

DEMPSEY™

CHALLENGE

Presented By 

Sample Training menu:

Breakfast: 4 examples

- Oatmeal with nuts and fruit
- Yogurt with nuts, fruit or granola type cereal
- Whole grain toast with nut butter and banana
- Egg and cheese sandwich on whole grain toast

Snack:

- Smoothie - ½ c milk of your choice, ½ c plain Greek yogurt or vanilla, ¾ c mixed berries, ½ banana, 1 tbsp ground flax seed, 1 tsp. honey (no honey if using vanilla yogurt)

Lunch: 3 examples

- Salad with leftover chicken, meat or beans. Add scoop of leftover rice or quinoa and/or some fruit for carbs
- Sandwich on whole grain bread or wrap - PB and banana or turkey, cheese and veggies or hummus with cheese and veggies
- Soup that includes potatoes, rice or pasta with a salad or sandwich (½ or whole)

Snack:

- Energy Ball(s) - 1 - 2 see recipes on reverse

Dinner: 4 examples

- Chicken or fish with baked potato (sweet or white) and veggies
- Pasta with sauce of your choice and a salad
- Quesadilla with beans, cheese and veggies
- Burger (meat, poultry or veggie) on a bun with salad or other vegetables

Other Snacks:

Piece of fruit, alone or with small handful nuts
Yogurt with berries
Banana with peanut butter
Granola bar
Crackers and hummus

Energy balls:

Recipe 1 - Combine all ingredients well. Refrigerate for 15 minutes. Roll into ping pong size ball. Enjoy.

1c. rolled oats (gluten free as needed)
½ c. ground flax or chia seeds
½ c. peanut or other nut butter
1/3 c. maple syrup, honey, brown rice syrup, or agave nectar
½ c. chocolate chips

Recipe 2- Combine in food processor, pulse 15 - 20 times to combine, then process for ~ 1 minute. Roll into ping pong size balls, Enjoy

1c. rolled oats
¾ c. dried cranberries
¾ c. pitted dates
½ c. peanut butter or other nut butter
3 tbsp. hemp seed or flax seed
2 tbsp. maple syrup
1 ½ tsp. vanilla extract
Pinch of salt