cooking time)

Serving: 2-3

Ingredients:

- 1.5 lbs of Chilean Sea Bass
- 1 Tbsp of garlic powder
- 1 Tbsp of onion powder
- 1 Tbsp of Paprika
- 1 Tbsp of Lemon Pepper Powder
- Sea Salt to taste

Directions:

1. Pre-heat oven to 400 degrees.
2. In a small bowl, stir together the garlic powder, onion powder, paprika, lemon pepper, and sea salt.
3. Spray the oven pan with PAM or any non stick spray. Lay the Sea bass on the pan.
4. Sprinkle the seasoning onto the fish. Cover the Sea bass completely until fully coated with the seasonings.
5. Spray the Sea bass with olive oil (I use the MISTO olive oil spray) if you don't have an olive oil spray, then drizzle some olive oil on top of the fish.
6. Place the Sea bass in the oven and continue to bake at 400 degrees for

approximately 15 minutes.

*For the weight conscious; continue to cook for 5 more minutes. Remove and enjoy!

*For those who don't mind the extra calories; on a small sauce pan over low to medium heat, add 3 tablespoons of butter, 3 cloves of chopped garlic, 1 Tbsp of fresh chopped parsley. Remove from heat when the butter has melted and set aside. After the Sea bass has cooked for 15 minutes, remove from the oven and pour the garlic parsley butter sauce on top of the fish. Place back into the oven for 5 more minutes. Remove and enjoy!

Chicken & Rice Casserole

(This is not extremely healthy but it's great.)

Contributed by Tim Davison

Ingredients:

- 1 cup brown rice
- 1 pkg. onion soup mix
- 1 can reduced fat cream of mushroom soup
- 1 can reduced fat celery soup
- 1 can reduced fat cream of chicken soup
- 1 6.5 oz. Can of mushrooms
- 1 cup of water
- 6-8 pieces of boneless skinless chicken breast

Directions:

1. Preheat the oven to 350.
2. In a skillet add 1 tbsp. of olive oil and add chicken. Cook until done.
3. In a 9x13x2 in. baking dish mix all other ingredients together.
4. When the chicken is done place on top of the dish and cover with tin foil.
5. Bake for 1 1/2 to 2 hours until the rice is done. The liquids should be absorbed (not too dry) and chicken should be tender.
6. Add salt and pepper to taste and enjoy.

Italian Pasta Sauce

Contributed by Ian August

The thing I like about this recipe is that is the basis for many more, depending on your creativity. Just learn the pattern; a few veggies, a wine, a stock, some spices, and pasta, and you can switch it up. Change the veggie combinations; change the wine, stock, use just wine, or just stock. For example if you use only stock and no wine, and a spice mix that includes, garlic, onion, paprika, and a little cayenne, you have a version of jambalaya. If you remove the tomato, and wine, and add a whole box of chicken stock you have a quick chunky chicken soup. If you are feeling Mexican, or Japanese, or Albanian flavors just change the spice combo. Just think of all the vegetable, stock, and meat combinations once you get the pattern.

Serving: 3-4

Ingredients:

- 4 cloves garlic diced
- 2 Onions diced
- 6 Celery stalks diced
- 4 Carrot shredded and diced
- 4 Tomatoes diced
- Marsala Wine 2/3 cup
- Chicken Stock 2/3 cup
- Oregano 2Tablespoon
- Rosemary 2Tablespoon
- Box whole wheat pasta (optional)
- 1 teaspoon of olive oil

Directions:

1. Heat pot on medium heat 2 minutes. Bring a second pot 1/2 filled with water to a boil for your pasta.
2. Add olive oil, heat 2 minutes.
3. Add garlic, heat 2 minutes.
4. Add all veggies, heat 10 minutes, until translucent.
5. Add all of your spices.

6. Begin cooking your pasta in your other pot.
7. Add Marsala wine and simmer until most of the liquid has evaporated (reduced), 5-10 minutes.
8. Add chicken stock and simmer 5 minutes. You are looking for some liquid but not soupy.
9. Add the cooked, drained pasta, warm through for 2 minutes and serve.

"Spicy Chicken"

Contributed by Michael Noreman

"These are both very simple recipes that anyone can make. They take about 20 minutes to make and taste very good. They are restaurant tested and very popular."

