

## Workout Meals: 3 Recipes to Fuel Your Exercise



"Diet and exercise are the two leading influencers when it comes to managing weight and health," reports the [American Council on Exercise](#). Earlier this week, we shared exciting outdoor workouts that will inspire anyone to experience the mood-boosting, immunity-enhancing benefits of exercise. Of course, fueling your workout is a key to success.

The following collection of recipes contain all the protein, fat, and carbohydrates for an energized sweat session while also providing your body with an incredible boost of minerals, vitamins, and antioxidants that will enhance your natural immune system.

### Cinnamon Protein Shake

Adequate protein intake is the most important factor when it comes to your workout strength and endurance, according to numerous [studies](#). Not getting enough protein also significantly [impairs the functioning of your immune system](#). This protein shake covers the bases. While you can get protein through whole foods, a protein shake is a quick, convenient and easy way to fill in any nutritional gaps and hit your protein targets in one go.

Besides protein, this shake contains potassium-rich bananas, plus inflammation-fighting, antioxidant-rich cinnamon. And because it's naturally dairy-free and gluten-free, you don't have to worry about most common food allergies and sensitivities.

1 cup plain unsweetened dairy-free milk, such as hemp or oat milk  
1/2 cup plain full-fat plant-based yogurt  
1 scoop plant-based vanilla protein powder  
1 frozen banana  
1/8 tsp ground cinnamon

Add all ingredients to a blender and blend until smooth and creamy. Enjoy!

## Warm Beet and Spinach Salad

Beets truly shine in this lunchtime fit recipe. Beets help raise the [levels of nitric oxide](#) in your body, which may improve muscle contraction and blood flow. It's no wonder that athletes often fuel their exercise by drinking beet juice!

Not only is this lunch absolutely stunning with its photo-worthy vibrant colors, but little surprises, like chopped fresh parsley and savory Kalamata olives, make each bite nourishing and lush with flavors.

8 cups organic baby spinach  
1 tablespoon extra-virgin olive oil  
1 cup red onion, thinly sliced  
2 cherry tomatoes, chopped  
2 tablespoon Kalamata olives, sliced  
2 tablespoon fresh parsley, chopped or minced  
1 clove garlic, minced  
2 cups steamed beet wedges, sliced into 1-inch-thick pieces  
2 tablespoon balsamic vinegar

Pinch of salt and pepper

Put the spinach in a salad bowl and set aside.

In a frying pan, heat the oil and add the onions. Saute for a couple minutes until the onions are translucent and fragrant. Then, toss in the olives, tomatoes, parsley and garlic and cook for another 4-5 minutes until the tomatoes are soft.

Add the rest of the ingredients and stir quickly until the beets are warm. Pour everything onto your baby spinach and enjoy warm.

## Saffron Shrimp

This dinner dish is absolutely stunning with the yellow hues of the saffron highlighting fresh, cooked shrimp. The seasoning here is purposefully at a minimum, so that each ingredient's individual flavors and textures are allowed to show off. This dish isn't just good to look at, but also good for you with lots of fresh, seasonal produce. It's a great way to sneak some extra veggies into your family's diet, and the antioxidants and carbohydrates help refuel your body after a workout, replenishing your glycogen stores so you wake up energized and refreshed.

2 1/2 cups water

Pinch of salt

1 teaspoon saffron threads

1 cup whole-grain brown rice

2 tablespoon extra-virgin olive oil

3 medium yellow summer squash, cut into 1/4-inch-thick chunks

1 pound raw shrimp, peeled (if you're vegan, you may substitute with a block of extra-firm smoked tofu, chopped into 1/4-inch chunks)

1/3 cup tightly packed fresh mint leaves, chopped

Juice from one lemon

Boil the water with a pinch of salt and the saffron. Once boiling, add your rice and lower the heat so the water is just simmering. Let it simmer for 45 minutes or until the rice is soft and fluffy and the water is all absorbed.

While the rice is cooking, prep the rest of the ingredients. In a frying pan, heat the oil and saute the squash for five minutes or until the squash is softened. Then, add the shrimp and cook for a couple more minutes until the shrimp takes on an orange hue.

When the shrimp is cooked, stir in the mint and lemon juice and remove from heat, stirring for a few seconds before adding a pinch of salt and pepper.

Sprinkle the squash-and-shrimp mixture over your saffron rice and enjoy.

## More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. **Thymic proteins** are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. **BioPro-Plus 500** offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining the above meals with healthy supplements.



**Alternative Health Concepts**

<http://www.alternative-health-concepts.com>