

SUPERBOWL SNACKS

DARE TO DIP.

MAKE YOUR SUPERBOWL SUNDAY PHYTOESTROGEN FREE

As a Sports Nutritionist, my primary goal is to educate individuals on what foods to eat in what combinations to **GAIN LEAN MUSCLE while losing PURE LARD.**

Whether you are a weekend warrior, busy-bee Mom and Dad, or a professional athlete – EVERYONE wants MORE MUSCLE and LESS FAT.

Certain foods can set you back. Hormones play a big role in the rate of FAT LOSS, and most people forget about our good friends: Cortisol, Progesterone, Estrogen, Testosterone, and my personal favorite Dehydroepiandrosterone (DHEA) just to name a few popular ones.

I am a big believer in knowing your numbers and getting these tested to make sure you're not at risk of hormone disorders, depression, immune disorders, excessive inflammation, which brings us even further away from our **GOAL: LOSING FAT.**

By decreasing excessive consumption of foods that are high in 'Phytoestrogens - plant based compounds that act like estrogen in the body and are found in many foods we eat – we can keep our bodies in a fat burning state.

A few of these foods include:

- Chick peas - Soybeans - Flaxseeds - Fennel - Wheat - Dairy Foods

Phytoestrogens behave like hormones, and like hormones, too much or too little can alter hormone-dependent tissue function. For this reason, being in control of your diet and not including too many phytoestrogen rich foods but a regulated amount is beneficial in helping to balance the system as a whole.

That is why I'm giving you an alternative to the ever popular dip served by most "health conscious" people on SuperBowl Sunday

– **CHICKPEA FREE HUMMUS RECIPES and SNACKS**

Try it once and if you don't like, guess what, you never have to eat it again 😊 My personal favorite is the BEET HUMMUS. That's right hummus made from BEETS, you're welcome all you beet lovers!

Cheers to Living Fit and Gluten Free!

Yours in Health, Shannon

BEET LOVERS HUMMUS

INGREDIENTS

Makes 2 cups

½ pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed.
2 Tbsp. sesame seed tahini
5 Tbsp. lemon juice (or more if you really love that lemon taste)
2 small cloves garlic, chopped
1 Tbsp. ground cumin
1 Tbsp. lemon zest (about 2 lemons)
BIG pinch sea salt or Kosher salt
Fresh ground pepper to taste (I like Jane's)

DIRECTIONS

Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust ingredients and seasonings as desired.

Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

Eat with Rice Chips “Lundberg”, or with sliced veggies 😊

TIP

You can shred RAW beets in a vitamix or buy pre-roasted organic beets from WHOLE FOODS in the salad bar section.

NUTRITIONAL CONTENT (each ½ cup serving)

Calories - 96
Fat - 5g
Saturated Fat - 0g
Cholesterol - 0mg
Protein - 3g
Dietary Fiber - 3 g
Carbs - 11g
Sodium - 50mg



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TRAILBLAZER – HEARTY TRAIL MIX

INGREDIENTS

Select 8 of the following ingredients.

You will need 1/4 cup of each.

****Be sure to purchase unsalted, unroasted nuts and uncandied dried fruit.**

Mini, unsalted pretzels

unsalted, sunflower seeds

dried cranberries

dried apricots

raisins

dried pineapple

Kashi Go-Lean cereal or other high-protein, non-fat , non-sugar cereal

Dried cherries

Granola: clean granola of your choice

unsalted almonds

unsalted walnuts

unsalted cashews

Mini, dark chocolate chips (only include if this is your treat day)

Coating Ingredients:

This extra coating is optional. It gives the trail mix an extra flavor kick and an essential fatty acid boost.

1-1/2T melted olive oil-based spread or Do-It-Yourself

Olive-Butter Spread (pg. 117 in The Eat Clean Diet Cookbook)

1 t Worcestershire sauce

Dash of seasoning salt (optional: leave out if sodium levels are a concern)

Dash of garlic powder

Dash of hot pepper sauce

DIRECTIONS

With Coating:

Preheat oven to 250 degrees F (121 degrees C). Line a large baking sheet with parchment paper. In a large bowl, combine 8 ingredients of your choice. In a separate small bowl whisk melted olive-oil based spread and seasonings. Pour the liquid mixture over the dry mixture. Toss until all ingredients are well coated. Bake for 25 minutes, tossing every 10 minutes to ensure even toasting.

Without Coating:

Toss your selected ingredients in a large bowl. Store in an airtight container.

TIP

It is easy to go overboard with Trail Mix. Measure about 1/4 cup of mix into small containers rather than nibbling out of the big container. many of us don't have a STOP button so we tend to keep eating. measuring 1/4 cup amounts in advance will keep you on the right trail (pun fully intended).

