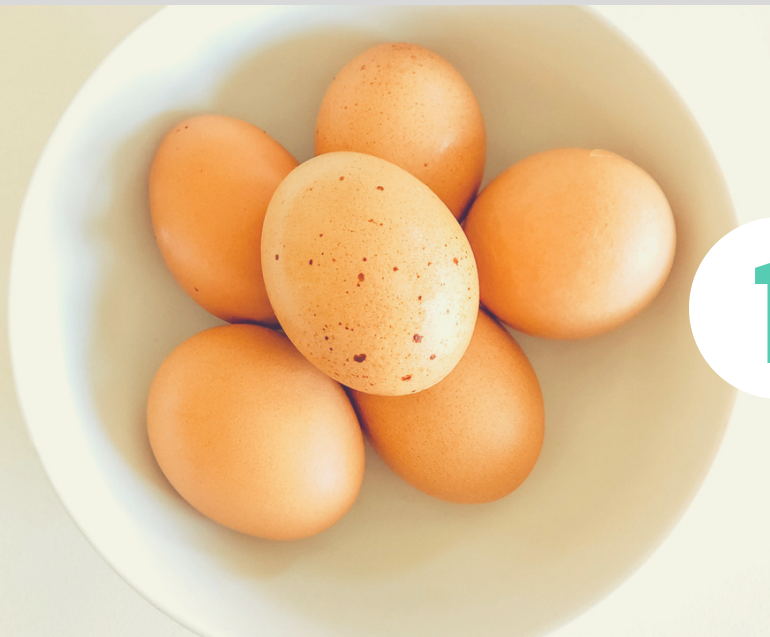


# Living Lately's Energizing Eats

WHAT TO EAT BEFORE AND  
AFTER YOUR WORKOUTS



1

## Hard Boiled Eggs

Boil a dozen at a time 16-20 min. place in strainer with ice cubes in sink for easy peeling

## Overnight Oats

Choose your favorite milk and you have a refreshing summer breakfast

2



## Banana, Nut Butter + Hemp Seed Toast

As breakfast or a snack, this is hard to beat!



3

## Dairy Free Egg Salad

Yep - zero mayo but all the flavor!

4



## Hidden Vegetable Taco Salad

Pack as many hidden veggies as you like-it tastes amazing



5

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# Living Lately's Energizing Eats

WHAT TO EAT BEFORE AND AFTER YOUR WORKOUTS



6

## Lentil Wrap

Trader Joes Lentils  
Whole Wheat Tortilla  
Mache and micro greens  
top with lemon juice  
or light dressing

## Wild Caught Salmon

A weekly dinner staple in our house paired with our fave veggies

7



## Strawberry Freeze

This is such a fun treat without the processed sugars!

8



## Cucumber, Lemon, Ginger Juice

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## Carrot, Lemon & Ginger Juice

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## Green Apple, Orange, Cucumber Juice

9



## Morning Mocktail

1/2 Tbsp lemon juice  
1/2 tsp. himalayan salt  
fill with room temp water

10



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## **Overnight Oats**

1/2 cup rolled oats

1/2 cup favorite milk

1 tbsp chia seed

1 tsp vanilla

1 tbsp agave nectar syrup

mix all together, place in covered jar overnight  
top with favorite fruit in the morning!

## **Dairy Free Egg Salad**

3 hardboiled eggs (2 full eggs, 1 egg white)

1/2 tbsp mustard (+/- depending on preference)

5 mini cornichons pickles chopped (Trader Joes has  
the best ones)

S & P to taste

1 tsp dried or fresh basil (chopped)

serve over lettuce or crackers

## **Hidden Veggie Taco Salad**

1 package ground turkey

1 tbsp extra virgin olive oil

1/2 cup diced onions

3-4 garlic cloves diced

1 can organic tomato sauce

1 packet low sodium taco seasoning

1/2 zucchini chopped finely

1 cup shredded carrots

1 avocado

romaine and butter lettuce mixed

plain greek yogurt

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saute garlic and onions in large saucepan with  
olive oil (3-5 minutes over low heat)  
add zucchini and carrots let soften  
add ground turkey and break into tiny chunks  
add taco seasoning and tomato sauce, mix well let  
fully cook (another 10 minutes or so)  
prepare lettuce in separate bowls for serving  
place turkey mixture on top  
add dollop of greek yogurt and avocado on top

## Healthy Lemon Salmon

wild caught salmon filet (not farm raised)

1-2 lemons

2 tbsp extra virgin olive oil

salt, pepper garlic powder, dried basil to taste

foil or parchment paper

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preheat oven to 375

place each fillet inside individual foil/paper and place  
on baking sheet

drizzle olive oil lightly over top

season as you like

place sliced lemons on top (2 per fillet)

close foil around fish and bake for 20 minutes or  
until desired

serve with your favorite veggies

## Strawberry Banana Faux Fro-Yo

1/2 bag frozen strawberries

2-3 frozen bananas

1-2 tbsp agave nectar

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place in blender and serve immediately  
optional top with chocolate shell

*recipe by @chelsea\_elder*

## Juicing

Play around with fruits veggies and flavors that you love. I love ginger, so I tend to add more of that into my juices, but see what you prefer and add accordingly!

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## Morning Mocktail

I drink this before my morning coffee everyday  
amazing for your skin, bloating and digestion