



Fit Mind Fit Body Look
Cook Book

YES!
Coach Lisa Charles

Acknowledgements

To all of the the Fit Mind Fit Body
members who participated
and provided wonderful pictures
to use in this look book
we thank you so much!

-The Fit Mind Fit Body Team



Prepared by our amazing Fit Mind Fit Body director, Coach Lisa Charles!

This protein dense meal is a great post workout meal for muscle growth & recovery.

Key Nutritional Benefits:

Quinoa- High in fiber, minerals, antioxidants and all nine essential amino acids, quinoa is a power packed grain! A 1 cup serving has 8 grams of protein.

Salmon- A 3oz serving of salmon yields 19.93 grams of protein and 64 percent of your daily vitamin D intake which is very important in the AA community.

Broccoli- Very high in Vitamin C & K and only yields 6 grams of carbs per cup



Prepared by Fit Mind Fit Body member H.R.

This meal is well balanced consisting of half a plate of veggies, & a small serving of protein and carbs.

Key Nutritional Benefits:

Squash- High in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium

Tomatoes- Major dietary source of the antioxidant lycopene. Excellent source of vitamin C, potassium, folate, and vitamin K.

Kale- Contains fiber, antioxidants, calcium, vitamins C and K, iron and a wide range of other nutrients.



Prepared by Fit Mind Fit Body member R.W.

This meal is called a "Quinoa Burrito Bowl" the recipe can be found on the RWJ Barnabas Health website. This recipe is high in fiber, protein, and one 1 cup serving is only 180 Calories!

Key Nutritional Benefits:

Black Beans- The magnesium in black beans aids in over 300 enzymatic reactions in the body including metabolism, and it's key for bone health as well.

Green Peppers- Double the Vitamin C of an orange also a great source vitamin B6, K, E, A, potassium & folates.

Red Onion- Red onion a rich source of vitamin K, B6, and C. Fiber from red onion helps in functioning of the digestive tract



Prepared by Coach Lisa

This is a light yet satisfying lunch or dinner consisting of egg salad, tomatoes, yellow peppers, & a perfectly placed onion. We may need to call Coach Lisa, "Chef Lisa" from now on!

Key Nutritional Benefits:

Eggs (Egg Salad)- Eggs are great sources of vitamin D, B6, B12 and minerals such as zinc, iron and copper.

Tomatoes- Major dietary source of the antioxidant lycopene. Excellent source of vitamin C, potassium, folate, and vitamin K.

Yellow Peppers- One yellow pepper has 569 % of your daily value of Vitamin C, how amazing.



Prepared by Fit Mind Fit Body member A.A.M.

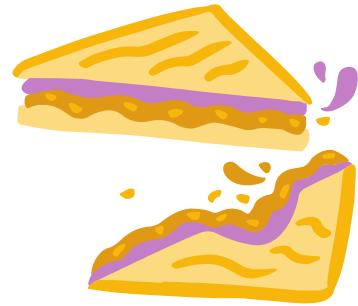
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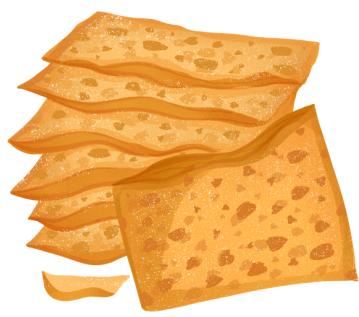
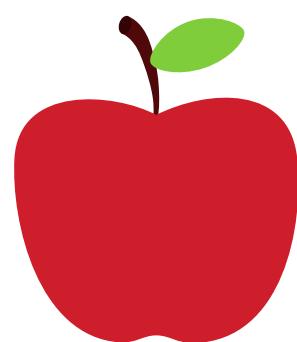
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Snack Time!





Prepared by Fit Mind Fit Body member A.A.M

Fruit salad! Yummy Yummy! This fruit salad is full of powerhouse berries, strawberries & blueberries

Key Nutritional Benefits:

Blueberries- These berries are one of the top fruits with amazingly high antioxidant levels. Antioxidants are miracle workers for protecting your body against free radicals.

Strawberries- An excellent source of vitamin C, manganese, folate (vitamin B9) and potassium. Strawberries are also very rich in antioxidants.



Prepared by Fit Mind Fit Body member H.D.

This snack looks great, we've got the perfect mix of fruit and veggies.

Key Nutritional Benefits:

Avocado- Contains more potassium than a banana, loaded with fiber and is a great source of heart healthy fats.

Tomatoes- Major dietary source of the antioxidant lycopene. Excellent source of vitamin C, potassium, folate, and vitamin K.

Cantaloupe Melon- Contains fiber, antioxidants, vitamins C and wide range of other nutrients. This melon is also a great source of water.



