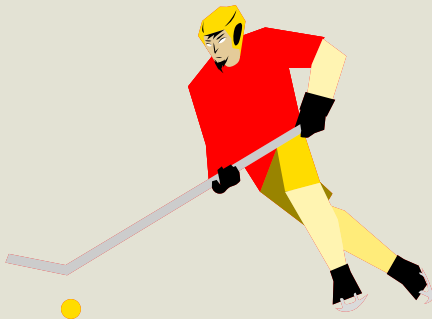


# An Athlete's Guide to Pre- and Post-Workout Nutrition



***Special  
Olympics***  
*Ontario*



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# Hi Athletes!

Nutrition students from Ryerson University here! We have created a budget-friendly, easy-to-follow recipe guide that does not require a lot of equipment or ingredients - great for your pre and post sport games. We also have a follow-along **video** for the **Baked Pizza Toast** recipe!



The recipes included are:



**Overnight Oats**



**Energy Balls**



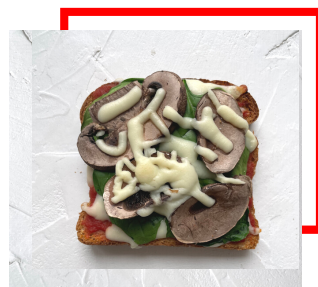
**Berry Yogurt Parfait**



**Mexican Fiesta Quesadilla**



**Rainbow Veggie Omelette**



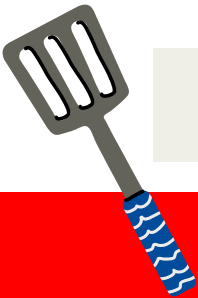
**Baked Pizza Toast**

If you try out one of these recipes, make sure to snap a picture. We would love to see your awesome chef skills!

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# OVERNIGHT OATS

PREP TIME: 0 MIN

COOKING TIME: 5 MIN

TOTAL TIME: 5 MIN

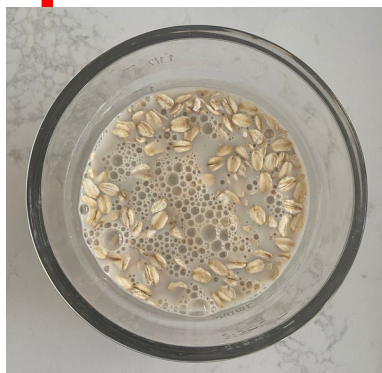
## INGREDIENTS

- ½ cup oats
- 1 tbsp peanut butter
- 1 tbsp maple syrup or honey
- ¼ tsp cinnamon
- ¼ tsp vanilla
- ¾ cup milk of choice

## EQUIPMENT

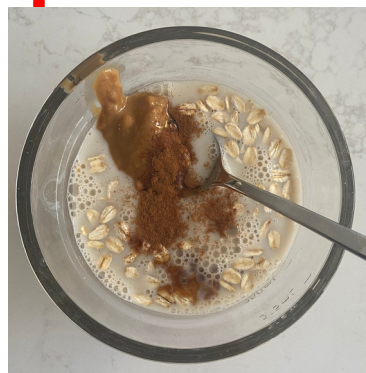
- Jar
- Measuring cups
- Spoon

## DIRECTIONS



### Step 1:

Place milk of choice and oats in the container.



### Step 2:

Add peanut butter, maple syrup/honey, cinnamon and vanilla.



### Step 3: \*Optional\*

Add any additional berries, protein powders, or yogurts



### Step 4:

Close the jar lid and shake.

### Step 5:

Place in the fridge overnight or for at least 6 hours.

# ENERGY BALLS

PREP TIME: 20 MIN ● COOKING TIME: 50MIN ● TOTAL TIME: 20 MIN

## INGREDIENTS

- 1 cup quick oats
- 1/3 honey
- 1/2 cup peanut butter
- 1 tbsp chia seeds/ground flaxseed (optional)
- 1/2 cup chocolate chips

## EQUIPMENT

- Large bowl
- Spoon
- Measuring cups

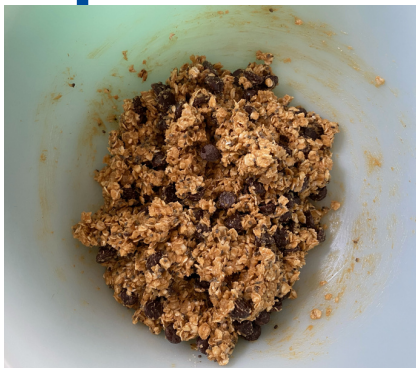
## DIRECTIONS



**Step 1:**  
Add all the ingredients into a large bowl except for chocolate chips.



**Step 2:**  
Mix with a spoon until evenly blended.



**Step 3:**  
Add in chocolate chips and mix until even throughout.



**Step 4:**  
Roll into little balls (size of timbits). Once the ball is formed, place coconut flakes on a plate and coat the energy balls.