Ingredients:

- 1 quarter of a medium white onion
- 1/2 Large Red Pepper
- 1 cup chicken broth
- 1/4 cup white wine
- 3 boneless thin chicken breasts
- 2 tablespoons of hot sauce
- Salt, pepper to taste
- Pam Spray
- Rosemary 2Tablespoon

Directions:

1. In a sauté pan spray Pam spray.
2. Cut chicken into 1 inch by 1 inch squares individually.
3. Sautee chicken until it is seared on each side.
4. Slice peppers and onions thinly and add them to the pan. Cook the vegetables to a sweat.
5. Add hot sauce. Mix into chicken and vegetables.
6. Add chicken broth, white wine, salt and pepper.
7. Put the pan in the oven on 550 degrees.
8. Bake for about 15 minutes or until the chicken is fully cooked through
9. Serve and enjoy!!

Low Fat Grilled Chicken Parm

Contributed by Michael Noreman

Ingredients:

- 3 thin slices low fat mozzarella cheese
- 3 grilled chicken breasts
- 1 jar marinara sauce of your choosing

Directions:

1. in a baking pan put down a thin layer of marinara sauce.
2. Place grilled chicken on top of marinara. The chicken should be stacked on top of each other; two pieces down first and then one on top.
3. Put marinara sauce on top of the chicken.
4. Put mozzarella cheese on top of sauce layer.
5. Bake on 550 for about 10 minutes, or until the cheese is fully melted.

Shrimp Creole Recipe

Contributed by Pat Pratt

Serving: 4

Ingredients:

- 1/2 cup chopped onion
- 1/3 cup chopped celery
- 1 garlic clove minced
- 4- 8oz. cans of tomato sauce
- 1 bay leaf
- Dash of cayenne
- 1 1/4 lbs. of jumbo shrimp

Directions:

1. 1 tbs. butter to sauté veggies and garlic - sauté until crisp.
2. Add tomato sauce, bay leaf, cayenne pepper, simmer for 20 minutes.
3. Add shrimp and cook until thoroughly cooked.
4. Serve over brown rice.

Vegetable Dip

Contributed by Shelly Longo

My favorite recipe that NO ONE thinks is light is:

Ingredients:

- 6 oz. softened fat free cream cheese
- 8 oz. fat free sour cream
- 4 beef boullion cubes
- 1 small chopped onion
- Fat free miracle whip
- Worcestershire

Directions:

1. Add boullion cubes in a bowl to a couple of tablespoons of water.
2. Heat in microwave for 30 seconds or until you can crunch up the boullion into a liquid form.
3. Chop onions and soak them in the boullion mixture for 15 minutes or so.
4. Meanwhile, mix cream cheese and sour cream.
6. Drain most of the liquid off the onion/boullion mixture and mix in.
7. Add mayo and Worcestershire to taste.
8. Serve with your favorite raw veggies and watch it disappear.

Bulgur Salad

Anonymous

I love making this easy side dish that my family loves and it's full of healthy fiber. It's easy to get it started as I make the rest of the meal. Then simply add the remaining ingredients before dinner is served. I always make extra since it keeps in the refrigerator for up to 1 week. It's good when it is warm, at room temperature or cold.

Serving: 4

Ingredients:

- 1 cup boiling water
- 1 cup bulgur (cracked wheat)
- 2 tablespoons fresh lemon juice (or lemon juice concentrate)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons chopped fresh parsley
- Salt & pepper to taste

Directions:

1. Bring water to a boil in a pot.
2. Remove the pot from heat and add bulgur.
3. Lightly stir to make sure all of the bulgur is wet.
4. Cover the pot and let it stand for 30 minutes.
5. Transfer to a bowl and add lemon juice, olive oil and parsley.
6. Mix together then add salt and pepper to taste.

Open Face Shrimp Sandwiches

Contributed by Peggy Sarafa

This is one of my favorite lunch sandwiches. It is quick and easy to make and melts in your mouth! You can substitute canned tuna fish for shrimp and you can place either mixture on crackers or small pieces of toast and serve as appetizers.

Serving: 4

Ingredients:

- 1 pound chopped, cooked cocktail shrimp (frozen/defrosted or fresh)
- 1/4 cup chopped onions
- 1/2 cup mayonnaise
- 4 whole wheat English muffins
- 1 cup shredded cheese (cheddar, pepper jack, provolone or any other cheese that melts)

Optional additions:

- Chopped celery
- Chopped green peppers
- Chopped red peppers

Directions:

1. Slice and lightly toast English muffin halves.
2. Mix onions, chopped shrimp, and mayonnaise.
3. Add about 1/4 cup of the shrimp mixture to each toasted English muffin half.
4. Sprinkle shredded cheese on top.
5. Broil sandwiches for 3-4 minutes or until cheese is melted.