Prepared by Fit Mind Fit Body member L.R.

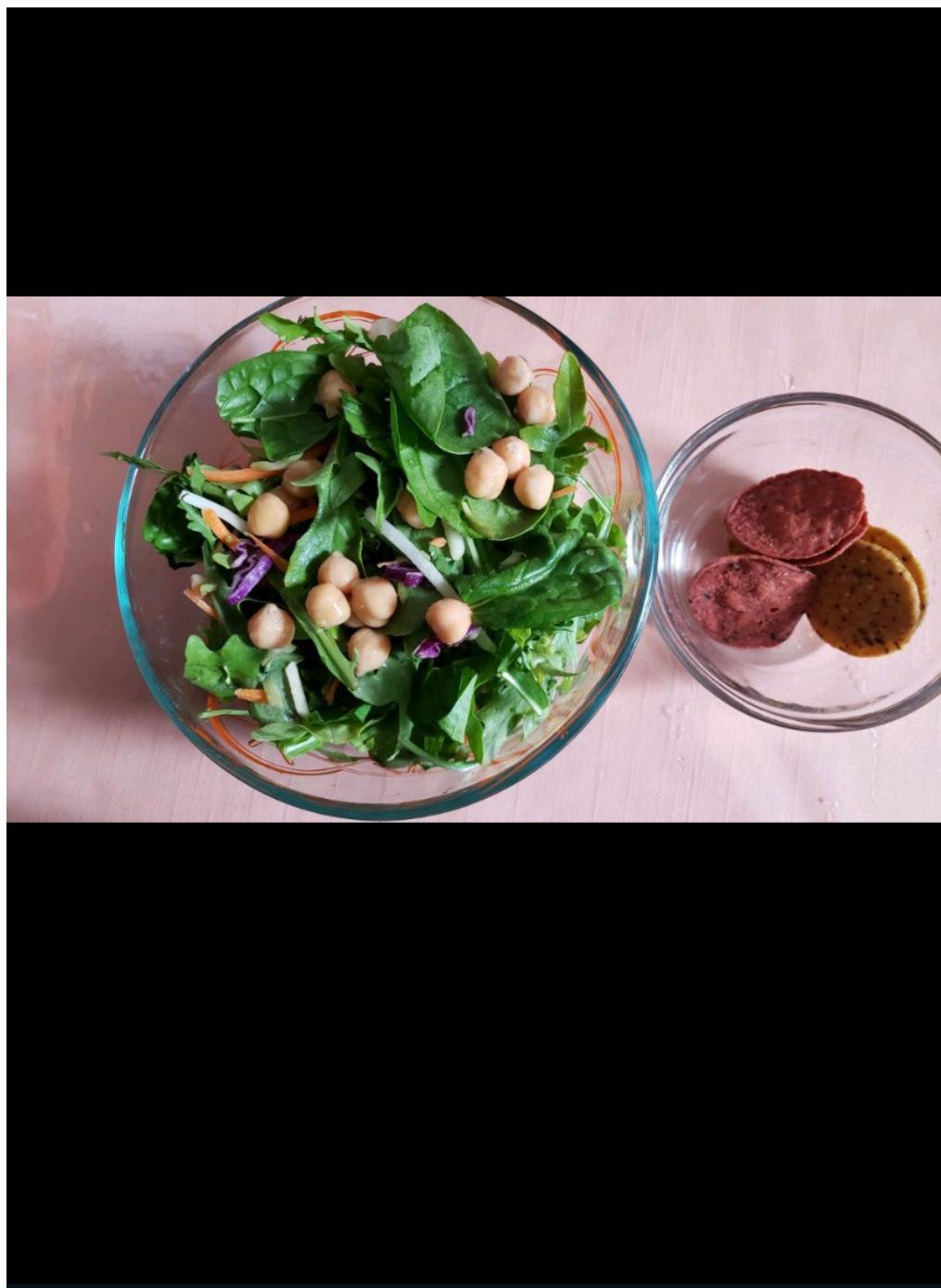
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Key Nutritional Benefits:

Oranges- High in vitamin C, fiber, rich in water and high in antioxidants.

Pineapple-Aids in digestion, rich in vitamin C & magnesium. Pineapple may also help defeat inflammation.

Blackberries- Helps to support oral health, loaded with antioxidants and high in fiber.



Prepared by Fit Mind Fit Body member L.R.

This freshly prepared snack features a nutrient packed salad and veggies crisps

Key Nutritional Benefits:

Garbanzo Beans- Rich plant based protein, and a great source of fiber & calcium.

Spinach- Supports brain function, helps manage blood pressure, and very rich in antioxidants.

Arugula- Contains fiber, antioxidants, calcium, vitamins C and K, iron and a wide range of other nutrients.