

## 2-MONTH NUTRITION RESOURCE

*THIRD EDITION, JANUARY-FEBURARY 2023*



**Samantha Leyh MS, RD, CSSD**  
355 Wing Performance Dietitian  
Davis Monthan AFB  
[samantha.m.leyh.ctr@health.mil](mailto:samantha.m.leyh.ctr@health.mil)  
DC: 520-279-3648  
Telegram/Slack/Signal/Pigeon (joke)

## INTRODUCTION

Welcome! The following pages offer a monthly layout of performance dietitian collated recipes and ideas to help support you in making healthy choices surrounding your nutrition. Ultimately, my vision for the individuals on DM is **a community fueled for achievement**. What we choose to consume, or not consume, **will** compound over time and impact our overall health and performance, both today and for years to come. **The food we choose to consume is an incredible opportunity to promote overall well-being**. I hope the contents within help guide you in a positive trajectory. I welcome any and all feedback - here for you!

## ANNOUNCEMENTS

I did a few recent podcasts with Doc Rush from PJ Medcast. You can check them out here if interested:

1. [PJ Medcast with Doc Rush - Nutrition Episode pt 1](#)
2. [PJ Medcast with Doc Rush - Nutrition Episode pt 2](#)

## THIS MONTHS RECIPE PICKS

Because this month tends to be overwhelmed by content flying in from every direction relative to your health/wellness/fitness/goals/resolutions/intentions/etc, I've opted to keep it much simpler. I'm offering you 2 easy to build upon recipes that can serve as your 'base' for breakfast, lunch and dinner. Consider implementing some form of these and varying the ingredients each week/day to keep it different.

- Breakfast - Oatmeal (see below)
- Lunch/Dinner - Roasted Veg & Grain Bowls (see below)

## WHAT'S IN SEASON - WINTER

Root veggies like carrots, beets, parsnips, radish, potatoes, sweet potatoes, yams. Apples, pears, leafy greens (spinach, kale, swiss chard, arugula, bok choy, collard greens), brussels sprouts, asparagus, celery, beans, broccoli, cauliflower, onions, garlic.

## INTENTIONAL NEW YEAR NUTRITION

### What's the best diet?

The research-backed answer on which diet is best for weight management, performance and successfully meeting body composition goals = **the one that is maintainable for YOU.**

Before you go spending however much money on another quick fix, juice cleanse, diet trend, supplement (including greens powder), etc., consider how that has worked for you previously. How will it be different this time? Our overall health is an outcome of our lifestyle choices, day in and day out. What's most important is determining what works best for you. It will look different for all of us and it will change. If the choices you are asking yourself to make do not align with your current lifestyle (or the lifestyle you're aiming to live) they will not be maintainable in the long-run...ultimately keeping you further from your goal because you're just wasting energy.

**A few recommendations for supporting long-lasting behavior change and promoting habits that can graduate to a lifestyle, ultimately allowing you to reach your goals:**

1. **ADD vs REMOVE.** Consider your foundational habits that will promote long-standing health once you're able to make them a consistent part of your lifestyle. Examples:
  - a. *Consume ½ your body weight in ounces of water per day (Ex: 180lb = 90oz)*
  - b. *Add 2 handfuls of leafy greens at dinner*
  - c. *Add 1 serving of magnesium rich foods a day (seeds, nuts, quinoa. magnesium is a very common nutrient deficiency!)*
  - d. *Consume at least 20g protein at breakfast*
  - e. *Add another serving of fiber to your day (oats, pear, chia seeds, flax seeds, berries)*
2. **Start smaller than small. Pick 1 thing and do it consistently** versus trying to overhaul your life. Our bodies are intelligent. Too many stressors (caloric deficit + avoidance of a whole food group + extensive training + sleep deficit + unmanaged stress) impede success.
  - a. *Read: Atomic Habits*
  - b. *Blog, Atomic Habits: [Strategy Guide to Building Habits](#)*
3. **Prioritize mental health.** Did you know your mental health plays a role in how your body digests and stores nutrients? Serve it well. Seek out support, even if you don't think you need it there are benefits to digging in.
  - a. *Get at least 7 hours of sleep each night*
  - b. *Find a daily activity that promotes mental well-being for you*
  - c. *Consume meals/food in a calm, peaceful state without distractions (avoid screen time while eating)*
4. **Schedule a consult.** I'm here to help! Taking into account where you're currently at and where you want to be we can come up with a plan that's best for you.

Alrighty, here's those build-upon 'base' recipes:

## Breakfast - Oatmeal

### Base Recipe:

- ½-1 cup Oatmeal
- 2 Tbspn Chia seeds and/or Flax seeds
- 1 tsp Cinnamon
- ½-1 cup Fruit (frozen berries work well)
- ½ cup Plain Greek yogurt or 1 scoop protein powder
- ~6oz Milk of choice (just enough to stir it all together)

### Preparation:

1. Combine ½ - 1 cup oatmeal, 1 Tbspn chia seeds, dash cinnamon + optional scoop of protein powder.
2. Cover with just enough milk and stir.
3. Top with ½ - 1 cup of frozen berries + optional 1/2c greek yogurt.
4. Cover and refrigerate for up to 1 week.

