



Post-Workout Snack Guide

Replenish your energy after exercise with these delicious post-workout snack ideas.



CREATED BY LEAGUE MARKETPLACE

Grocery List



38 ingredients

FRUITS

- 1 1/2 Avocado
- 2 1/2 Banana
- 2 cups Pineapple

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 2 Brown Rice Cake
- 1/3 cup Maple Syrup
- 3 Plain Rice Cake
- 1/3 cup Pumpkin Seed Butter

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 1 tbsp Cinnamon
- 1/2 tsp Sea Salt
- 1/4 cup Sesame Seeds
- 1 tsp Turmeric

VEGETABLES

- 2 cups Baby Spinach
- 1 tbsp Ginger

BOXED & CANNED

- 2 cups Black Beans

BAKING

- 1 tbsp Cacao Powder
- 1/2 cup Coconut Flour
- 2 3/4 cups Oats
- 1/2 cup Organic Dark Chocolate Chips
- 2/3 cup Pitted Dates
- 1/2 cup Pureed Pumpkin
- 1/3 cup Raw Honey
- 2/3 cup Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 1/4 cup Hummus
- 1 slice Whole Grain Bread

CONDIMENTS & OILS

- 2 tbsps Coconut Oil
- 1/4 cup Tahini

COLD

- 1/4 cup Cottage Cheese
- 2 Egg
- 3 1/2 cups Unsweetened Almond Milk

OTHER

- 1/4 cup Chocolate Protein Powder
- 2/3 cup Protein Powder
- 1/2 cup Vanilla Protein Powder
- 2 1/2 cups Water



Pumpkin Tahini Energy Balls



7 ingredients



15 minutes



15 servings

DIRECTIONS

1. In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
2. Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
3. Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
4. Cover and store in the fridge up to 5 days, or the freezer for a month.

INGREDIENTS

- 1/2 cup** Coconut Flour (Bob's Red Mill)
- 2 tbsps** Coconut Oil (melted)
- 1/2 cup** Pureed Pumpkin
- 1/4 cup** Tahini
- 3 tbsps** Maple Syrup
- 2 tsps** Cinnamon
- 1/4 cup** Sesame Seeds

NOTES

No Tahini

Use any type of nut or seed butter.

No Sesame Seeds

Roll them in crushed pumpkin seeds or hemp seeds instead.

Best Results

This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.



Rice Cakes with Almond Butter & Banana



3 ingredients



5 minutes



1 serving

DIRECTIONS

1. Spread almond butter on the rice cake and top with sliced banana. Enjoy!

NOTES

No Almond Butter

Use peanut, cashew or sunflower seed butter instead.

More Flavour

Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

More Fiber

Add hemp seeds, chia seeds, ground flax seed or fresh berries.

INGREDIENTS

- 1 Plain Rice Cake
- 1 tbsp Almond Butter
- 1/2 Banana (medium, sliced)



Almond Butter Stuffed Dates



2 ingredients



5 minutes



1 serving

DIRECTIONS

1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

INGREDIENTS

- 1/4 cup** Pitted Dates
- 2 tbsps** Almond Butter

NOTES

Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



Pineapple Turmeric Smoothie



5 ingredients



5 minutes



2 servings

DIRECTIONS

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

NOTES

Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple

Use mango, peaches or banana instead.

INGREDIENTS

- 2 cups** Unsweetened Almond Milk
- 2 cups** Pineapple (diced into chunks)
- 1 tbsp** Ginger (peeled and grated)
- 1/2 cup** Vanilla Protein Powder
- 1 tsp** Turmeric (powder)



Rice Cakes, Avocado & Hummus



4 ingredients



10 minutes



1 serving

DIRECTIONS

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

NOTES

No Rice Cakes

Use crackers or tortillas instead.

INGREDIENTS

- 2 Plain Rice Cakes
- 1/4 cup Hummus
- 1/2 Avocado (sliced)
- Sea Salt & Black Pepper



Peanut Butter Cup Overnight Oats



7 ingredients



8 hours



3 servings

DIRECTIONS

1. Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

NOTES

Storage

Refrigerate up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Toppings

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

Warm It Up

Heat in microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use honey instead.

More Fiber

Add ground flaxseed.

INGREDIENTS

- 1 **1/2 cups** Oats (quick or rolled)
- 1 **1/2 cups** Unsweetened Almond Milk
- 1 **1/4 cup** All Natural Peanut Butter
- 2 **tbsps** Chia Seeds
- 2 **tbsps** Maple Syrup
- 1 **tbsp** Cocoa Powder
- 1 **1/2 cup** Water



Post Workout Green Smoothie



5 ingredients



5 minutes



2 servings

DIRECTIONS

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds.

INGREDIENTS

- 3 1/2 ozs Protein Powder (vanilla)
- 1/2 cup Water (cold)
- 1 tbsp Avocado
- 4 cups Banana (frozen)
- 1/4 cup Baby Spinach



Toast with Cottage Cheese



2 ingredients



10 minutes



1 serving

DIRECTIONS

1. Spread cottage cheese evenly on the toasted bread and enjoy!

INGREDIENTS

- 1/4 cup** Cottage Cheese
- 1 slice** Whole Grain Bread (toasted)

NOTES

No Whole Grain Bread

Use any type of bread or a toasted slice of sweet potato.

More Toppings

Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage

Best enjoyed immediately as the bread will soften.



Brownie Batter Protein Balls



7 ingredients



40 minutes



6 servings

DIRECTIONS

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!

INGREDIENTS

- 1/3 cup** Pitted Dates
- 2 cups** Black Beans (cooked)
- 1/2 cup** Chocolate Protein Powder
- 1/3 cup** Pumpkin Seed Butter
- 1/2 tsp** Sea Salt
- 1 tbsp** Cacao Powder
- 1/2 cup** Organic Dark Chocolate Chips (optional)

NOTES

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter

Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.



Rice Cakes with Avocado & Egg



4 ingredients



10 minutes



1 serving

DIRECTIONS

1. If you haven't already done so, hard boil your eggs.
2. Mash the avocado onto the rice cakes and top with sliced egg. Sprinkle with sea salt and black pepper to taste. Enjoy!

NOTES

No Eggs

Top with hemp seeds, flaked fish, smoked salmon or sliced meat instead.

INGREDIENTS

- 1/2 Avocado
- 2 Brown Rice Cake
- 2 Egg (hard boiled)
- Sea Salt & Black Pepper (to taste)



Banana Coconut Protein Balls



7 ingredients



20 minutes



12 servings

DIRECTIONS

1. Preheat your oven to 350°F (177°C).
2. Place all ingredients together in a bowl and mix well with a spatula
3. Pack mixture down firmly into a pan. (9 x 9 square pan)
4. Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
5. When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.

INGREDIENTS

- 1 Banana
- 1 1/4 cups Oats
- 2/3 cup Unsweetened Coconut Flakes
- 1/3 cup Raw Honey
- 1/3 cup Almond Butter
- 1 tsp Cinnamon
- 2/3 cup Protein Powder