**Step 5:**  
Place in the fridge for 30 minutes.



# BERRY PARFAIT

PREP TIME: 5 MIN

COOKING TIME: 5 MIN

TOTAL TIME: 10 MIN

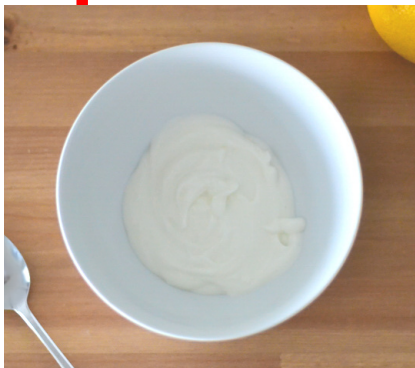
## INGREDIENTS

- $\frac{3}{4}$  cup of yogurt
- $\frac{1}{4}$  cup of granola
- Handful of berries of choice

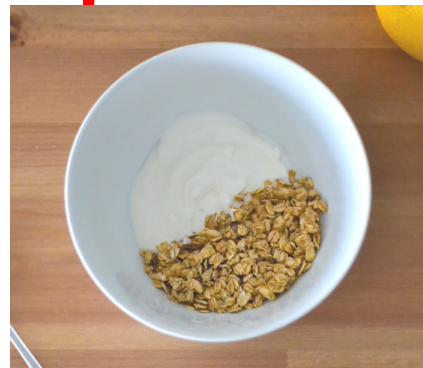
## EQUIPMENT

- Bowl
- Spoon

## DIRECTIONS



**Step 1:**  
Place yogurt in a small bowl



**Step 2:**  
Add granola



**Step 3:**  
Add berries

# BAKED PIZZA TOAST

PREP TIME: 6 MIN

COOKING TIME: 14 MIN

TOTAL TIME: 20 MIN

## INGREDIENTS

- 1 slice of bread
- 1/4 cup shredded cheese
- 2 tablespoon tomato sauce
- 2-3 spinach leaves
- 1 mushroom, sliced

## EQUIPMENT

- Baking sheet
- Spoon
- Parchment paper
- Knife
- Cutting board
- Measuring cups
- Oven
- Oven mitts

## DIRECTIONS



### Step 1:

Preheat oven to 400 F. Line baking sheet with parchment paper. Arrange bread slice on baking sheet. Place in oven until barely golden brown, 4 minutes.



### Step 2:

Spoon 2 tablespoons of tomato over bread.



### Step 3:

Top with cheese.



### Step 4:

Add spinach, mushroom or any desired toppings.

Bake in oven for 10 minutes, until cheese melts.

# MEXICAN FIESTA QUESADILLA

PREP TIME: 6 MIN

COOKING TIME: 14 MIN

TOTAL TIME: 20 MIN

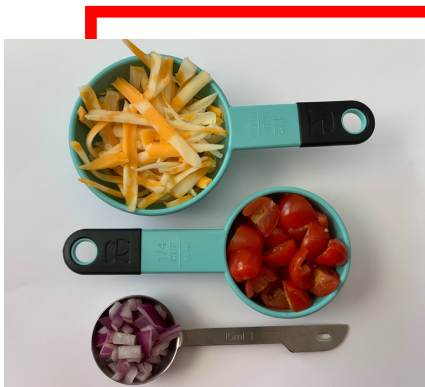
## INGREDIENTS

- 1 whole wheat tortilla
- ½ cup shredded cheese
- ¼ cup black beans
- ¼ cup corn
- ¼ cup tomatoes
- ¼ teaspoon chilli powder
- 1 tablespoon of chopped red onion

## EQUIPMENT

- Stove
- Pan
- Spatula
- Small bowl
- Knife
- Cutting board
- Measuring cups
- Cheese grater

## DIRECTIONS



### Step 1:

Dice tomato and onion into small pieces.  
Shred cheese.



### Step 2:

Drain and rinse corn and black beans.



### Step 3:

Combine tomatoes, onion,  
corn, black beans and chili  
powder into a small bowl and  
mix together.



### Step 4:

Turn the stove on medium heat.  
Lightly grease the pan. Once hot,  
place the tortilla down.



# MEXICAN FIESTA QUESADILLA

PREP TIME: 6 MIN ● COOKING TIME: 14 MIN ● TOTAL TIME: 20 MIN

## DIRECTIONS



**Step 5:**

Add the cheese and remaining ingredients from Step 3 onto the tortilla.



**Step 6:**

Fold the tortilla over and cook until each side is lightly browned and the cheese is melted



**Step 7:**

Serve on a plate with your choice of sour cream, salsa and/or guacamole.

# RAINBOW VEGGIE OMELETTE

PREP TIME: 5 MIN



COOKING TIME: 5 MIN



TOTAL TIME: 10 MIN

## INGREDIENTS

- 2-3 eggs
- 1/4 cup cheese
- 1/4 cup tomatoes
- 1/4 cup peppers
- 2 tablespoons chopped onion
- Handful of spinach
- Toast or bagel

## EQUIPMENT

- Stove
- Pan
- Flipper
- Knife
- Cutting board
- Utensils
- Bowl

## DIRECTIONS



### Step 1:

Chop all of your veggies into small pieces, shred cheese, and crack your eggs into a bowl.



### Step 2:

Grease a pan, and apply medium heat. Once hot pour in eggs and top with veggies. Sprinkle cheese over half of the omelette.



### Step 3:

Flip Omelette in half and cook through.

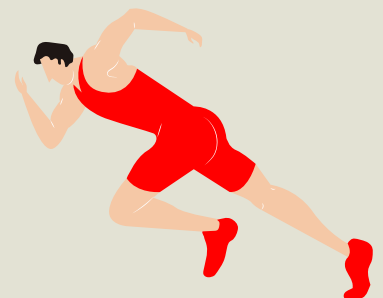
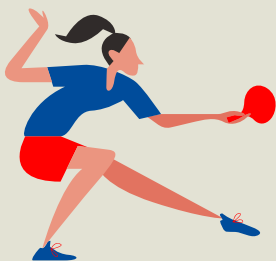


### Step 4:

Serve with whole wheat toast or a bagel.

**We hope you enjoyed  
this recipe guide!**

Let us know what you think: [Click here](#) to  
take our survey or scan the QR code below



We really appreciate your feedback!



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