Spicy Garbanzo Goulash

Contributed by Kelly Haas

I love this recipe. It's so easy and quick to prepare, especially after a long day at work and after a long workout.

Prep time: 5 minutes

Cook time: 10-15 minutes

Serving: 3

Ingredients:

- 14.5 oz can no salt added diced tomatoes
- 15 oz can no salt added garbanzo beans
- 1/3 cup tomato paste
- 2 cups chopped mushrooms
- 2/3 cup chopped green peppers
- 1/4 cup chopped onions
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp Italian seasoning
- 2 tsp crushed red peppers

Directions:

1. Open can of tomatoes and pour the excess tomato juice into a 2 quart pan.
2. Then add the mushrooms, green peppers, and onions. Stir.
3. Cook on medium heat for approximately 3-5 minutes.
4. Add tomatoes and cook for approximately 2-3 minutes.
5. Open the beans and drain the excess juice into the trash.
6. Combine tomato paste, seasonings, and beans.
7. Cook for approximately 3 minutes, or until the beans are warm and tender.

Basic Granola

Contributed by Jenny Hoffman

This is a very easy and quick way to make homemade granola, which is often quite expensive from the supermarket. Add your own healthy treats when you're done (raisins, almonds, pretzels, etc) for a tasty trail mix. Or enjoy it like me- as a delicious homemade cereal in the morning. There's so much fiber here, believe me- one small bowl will fill you up!

Serving: 18

Ingredients:

- 6 cups oats
- 2 cups whole wheat flour
- 1 cup wheat germ
- 1/2 cup wheat bran
- 1/4 cup toasted sesame seeds
- 1/4 cup sunflower seeds
- 1 cup chopped walnuts
- 1 cup water
- 1 1/4 cup honey (warmed)
- 1 1/4 cup vegetable oil

Directions:

1. Preheat oven to 300 degrees F.
2. Mix the dry ingredients together in a large bowl.
3. Mix the wet ingredients in another bowl.
4. Pour the wet into the dry and mix thoroughly.
5. Spread on a large baking sheet and bake for 1 hour, stirring every fifteen minutes.

Lemon Chicken

Contributed by Kim Preece

I created this quick, easy, healthy recipe without adding any fat. It's full of flavor and its presentation is nice enough to serve guests when entertaining. A tossed salad with peppers, onions, cucumbers and tomatoes goes great with this dish. I hope you enjoy this recipe as much as I have over the years.

Ingredients:

- 4 boneless skinless chicken breasts
- 8 white button mushrooms thinly sliced
- 1 large lemon cut into 8 thin slices
- 1 large lemon squeezed (reserve juice)
- 4 fresh rosemary sprigs
- Fresh cracked pepper to taste
- 4 large pieces of foil cut into 12"X 12" squares

Directions:

1. Preheat oven to 375 degrees.
2. Spread out 4 pieces of foil.
3. Place 1 chicken breast in the center of each piece of foil.
4. Arrange 2 of the thinly sliced mushrooms on top of each chicken breast.
5. Pour 1/4 of the squeezed lemon juice over each of the 4 chicken breasts.
6. Add fresh cracked pepper to taste.
7. Place 1 rosemary sprig over each breast.
8. Arrange two slices of lemon, side by side, on top of each breast.
9. Wrap foil so that it becomes a tented pouch, ensuring juice will not leak out the sides.
9. Place tented foil pouches onto a baking dish.
10. Cook for 20 minutes or until juices run clear.

Spicy Savory Vegetable Roast

Contributed by Jennifer Karches

I love to make this dish because it is kind of like meditation chopping up all the veggies. You can chop up everything ahead of time or do all the chopping over an hour or so before dinner. This makes a huge pan of veggies, so you can portion the leftovers out in 2 cup glass Pyrex containers for lunch at work for a week with a lot to spare. Take along a few pieces of fresh fruit and you have an amazing lunch! Use more of whatever vegetables you like, or try others such as turnips, beets, zucchini...the list is endless!