### Vary it up:

- Spices (ground ginger, ground turmeric), fruit (berries, banana, apple, pear), various nuts, [fruit compote](#), [homemade chia jam](#), [homemade low sugar apple butter](#), [nut butter](#), cacao nibs or powder, shredded coconut

## Lunch/Dinner - Roasted Veg & Grain Bowls

1. **Veg:**
  - + 1 palmful roasted veg: squash, potato, beets, brussels, onion, garlic
  - + 1 palmful leafy green: kale, spinach, arugula, mixed greens
2. **Grain:**
  - + 1 palmful rice, quinoa, barley, farro
3. **Protein:**
  - + 1-2 palmfuls of tofu, beans, chicken, salmon, beef
4. **Dressing:**
  - + Top with healthy fats like avocado, nuts/seeds and/or a [homemade olive oil based dressing](#)

## FOR THOSE SEEKING A LITTLE MORE DETAIL..

Here is a sample day that checks all our boxes: ✓pre-training energy top-up (carbs), ✓post-training recovery (carbs + protein), ✓adequate hydration, ✓~30g protein at each main meal, ✓~50g daily fiber, ✓intentional caffeine <400mg/d, ✓little to no added sugar, ✓foundational supplement routine.

**Foundational supplements:** [5-10g \(1-2 scoops\) creatine monohydrate](#), [5,000 IU Vitamin D](#), [2g fish oil/omega-3](#), [methylated B-complex](#) or [basic MVI](#), [electrolytes](#).

- *\*\*Supplements come second, food first. **Always choose third-party certified products.** There are many great brands, Thorne is one of them - military gets a sweet discount. Find more info on creating your account on last page.*

**Pre-training:** 1-2 slices toast or ½ cup oatmeal with nut butter + honey/banana

- 20oz water
- 8oz black coffee

**Post-training:** 1-2 scoops [whey protein](#) or [plant-based protein](#) with 1 banana or [overnight oats recipe](#) (oats + chia seeds + cinnamon + berries)

- 20oz water

**Breakfast:** 2-4 eggs with 1 bell pepper, 1-2 tortillas (or [egg bake](#) or [high protein breakfast burrito](#))

- 20oz water

**Lunch:** 1 palmful roasted potato, beets + brussels, 1 palmful mixed greens, 1 palmful quinoa, 2 palmfuls roasted chicken, ½ avocado

- 20oz water

**Snack:** 1 cup plain greek yogurt with ½ cup berries + ¼ cup mixed nuts + optional honey

- 20oz water

**Dinner:** 1 medium roasted salmon filet, 1 palmful roasted broccoli, 1 palmful roasted cauliflower, 1 palmful whole-grain rice. Plus a bowl of 2 handfuls leafy greens with fresh cracked black pepper + drizzle of olive oil.

**\*Note:** don't be wildly concerned about measuring things out to exact portions, using your own hand size makes the meal relative to your body size. If seeking fat loss, omit the snacks and decrease the grains. If seeking muscle gain, add more snacks and increase the palmful of grains per meal. Remember to always have carbohydrates pre- and post-training to support adequate recovery and performance.

## TAKE HOME

1. Choose realistic and SMALL actionable changes in support of your long-term health.
2. Simplify your meals.
3. Be consistent.
4. Remember these things are meant to be enjoyable.
5. Reach out with any questions or to schedule some time to chat. Email (samantha.m.leyh.ctr@health.mil) or duty cell (520-279-3648). I'm here for you guys!

## FURTHER RECOMMENDED RESOURCES

3. Handouts (message me via email/Telegram)
  - a. Snacking Guide
  - b. TDY/Travel Nutrition
  - c. Sortie Nutrition
  - d. OPSS Brain Health Guide
4. **NEW Podcasts:**
  - a. [PJ Medcast with Doc Rush - Nutrition Episode pt 1](#)
  - b. [PJ Medcast with Doc Rush - Nutrition Episode pt 2](#)
5. Apps for recipes
  - a. [Fitmencook](#)
6. Sites for recipes
  - a. [Minimalistbaker.com](#)
    - i. [Vegan Meal Prep Resource](#)
  - b. [Rachaelsgoodeats.com](#) (Registered Dietitian)
  - c. [Theguthealthdoctor.com](#) (Registered Dietitian, PhD)
7. Cookbooks
  - a. [Fuel Your Body: How to Cook and Eat for Peak Performance: 77 Simple, Nutritious, Whole-Food Recipes for Every Athlete by Angie Asche MS, RD, CSSD \(Performance Dietitian\)](#)
  - b. [Skratch Labs Cookbooks](#)
8. Books:
  - a. [Stacy Sims ROAR \(female performance\)](#)
  - b. [Intuitive Eating, 4th Edition](#)
9. Documentaries/Movies
  - a. [Cooked, by Michael Pollan. \(Netflix\)](#)
  - b. [Biggest Little Farm \(Netflix\)](#)

Two options for creating a Thorne account:

1. Got to <https://www.thorne.com/signup/customer> & select "sign up as military/first responder." This directs you to GovX to create an account. The discount will be slightly less on some items, but you will have more immediate access.
2. Go to <https://www.thorne.com/signup/customer> & create a regular user account. Afterwards, email Thorne at [performance@thorne.com](mailto:performance@thorne.com) and provide your name and referring dietitian's full name (me, Samantha Leyh) so they can convert your account to receive wholesale pricing. You will be notified when the account is converted, and they will email you with the password to get into your account.

Discount: approximately 40-50%