

BETSY'S GYMNASTICS KITCHEN



SPRING

It's May and Spring is in full swing. School is ending and it's time to start planning summer goals in and out of the gym. May is a great month to focus on both foods that energize and help repair and rebuild muscles PLUS aide with muscle breakdown and chronic and nagging injuries.

INTO

May also brings in a new season of foods, specifically fruits and veggies. Cherries and strawberries get more action as well as protein packed plant foods like peas and mushrooms.



MAY!

Stay focused this May while exploring fruit and vegetable markets and planting an herb garden with parsley, cilantro and mint! You will thank yourself later in summer months when those fresh herbs come in handy! May is also National Salad month, we will explore this later in the newsletter!!

Plant Based Protein Foods of the Month: Peas and Mushrooms

Peas!

Did you know protein is “a-plenty” in many plant based foods? Specifically peas, mushrooms, beans and spinach. This month we are focused on two of these foods, peas and mushrooms.

Benefits of Peas for Gymnasts: Packed with protein, vitamin C and B, the pea is an energy and metabolic powerhouse that also helps with repair. This comes in handy at the end of a long competition season. The protein in peas will help rebuild muscles, ligaments and bones while vitamin B will enhance metabolism and blood flow.

C vitamins help to build collagen and immunity, both great for spring-time muscle building!

How to use peas in you spring meal plan:

- *Cold, in salads, or steamed with other veggies
- * Snack on sugar snap peas as mid-workout pump -up. Pair with a tangerine and a cinnamon rice cake for a carb and protein packed snack!
- *Add pea protein to smoothies and shakes post -workout for a protein boost. Great for vegetarians and vegans, pea based proteins are a great addition for the vegetarian gymnast. We like Chocolate Naked Pea Protein which boasts 25 grams of protein per serving and uses natural coconut sugar in place of sugar alcohols and replacements.



Mushrooms!

Benefits of Mushrooms for Gymnasts:

Packed with protein, vitamin D, potassium and lots of vitamins and minerals, mushrooms help fend off brain disease and are a great source of selenium, a mineral that helps with healing tissues in the body. Mushrooms also help fight inflammation and encourage immunity. Shiitake Mushrooms hold the most beneficial benefits with loads of research supporting their strength!

How to use mushrooms in your spring meal plan:

- For vegetarian athletes or those who want to try a new way of eating a meatless burger, use Portabello Mushrooms as burger buns (Check out our Portabello Burger from Gymnacheff 2) See Recipe in our Recipe of the month segment.
- Add to spinach salads with asparagus, pickled beets and fresh peas for an amazing vegetarian and protein packed salad.
- Add to fresh, homemade tomato sauces with onions and green peppers. Picky Gymnasts will never know they are in your pasta sauce!
- Tip: already a significant source of vitamin D, “sunbathe” your mushrooms to give them an added boost of vitamin D! Your bones and immune system will thank you!



Portabello Burger Recipe

From Gymnachef 2

I love mushrooms for many reasons for athletes. First, they are loaded with anti-cancer, anti-viral immunity boosting compounds. They help to keep athlete's body inflammation down due to their high levels of l-ertheonin (ERGO) which is a potent compound. Some studies have suggested ERGO helps to keep red blood cells strong and functioning and staving off damaging effects of the environment and destroying toxins. Mushrooms are also packed with protein and are a great meat substitute.

Gymnachef Portabello Burger



- Makes 4 Burgers
- 4 Portabello Mushrooms sliced
- 4 slices of fresh mozzarella cheese 6 cups of spinach
- 2 Bell peppers sliced
- 2 Tablespoons of olive oil
- Sea salt, pepper and onion powder
- Preheat oven to 450 degrees
- Slice in half the 4 Portabello mushrooms.
- Take off the gills and stems
- Brush the mushrooms with olive oil and season with sea salt and pepper, and onion powder
- Roast the mushrooms for 12 minutes
- Meanwhile in a pan, use 2 tablespoons of olive oil and 1 teaspoon of onion powder. Sauté the spinach and green peppers until wilted and soft
- Remove the mushrooms and add the spinach, peppers and slice of fresh mozzarella if you like! Serve with a side of rice or fruit!

- Still haven't gotten your copy of Gymnachef? you can still get it here!

- **EBOOK AND Color Paperback:**

https://www.amazon.com/dp/B09N2X1DR7?ref_=pe_3052080_276849420



Betsy's Straight Talk Gymnasts and Parents:

DEVELOPING A STRONG "WHY" FOR NUTRITION...



I know, I have said this many times and you maybe tired of hearing it, but I **KNOW** many gymnasts are finally **LISTENING**. You see, **FUNCTIONAL** Foods help your body not only in performance but also in energy, brain health and mental well being. All things important for a gymnast to thrive!

My question to you is: WHY DO YOU DO GYMNASTICS?

If it is because you love to jump, run, flip and **ALSO** because you love to compete and succeed, and it builds your confidence, then consider what making **FOOD** the **FIFTH EVENT** can do for **YOU**! Vault, Bars, Beam, Floor,, and **FOOD!!!**

Taking Nutrition Seriously as the Fifth Event **WILL**

1. Provide better energy during practice
2. Help Mental clarity with skill performance and corrections
3. Aide in recovery and rebuilding after injuries or general soreness and pain
4. Help restore balance, well-being and mood, especially through hormonal or stressful times.

My Point?

Consider all the time, energy and resources you put into this sport, and give making your nutrition an **EVENT** just like all of the other events. That means packing your food, increasing your water intake, and eating fresh, real, whole foods consistently. I have been doing this a very long time, and I promise when you make the 5th event a priority, you will be amazed at how far you will go and how great you will feel!



May Is National Salad Month

Did you know that MAY is National Salad Month? I personally LOVE making salads and feel the in the correct combination, make a PERFECT post workout, evening refuel meal. I love this article which gives 31 different salad recipes to try out in the month of May! Check it out...

<https://spoonuniversity.com/lifestyle/31-salads-to-celebrate-national-salad-month-this-may>

Also.....wondering how to make the "perfect" post workout salad/meal for a gymnast that will provide protein, vitamins minerals and fiber that every gymnast needs post workout? Check out the "No Fail Template" I have included below for your gymnasts' dinner time salad!

Gymnast No fail Template for a Post- Workout Salad



- 1) 3 cups of greenery
Spinach Kale Romaine
- 2) 4-6 ounces of protein
Tuna, Chicken, Salmon ,Sardines,Beans, Peas
- 3)1/3 cup grains
Quinoa
Rice
Crunched up Rice cakes used as croutons
- 4)Veggies: 1 cup
Pickled Beets and artichokes Cucumbers
Carrots
Broccoli
Asparagus tips

5) Toppers; 2 tablespoons Sunflower seeds
Dried Cherries
Nuts

Avocado Slices, Mushrooms, Raisins

6) Optional- Fruits Salads instead of veggies
Blueberries ,Strawberries ,Melons ,Grapes

7) Cheese, 2 tablespoons
Parmesan ,Goat

Feta

8) Make Your Own Dressing:

1 Tbs of your favorite Spice/or herbs- parsley, cilantro, garlic

3 TBS Olive oil

1 Teaspoon Honey

2 teaspoons balsamic vinegar

HAPPY SALAD MAKING!!