Ingredients:

- 1 small cabbage (or bunch of collards or kale)
- Brussels sprouts
- Parsnips
- Carrots
- Onions
- Potatoes
- Sweet potatoes
- Rutabaga
- Squash
- 1 jalapeno, minced (optional)
- Fresh herbs
- Extra virgin olive oil
- Coarse salt
- Freshly ground black pepper
- 1 whole bulb of garlic, cloves peeled, cut into even chunks
- Extra firm tofu (pressed dry as possible), cubed and rubbed with a seasoned salt

Directions:

1. Preheated oven to 400 degree.
2. Chop any and all veggies into similar sized chunks so they will cook evenly.
3. Place everything on a regular enameled boiler pan (I tend to put the

cabbage/collards/kale down first since it will singe if it is on top) except for the garlic pieces, fresh herbs and beans (tofu can bake for full 40 minutes).

4. Drizzle about 1/3 cup olive oil over the mixture and then season with a sprinkle of about a teaspoon of coarse salt and freshly ground black pepper.
5. Place in oven and after 20 minutes; turn the vegetables to prevent singeing.
6. Add the garlic pieces, fresh herbs and beans, mixing in.
7. Return to the oven for another 20 minutes.

Sweet Fruit Roast

Contributed by Jennifer Karches

Another variation, on the sweet side, is to chop up any combination of a peeled butternut; buttercup and/or acorn squash plus a bag of apples that have been cored and quartered (leave the peel on). This really just taste lusciously decadent, but it is so good for you!

Directions:

1. Put all squash and apples on the pan.
2. Drizzle with about 1/3 cup extra virgin olive oil, and bake at 400 degrees or 40 minutes,
3. Taking out after 20 minutes to turn the mixture so it will cook evenly.
4. Enjoy as a dessert alone or with ice cream or even for breakfast with cereal.

Boston Brown Bread

Anonymous

This recipe is fun to make because all you need is a bowl and some tin cans! It is amazing with cream cheese/neufatchel or simply plain for breakfast or a snack.

- 2 c whole wheat flour
- 1/2 c white flour
- 2 t baking soda
- 1 t salt
- 2 c buttermilk (can substitute 2 c milk plus 4 T lemon juices)
- 1/2 c molasses
- 1 c raisins

Directions:

1. Stir together the flours, baking soda and salt.
2. Add buttermilk and molasses and beat to blend. Stir in raisins.
3. Put into 4 well greased 16 or 17 ounce round cans (3" wide and 4" tall).
4. LET STAND FOR 30 MINUTES.
5. Bake at 350 degrees for 30-35 minutes.
6. Pop bread out of cans on a wire rack to cool.

Refrigerator Slaw

Anonymous

This recipe is simple to make and is great as a side or on sandwiches.

Ingredients:

- 1 head cabbage
- 1 large onion
- 1 large green or red pepper
- 1/2 c sugar
- 3/4 c vegetable oil
- 1 t dry mustard
- 1 t celery seed
- 1 T salt
- 1 c vinegar

Directions:

1. Shred first 3 ingredients.
2. Sprinkle sugar over the top. Do not stir.
3. Bring the other ingredients to a boil and pour the hot mixture over the top.
4. Refrigerate without stirring at least two hours.
5. Drain before serving.

Will keep two weeks (if it lasts!) in the refrigerator.

Texas Caviar

Anonymous

This is a fun dish to bring to a party to snack on with tortilla chips.

Ingredients:

- 2 (15 oz.) cans black eyed peas
- 1/3 c extra virgin olive oil
- 1/3 c white wine vinegar
- 1 garlic clove, minced
- 1/4 c onion, minced
- 1 red AND 1 yellow pepper, diced
- 2 green onions, minced
- 1 jalapeno, minced
- Salt and pepper to taste
- 1/2 c minced parsley

Directions:

1. Rinse and drain black-eyed peas.
2. Combine with remaining ingredients, except parsley, and refrigerate, covered at least 24 hours.
3. Just before serving toss with parsley.

Vegetable Loaf

Contributed by Karen Mazzeo

Serving: 9 or 10-20 sandwiches.

Ingredients:

- 1 1/2 lb. lean Hamburger
- 2 Jumbo Eggs
- 28 Saltine Crackers, crushed
- 1 medium Vidalia Onion, minced
- 1 small can Campbell's Tomato Soup
- 1/2 soup can of Milk
- 1 tsp. Celery Seed
- 1 tsp. Salt
- 1/2 tsp. Pepper

Directions:

1. Mix all ingredients in lg. bowl.
2. Place in greased 9x12x3" dish.
3. Bake 350 degrees for 45 minutes, covered; then uncover and bake 15 more minutes.

