

FUELING YOUR RUN

FIT4MOM RIVERSIDE RUNCLUB+



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WATERMELON, CUCUMBER, MINT WATER

Ingredients:

- 8 cups of water
- 1 cup of watermelon, chopped
- 1/2 cup of cucumber, sliced
- 1/4 cup of fresh mint

Directions:

1. Add all ingredients to a pitcher & let sit for 15-minutes.
2. Add ice or refrigerate.
3. Enjoy.



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TOFU AVOCADO TOAST

Makes 1 serving

Ingredients :

- 1/2 cup crumbled firm tofu
- 2 slices whole-grain bread, toasted
- 1/2 avocado, sliced
- 2 tomato slices
- Salt and lemon pepper, to taste

Directions :

1. Rinse and crumble tofu.
2. Spray pan with cooking spray or oil of your choice and heat on a medium temperature.
3. Add crumbled tofu and scramble until desired set.
4. Top the two pieces of toast with tofu, tomato slice & avocado
5. Season to taste.



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SPARKLING CHERRY LIMEADE

Ingredients:

- 2 cups water
- 2 cups sparkling water
- 1/2 cup cherries, sliced
- 1/2 lime, juiced and sliced

Directions:

1. Add water, cherries, and lime to a pitcher and let sit for 15-minutes
2. Add sparkling water.
3. Add ice, if you want, & serve.



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RED, WHITE, & BLUE BREAKFAST PARFAIT

Makes 1 serving

Ingredients:

- 1/4 cup fresh blueberries
- 1/2 cup plain yogurt - coconut or dairy-based (non-flavored)
- 1/4 cup raspberries
- 1/3 cup raw slivered almonds
- 1 dash ground cinnamon

Directions:

1. Add fresh blueberries to bottom of a clear jar or small bowl.
2. Next, create a layer with yogurt.
3. Then, add raspberries.
4. Top with almonds and cinnamon.



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ROSEMARY GRAPEFRUIT SPARKLER

Ingredients:

- 4 cups of water
- 4 cups of sparkling water
- 1 rosemary sprig
- 1/2 grapefruit, quartered

Directions:

1. Add all ingredients to a pitcher & let sit for 15-minutes.
2. Add ice or refrigerate.
3. Enjoy.



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POWER BITES

Makes 8 Balls

Ingredients :

- 1/2 cup old-fashioned oats
- 2 TBSP pumpkin seeds
- 1/4 cup hemp seeds
- 1/2 cup raw walnuts
- 1/2 cup dried blueberries
- 1/2 cup dates
- 1/4 tsp vanilla extract
- Dash of salt
- 2 to 3 TBSP water
- 1/4 cup unsweetened coconut flakes

Directions :

1. Place oats, pumpkin seeds, hemp seeds, walnuts and blueberries in a large bowl.
2. In a food processor or blender, blend dates, vanilla extract, salt and water until partially smooth and chunky.
3. Add to the bowl of seeds. Mix well until dough-like consistency.
4. Divide and shape into eight balls.
5. Roll each ball in shredded coconut until covered.
6. Freeze for 10-30 minutes.
7. Enjoy.



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POWER BANANAS

Makes 1 serving

Ingredients :

- 1 banana
- 1-2 TBSP nut or seed butter of choice
- 1tsp hemp seeds
- 1tsp cacao nibs
- 1TBSP walnuts or nuts/seeds of choice
- Sprinkle of ground cinnamon
- Optional: light drizzle of honey

Directions:

1. Slice banana in rounds or slice down the center into two halves.
2. Layer, drizzle, and sprinkle remaining ingredients.



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PEANUT BUTTER SWEET BITES

Makes 12 muffins

Ingredients :

- 1 cup peanut butter (or any nut butter you prefer)
- 1/3 cup honey
- 1 egg
- 2 tsp vanilla extract
- 1/4 cup dark chocolate chips (optional)
- 1/2 tsp baking soda

Directions :

1. Preheat oven to 350 degrees and coat a muffin tin with cooking spray or stack parchment paper cups in the tray.
2. Soften your nut butter of choice in the microwave for 30 seconds.
3. Mix all the ingredients together, except the baking soda.
4. Once the ingredients are mixed well, add the baking soda and stir well.
5. Divide evenly into the 12 muffin pan slots.
6. Bake for 12-13 minutes.
7. Remove from heat and let sit for 3-5 minutes.
8. Store in an airtight container or freeze and microwave for 15 seconds when you would like one (microwaves vary for warmup).



