



FEEDING THE FEMALE ATHLETE: NUTRIENT DENSE, ANTI-INFLAMMATORY, HIGHLY DIGESTIBLE NUTRITION

PreTraining or PreCompetition Smoothies:

Chocolate Avocado Smoothie:

Ingredients

- 1/2 ripe avocado (I used Hass)
 - 2 tsp unsweetened cocoa powder
 - 1 scoop chocolate protein powder (Thorne Research VegaLite or Vega Sport Performance Protein)
 - 3 tbsp plain coconut yogurt (or a ½ banana if you desire more sweetness)
 - 1 tsp cinnamon
 - 1.5 cups unsweetened almond milk
 - 4 ice cubes
- Directions Combine all ingredients in a blender and puree until smooth.

Green Power Smoothie:

(this is a good one if you're feeling a bit under the weather) Ingredients

- 1/2 ripe avocado (I used Hass)
- 1 cup kale or other leafy greens
- ½ apple
- 1 cucumber
- 1 celery stalk
- 1, 1 inch piece of peeled ginger
- the juice of one lemon (or just throw the whole lemon in, peeled.)
- 1.52 cups water

Directions: Combine all ingredients in a blender and puree until smooth. This smoothie will provide fat, carbohydrates, hydration and anti-inflammatory nutrients, but not enough protein. Enjoy with a side of 2 applegate farms frozen sausages, warmed, or 2 scrambled or poached eggs.