Banana Salad

Contributed by Karen S. Mazzeo

Ingredients:

- 1 cup sugar
- 2 jumbo eggs
- pinch salt
- 4 T water
- 2 T vinegar
- 6 bananas, quartered
- 1-2 cups of Planter's peanuts, ground up

Directions:

1. Beat together sugar, eggs, and salt in small heavy pan for 2-3 minutes.
2. Add water and mix.
3. Add vinegar and mix.
4. Boil till thick, approx. 5 minutes.
5. Completely cover the bananas that have been quartered lengthwise, and placed on a platter type plate. If small bananas are used, half them lengthwise and use more than 6 bananas.
6. Shake ground peanuts over bananas so they are completely covered.

Hints: Because bananas turn brown rather quickly, put salad together right before serving time. The sauce can be made ahead of time and kept refrigerated, until used. Bring to room temperature when ready to use it so that it spreads easily. Best served on large meat-platter type dish, so that all bananas are laying separately, next to one another, flat side up.

**This recipe is one of the easiest INSTANT dishes I know for those last minute potluck type affairs (especially if you have the sauce made up ahead of time/ refrigerated, and nuts ground up ready to sprinkle on top. Every time I've ever taken this dish, I've had compliments and requests for the recipe!

Snap Salad

Contributed by Betty Clarke-Palmer

Serving: 6-8

Ingredients:

- 2 Medium Cucumbers, peeled, halved and thinly sliced
- 2 Medium Carrots, julienned
- 1/4 C Diced Onion
- 2 TBL Raisins
- 1/4 C Vinegar
- 2 TBL Sugar
- 1/2 tsp Salt
- 1/2 tsp Pepper
- 1/3 tsp Paprika

Directions:

1. In a large bowl, combine cucumbers, carrots, onions and raisins.
2. Combine remaining ingredients, and pour over the first mixture.
3. Toss lightly to coat well.
4. Cover and put in fridge for at least 6 hours or overnight.
5. Toss before serving and use slotted spoon as it has a bit of liquid.

Chicken Noodle Salad

Contributed by Betty Clarke-Palmer

This recipe came from a friend in Oregon State whose hubby has diabetic and heart issues, so it must be a healthy one for everyone. Perhaps there is another substitute for the Mayo? Salad may be made the day before.

Serving: 4-6

Ingredients:

- 2 C Bean sprouts canned or if fresh, cook in water a few minutes
- 2 C Diced, cooked chicken breast
- 1 C Diced Water Chestnuts
- 1/2 C Diced Celery
- 1/4 C Chopped Green Onions
- Chinese crispy noodles or Sunflower seeds can be mixed in before serving or served separately

Dressing:

- 3/4 C Light Mayo
- 1 TBL Soy Sauce
- 1 TBL Lemon Juice
- 1/4 tsp Sea Salt
- 3/4 tsp Freshly Grated Ginger

Veggie Fruit Slush

Contributed by Betty Clarke-Palmer

This makes a good pick up during the day as it seems to hold the “slush” in fridge all day. Add ice to juice it.

Ingredients:

- 1 C seedless Grapes
- 6 Apples cut in slices
- 4 Carrots cut in sections
- ½ C Sunflower seeds or Alfalfa sprouts
- 4 Stalks of Celery cut in sections

Directions:

1. Blend separately and then combine for a few seconds

Chocolate Walnut Shake

Contributed by Betty Clarke-Palmer

Serving: 1

Ingredients:

- 4 Apples
- 2 Bananas, mashed
- 4 TBL whole or ground unsalted walnuts
- 1 C unsweetened soy milk
- 1 ½ TBL pure unsweetened coco powder
- 1 tsp pure Almond extract
- 1 C Ice

Directions:

1. Blend Apples first and then combine with other ingredients.

Farm Raised Tilapia

Pan Roasted w/ Crisp Marinated Vegetables, Capers, Apples & Tarragon,
Tomato Chive Vinaigrette

Contributed by Chef Roland Iadanza

*This recipe is great if you're entertaining and/or have a little extra time

The fish:

4-7 oz of Tilapia

Olive Oil- To Saute

Kosher Salt

Fresh Ground Black Pepper

Tarragon Sprigs for garnish

The Vegetables:

1/2 Cup Cherry Tomato- Red, Yellow cut in half

1/4 Cup Granny Smith Apples, cut in small dice

1/4 Cup Cucumber, Peeled, Seeded, cut in small dice

1/4 Cup Fennel, cut in small dice

1 Scallion thinly sliced, white & tender green only

1/2 tablespoon chopped capers

1/2 teaspoon chopped fresh tarragon

1/4 Cup Extra Virgin Olive Oil

Fine Sea Salt to taste

Freshly Ground Black Pepper to taste

- 1) Combine all ingredients in a bowl and marinate in the refrigerator until ready to serve.