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NO-BAKE OATMEAL BITES

Makes 12 servings

Ingredients :

- 1 cup (dry) oatmeal
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed
- 1/4 cup honey
- 1/3 cup berries of your choice
- 1 tsp vanilla

Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Let chill in the refrigerator for 30 minutes.
3. Roll into balls about 1" in diameter.
4. Store in an airtight container and keep refrigerated for up to 1 week; can also be frozen.



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GREEK YOGURT CHERRY PARFAIT

Makes 2 servings

Ingredients:

- 2 cups cherries, pitted and halved
- 2 cups Greek-style yogurt, unsweetened
- 1 cup Granola

Directions:

1. Add 1/2 cup of yogurt to the bottom of 2 bowls.
2. Layer 1/4 of the granola on top.
3. Sprinkle in 1/2 cup of cherries
4. Serve.



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EASY PROTEIN SMOOTHIE

Makes 1 serving

Ingredients:

- 1 banana
- 1/2 cup plain yogurt - coconut or dairy-based (non-flavored)
- 2 TBSP nut butter of your choice
- 3/4 cup of milk of your choice
- 1 TBSP ground flaxseed
- 1 TBSP chia seeds
- 1 tsp cinnamon
- Ice cubes (optional)

Directions:

1. Blend all ingredients. Enjoy!



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CRISPY CHICKPEAS

Makes 4 servings

Ingredients:

- 2 cups of cooked chickpeas
- 2 ½ TBSP oil of your choice
- Spices of your choice

Try any combo of spices, such as:

- Onion powder
- Garlic powder
- Curry powder
- Chili powder
- Paprika
- Cumin
- Black pepper
- Fresh herbs
- Garam masala

Directions:

1. Rinse and thoroughly dry 2 cups of cooked chickpeas.
2. Coat the chickpeas with 2 ½ TBSP of olive oil and sprinkle with your spice blend.
3. Bake at 400° for approximately 20-30 minutes, stirring a few times as they cook.

BUILD YOUR OWN TRAIL MIX

MAKES 6+ CUPS



NUTS OR SEEDS (RAW & UNSALTED)

Choose 3 & add 1 cup of each:

- Cashews
- Peanuts
- Pecans
- Walnuts
- Almonds
- Pistachios
- Pumpkin Seeds
- Sunflower Seeds
- Flax Seeds

FRUITS OR BERRIES (DRIED)

Choose 2 & add 1 cup of each:

- Cherries
- Figs
- Dates
- Raisins
- Blueberries
- Apricots
- Cranberries
- Banana chips
- Pineapple

SWEET STUFF

Choose 1 & add 1/2 cup of each:

- Chocolate Candies
- Peanut Butter Chips
- Dark Chocolate Chips
- Yogurt-Covered Fruit
- Chocolate Coffee Beans
- White Chocolate Chips
- Candied Ginger

EXTRAS

Fun options to also add at 1/2 cup each:
Coconut Flakes • Sesame Sticks • Wasabi Peas

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BLUEBERRY, LEMON, MINT WATER

Ingredients:

- 8 cups of water
- 1 cup of blueberries, chopped
- 1 lemon, sliced
- 1/4 cup of fresh mint

Directions:

1. Add all ingredients to a pitcher & let sit for 15-minutes.
2. Add ice or refrigerate.
3. Enjoy.



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APPLE & PEAR SPICED WATER

Ingredients:

- 1 apple, diced
- 1 pear, diced
- 1 cinnamon stick
- 2 cloves

Directions:

1. Add all ingredients to a pitcher full of water & let sit for 15-minutes.
2. Add ice or refrigerate.
3. Enjoy