Preseason Phase Three-Shareable Content For Families

Holiday Eating Tips
https://vimeo.com/1246927764/98cb74a7dd?share=copy&fl=sv&fe=ci

Thanksgiving Tips For Gymnasts
https://vimeo.com/1246927758/6f840e742f?share=copy&fl=sv&fe=ci

Preseason Recovery Video
https://vimeo.com/1246927761/d74f799bec?share=copy&fl=sv&fe=ci

Favorite recovery spices for gymnasts
https://vimeo.com/1246927757/38a5d6c739?share=copy&fl=sv&fe=ci

Please Download The Ebook and Meal Plan from the Portal and share the following INFO!





Thanksgiving Appetizer: Pumpkin White Bean Dip:

Serves 4

Prep: 5 mins. | Total: 20 mins.

Ingredients

- 1/2 lemon, Juiced and Zested
- 2 Tbs tahini
- 1 clove garlic, crushed
- 1 1/2 cup white beans, drained & rinsed
- 2 Tbs olive oil
- 1 1/2 cup pumpkin purée
- 1/2 tsp cayenne Pepper
- 1/2 tsp salt
- 1 tsp sage, fresh, chopped
- 1 red pepper, chopped
- 2 Tbs pumpkin seeds, toasted



Directions

1. Place lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.

Use It:

- This makes a great dip for raw vegetables and seedy crackers
- Spread it on a tortilla and fill with your favorite protein and vegetables





Modern human diseases are often associated with chronic inflammation that Involves disruption of homeostasis. Consuming a diet rich In anti-inflammatory compounds can help with disease prevention and management.

ANTIOXIDANT-RICH FOODS

Antioxidants are components of whole plant foods that may offer protection against inflammation and development of a number of chronic diseases. Different types of antioxidants can be found in a variety of colorful plant foods.

Food Sources:    

red peppers
carrots
kale
dark chocolate

green tea
wine
cauliflower
broccoli

brussels sprouts
flax seeds
sesame seeds

pumpkin seeds
turmeric (both In whole form and spice form)

OMEGA-3S

Western diets high in processed foods tend to have excessive amounts omega-6, a pro-inflammatory fatty acid. While omega-6 is necessary for a normal Immune response to injury, high amounts can drive down levels of omega-3, an anti-inflammatory fatty acid.

Food Sources:   

salmon, mackerel, sardines chia seeds, flax seeds, hemp seeds

LOW-GI FOODS

The glycemic index, or GI, measures how a carbohydrate-containing food raises blood glucose. A food with a high GI raises blood glucose more than a food with a medium or low GI. Keeping blood sugar levels stable throughout the day support anti-inflammatory efforts.

Food Sources:    

broccoli, cauliflower, kale, snow peas, asparagus, onions, zucchini, spaghetti squash, string beans, mushrooms, cucumber, eggplant, peppers, spinach, almonds, chia seeds, walnuts, avocado, apple, berries, pears, plums... just to name a few!

HEALTHY FATS

Mono and polyunsaturated fats should be chosen over saturated and trans fats. Choosing unsaturated fats over saturated fats and trans fats may lower LDL cholesterol and reduce the risk of heart disease.

Food Sources:    

olives, avocados, tree nuts, seeds, non-tropical oils, fatty fish, walnuts, ground flax, chia seeds