For the Tomato Vinaigrette: Base

1 1/2 Cup Chicken Stock Health Valley Brand

1/2 Cup Tomato Paste

2 oz Sliced Ginger

2 Cloves Garlic Sliced

1/2 Teaspoon Cracked Black Pepper

1/4 Cup Olive Oil

1/4 Cup White Wine Vinegar

2 Tablespoons Minced Chives

Salt & Fresh Ground Pepper To Taste

Method:

- 1) Place all base ingredients in a sauce pan and let simmer at low heat for 20 minutes. Strain through a sieve or cheesecloth into a clean sauce pan.
- 2) Whisk vinegar into base, then olive oil. Add chives and adjust seasoning. Set aside or put into squeeze bottle.

For the fish:

- 1) Season a non stick sauté pan with salt & pepper. Place on medium high heat and add olive oil. When oil is hot add tilapia, let brown slightly and turn once until cooked through. If fish is a little thick place in a 400 degree oven for 5 to 10 minutes. Fish should be firm but moist.

To assemble dish:

Place fish on plate or serving platter and spoon the marinated vegetables over and around fish. Spritz the vinaigrette lightly on fish and vegetables. Garnish with tarragon sprigs.

Notes from Chef Roland:

- 1) This dish does not contain any butter or cream but lots of nice vegetables.
- 2) This is a very easy recipe that involves some dicing but the marinated vegetables can be done two hours ahead. The vinaigrette keeps for one week. With all that done ahead all you have to do is sauté the fish which cooks very quickly.

Honeydew smoothie recipe

for pre/post workouts.
Contributed by Andrew Frisa

“I love making smoothies because they're light enough to drink before a workout and after without making you feel heavy and slow. They also rehydrate and give great energy.”

- 1/2 Ripe Honeydew melon
- 1/3 cup of non salted almonds
- 2 Bananas
- 7-10 cubes of ice (depending on thickness desired)
- 1 Tsp of Honey (raw is better)
- * 1 cup of almond milk/Vanilla soy milk
- * Dash of sea salt

*(optional items)

Begin by cutting honey dew into 4-6 pieces. Remove skin and put honeydew pieces in blender. If needed slice pieces into smaller chunks to aid in blending. Add almonds and blend slightly until almonds are in smaller chunks. Put both bananas in the blender and blend slightly again. Add honey and ice to mix and blend until all items are evenly mixed. The almond milk/soy milk will assist in the blending of the almonds and the honeydew if added. This recipe will serve 1-3 depending on thirst :

Does Taking Supplements While Training For Mixed Martial Arts Give You More Energy, Build Muscle and Burn Fat?

The simple answer is NO! Supplement means "in addition to." One of my pet peeves is hearing people discuss which supplements "work." Many times these people have plenty of room to improve in their training for mixed martial arts and nutritional programs.

With that said, there are some supplements that have proven valuable to both me and my clients. Most supplements are far too hyped, including "fat burners." While certain combinations have been proven to show a thermogenic (increased metabolic rate) effect, abuse of these drugs has caused some very bad side effects ranging from tremors to stroke or even death.

Supplements that have value while training for Mixed Martial Arts

[Meal Replacement Products](#)

I advise my clients to eat small frequent (five or six) meals per day. This practice helps to increase metabolism, energy, and prevents over-eating. While whole food would be ideal, life is not always that accommodating. When a food meal is not convenient, the addition of a meal replacement product (MRP) can be very beneficial. Make sure to look for one that is as low in fat and/or sugar as possible.

[Protein Powders](#)

Our muscles and most of our body is made up of protein. You can take all of the creatine in the world and train like a madman, but without enough protein intake, muscle gain is unlikely. If you are already consuming a lean protein with each of your five or six meals, you probably don't need protein powder but again, it's a convenience thing. For example if I have to leave my house early, I might throw a scoop or two of protein powder into oatmeal for a mix of protein and complex carbohydrates.

