

## **Homemade Poke Bowl:**

Build your own Poke bowl using your favourite and preferred foods below!

### **Starchy Carbohydrate (choose 1):**

- Brown rice
- White rice
- Quinoa
- Rice Noodles

### **Protein (choose 1-2):**

- Salmon
- Tuna
- Shrimp
- Egg
- Chicken
- Tofu
- Edamame

### **Fruit & Vegetables (as many as you'd like!):**

- Cucumber
- Carrot
- Red cabbage
- Raddish
- Corn
- Mango
- Pineapple
- Steamed Spinach/Kale
- Green Onion
- Avocado

### **Other:**

- Citrus Ponzu
- Sweet Chili Sauce
- Soy sauce
- Sriracha / Hot sauce
- Spicy mayo

### **Directions:**

1. Prepare ingredients by chopping/cooking your fruit, vegetables, carbohydrates and proteins as desired.
2. Try filling your bowl using the Athlete plate guidelines.
3. Top with additional flavours under the 'other' category.

## **Homemade Protein Bars:**

Make your own protein bars for a perfect on the go snack.

### **Ingredients:**

- 1 ½ cups natural peanut butter (or any nut/seed butter of choice)
- ½ cup maple syrup, honey or sticky sweetener of choice
- ½ cup protein powder\*
- 1 ⅓ cups quick oats
- ¼ -½ cup mini dark chocolate chips
- Salt to taste

### **Directions:**

1. Add the nut/seed butter, sweetener, rolled oats, protein powder, salt, and mini dark chocolate chips to a mixing bowl and use a rubber spatula to mix until the batter is combined
2. Use a mini cookie scoop or a spoon to drop energy balls with a spoon onto a wax paper covered cookie sheet. They should be around 1 inch in size.
3. Roll the energy balls with your hands to form the shape
4. Place cookie sheet with the energy bites on it in the fridge for 1 hour, or until the balls are hardened
5. Transfer energy balls to a ziploc bag and store in the fridge or freezer

\*When choosing a protein powder, it is extremely important that it is NSF Certified for Sport (<http://www.nsf.org/>), Informed Choice or LGC tested (<https://www.informed-choice.org/>).

Recipe from: <https://buildyourbite.com/energy-balls/>