NUTRITIONAL CONTENT

(Based on recipe including cranberries, pretzels, sunflower seeds, raisins, Kashi Go-Lean, walnuts, almonds and dark chocolate chips)

With Coating:

Calories - 173

Fat - 10g

Saturated Fat - 2g

Cholesterol - 0g

Protein - 10g

Dietary Fiber - 2g

Carbs - 19g

Sodium - 40mg

Without Coating:

Calories: 160

Protein: 4g

Carbs: 19g

Dietary Fiber: 2g

Sugars: 8g

Fat: 9g

Saturated Fat: 2g

Sodium: 22mg

Cholesterol: 0g

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SUNSHINE SPREAD– SPLIT PEA HUMMUS

INGREDIENTS

Makes around 2 cups

- 3/4 cup uncooked yellow split peas
- 1 large garlic clove
- 3 tbsp tahini
- 4-5 tbsp fresh lemon juice, to taste
- 1/2 cup water, or as much as needed to thin out
- 2 tsp extra virgin olive oil
- 3/4 tsp fine grain sea salt (or to taste)
- 1 tsp white vinegar (optional)

DIRECTIONS

1. Drain and rinse the split peas and add to a medium pot along with 2.5 cups water. Bring to a low boil and reduce heat to medium-low. Simmer uncovered for about 30-40 minutes (it took me 35 mins) until the peas are tender and the water is all absorbed.
2. Drop a garlic clove into the processor and mince. Add the rest of the ingredients (to taste), along with the cooked split peas, and process until smooth. Scrape down the side of the bowl as needed. I like to let the processor run for a good 2 minutes to get it as smooth as possible.
3. Chill in the fridge for a few hours to allow the flavors to develop. This dip will firm up in the fridge so you can just enjoy as is or pop it back into the processor with a bit more oil to smooth it out.

TIP

The taste is quite similar, although obviously not an exact replica – perhaps a bit more earthy. The split peas result in a much thicker hummus than most of us are familiar with, even with a hefty dose of water and a touch of oil added in during processing. This is probably a result of split pea's high starch content. If you are after a super silky hummus, this probably isn't the one for you. After chilling in the fridge it firms up and becomes more spread-like in texture than dip-like. It's great for spreading on crackers and wraps though. As with most hummus recipes, this one tastes better after it's had time to sit for a few hours, but that didn't stop me from enjoying it straight from the bowl!

NUTRITIONAL CONTENT

(1/2 cup)

Calories - 184

Fat - 7g

Saturated Fat - 1g

Cholesterol - 0mg

Protein - 9g

Dietary Fiber - g

Carbs - 22g

Sodium - 51mg



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RAW CHICKPEA-FREE HUMMUS

INGREDIENTS

Makes 2 cups

You Need: A blender

- 2 medium zucchinis
- ¼ c. olive oil
- ¼ c. raw tahini (can substitute almond butter if you prefer)
- ½ a lemon, juiced
- 3 cloves garlic, minced
- ¼ tsp. sea salt
- a dash of black or cayenne pepper (optional)
- ½ tsp. cumin (optional)

DIRECTIONS

Chop 1 of the zucchinis into cubes (remove skin first if it's not organic).

Blend cubed zucchini and remaining ingredients until smooth and creamy, adjusting spices to your preferred flavor and intensity.

TIP

Made without the cooked and processed starch/protein legume combo, this version is easier on the digestive system and just as satisfying. Most commercial hummus is made with canned chickpeas which have been cooked and even salted, and are consequently devoid of their natural enzymes. This, I assure you, is a better option. Plus, it only takes about five minutes to throw together in the blender and can be served on wraps, salads, and with veggie sticks and whole grain crackers for a quick and easy meal on-the go.

NUTRITIONAL CONTENT (1/2 cup)

- Calories - 181g
- Fat - 18g
- Saturated Fat - 3g
- Cholesterol - 0mg
- Protein - 2g
- Dietary Fiber - 2g
- Carbs - 4g
- Sodium - 77mg



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SNEAKY RED LENTIL “HUMMUS”

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INGREDIENTS

Makes 1 heaping cup

1/2 cup uncooked red lentils + 1 & 1/4 cup water
1 garlic clove, peeled
5 tbsp fresh lemon juice
1 tbsp tahini
1 tsp extra virgin olive oil
1/4 tsp fine grain sea salt, or to taste
water to thin out, if needed
Herbs & seasonings of choice, if desired

TIP

Make this spread as a fun alternative to chickpeas! It's not only similar in appearance, but taste too. Red lentils also tend to be easier to digest, so if you have problems with chickpeas I encourage you to give this a try.

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NUTRITIONAL CONTENT

45 calories
Fat: 1 g
Carbs: 7 g
Sodium: 60 mg
Fiber: 1 gram
Protein: 3 grams

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DIRECTIONS

1. Pick through the lentils to make sure there are no pebbles and rinse in a small colander. In a medium-sized pot, add the lentils and 1 & 1/4 cup water. Bring to a boil, reduce heat to low, and cover, simmering until the water is absorbed or about 10-13 minutes. Stir the lentils frequently to prevent them from sticking to the pot.
2. With the food processor running, drop in the clove of garlic to mince. Add the cooked lentils, along with the lemon juice, tahini, and olive oil. Process until smooth. Add a touch of water if necessary to thin out.
3. Add salt to taste and other herbs and seasonings if desired.



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