[Multi vitamin-mineral formula](#)

It's a mistake to think that vitamins will give you energy or that a certain mineral will build bone. For example, calcium is one of the minerals that make up bone. This doesn't mean that taking a calcium supplement will in and of itself build bone. Calcium simply plays a role in bone development.

A vitamin-mineral formula can help as an "insurance policy" against a deficiency in certain nutrients. Vitamins and minerals do not increase energy. That is a "myth." Only the macronutrients can produce heat for energy but taking a vitamin-mineral formula is a great way to begin a supplementation program.

*[Animal Pack](#) is more than just a multi-vitamin.

Other supplements worth considering for the combat athlete

Additional supplements worth mentioning that can enhance your combat fitness program are:

[Recovery Formulas](#)

A proper recovery formula can increase performance and speed muscle recovery.

[Fish Oil Supplements](#)

Fish oil has some amazing health benefits. They help in many areas including the brain, the heart, the joints, and digestive health.

[Beta Alanine](#)

Beta Alanine is supported by scientific research studies. Benefits include:

- Increase Muscular Strength & Power Output.
- Increases Muscle Mass
- Increase Anaerobic Endurance
- Increases Aerobic Endurance
- Delay Muscular Fatigue- Train Harder & Longer

[Joint Support Supplements](#)

The verdict is still out whether it can prevent joint pain or not. With that

said, I think it would be a wise choice for the combat athlete to supplement with a joint support formula.

[Vitamin C](#)

Vitamin C is a powerful antioxidant which supports a healthy immune system and plays a key role in energy and metabolism.

[Vitamin E](#)

Vitamin E finds harmful free radicals in our body and eradicates them. Free radicals are responsible for certain health problems including cancer, diabetes, muscular dystrophy, atherosclerosis, Alzheimers disease, Parkinson's disease, and rheumatoid arthritis. Selenium is a great compliment to Vitamin E.

[Vitamin B-Complex](#)

A Vitamin B-Complex can help combat stress as well as aid in proper energy production.

*For a B-complex and Vitamin C together, [click here](#)

[CoEnzyme Q10 \(CoQ10\)](#)

CoQ10 is known for its ability to produce healthy red blood cells and control oxidation. It is ideal for anyone who is cardio-conscious, both from a performance and a disease prevention standpoint.

Although the supplements mentioned can certainly help, without a sound nutrition and training program, results will be elusive. Don't be like most people constantly looking for the "magic bullet" promising dramatic results with little effort.

2) Does Creatine Help Recovery Time?

Q: "I have taken **creatine** before to help my body recover faster and I was just wondering if you had an opinion on creatine or any other healthy supplement that would help my recovery time, since I haven't been able to do anything in 3 months?"

A: [Creatine](#) has been proven to enhance strength, power, muscle mass, and

weight gain. Basically, what it does is help to regenerate **ATP** (the chemical which supplies energy for muscle contraction) so you may be able to push out a couple of extra reps. For example, you may be able to push out only 8 reps of a particular weight if you are not taking **creatine**, but with it, you may be able to push out 10.

One of the best advantages to taking creatine that I've seen is the increased recovery time it brings. You recover faster from an intense workout and therefore can train more frequently and make more gains. This ability to train more frequently is crucial for the combat athlete. Creatine is one of the few supplements that gets my two thumbs up!

I'd also recommend that you supplement with [L-Glutamine](#). L-Glutamine is the most abundant amino acid in muscle tissue. It plays a key role in muscle maintenance. It might be a good idea to take L-Glutamine on a regular basis if you desire to maintain or build muscle.

Other than that, I'd suggest not doing too much too fast. Increase the intensity of your training gradually.

What's Next?

After you have improved your dietary choices, it only makes sense to see how you can improve your fitness program.

And I have some resources that can help you do that.

Whether you live on long Island or not I invite you to request a [Free Consult](#) so I can help point you in the right direction.

For clear and simple combat fitness guidance for proven results in less time, make sure you subscribe to my [Free newsletter](#) for the hottest training and nutrition tips in the MMA community.

Finally, if you are truly looking to get in your best shape ever, I recommend Tom Venuto's best selling e-book [Burn the Fat, Feed the Muscle](#).

The book isn't specific for combat athletes. However, his no nonsense advice on getting in your best shape ever using science-backed natural bodybuilding training and nutrition is guaranteed to help you achieve physical excellence.

