

# 5 Tasty Recipes for a Better You: Your Nutrition Matters Most



**BULLWORKER**  
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# WHY A BALANCED DIET?

A well balanced diet is important to your body's organs and tissues which need certain nutrients to work effectively. A healthy diet gives your body the nutrients it needs to help fight disease and infection but also helps your body's performance and energy levels. Many foods can cause an increase in energy only to result in a crash a few hours later (caffeine or sugar). Proper nutrition optimizes your body's ability to sustain energy levels, perform efficiently, and muscle recovery for stronger muscles.

\*The USDA claims 4 of the top 10 leading causes of death in the U.S. are directly affected by your nutrition (heart disease, cancer, strokes, and diabetes).

# “YOU ARE WHAT YOU EAT”

“You are what you eat” there is a reason the quote is so famous; it could not be more true. All the exercising in the world will not give us the tone body we desire if we do not have proper nutrition.

Here are some quick tips to help you towards better personal health and quality of life.

- The first thing your body has to do to help enjoy the things you love is fight disease and infection. A strong immune system allows for higher performance and energy levels. Sustain your energy levels with food your body craves and enjoy doing the things in life you love.
- Protein is one of the most important nutrients for brain and muscle development. Make sure to include protein in your diet. Lean meat, beans, eggs, and nuts are great sources of protein.
- Foods containing vitamin A (vision, immunity, and cell growth), vitamin C (immunity), vitamin D (bones and teeth), vitamin K (blood circulation), and vitamin B 12 & 6 (energy and emotions) are very important. Find sources of food that are high in vitamins (A,C,D,K,B12&6).

# FOOD TO STOCK UP

**Bell Pepper:** Bell peppers are high in vitamins, low in calories and fat, and have antioxidant properties. Use bell peppers for salads, dishes, or sliced to eat as a snack.

**Spinach:** Spinach is high in essential vitamins and minerals. Use spinach in salads, dishes, or it even mixes well in smoothies for increased nutrition.

**Broccoli:** Broccoli aids in detoxing the body due to its high vitamin and mineral content. It is low in calories and fat while providing essential nutrients. Chop up broccoli for salads or add it to your favorite dishes.

**Nuts:** Nuts are high in fiber, protein, and good fats. Nuts are a great snack and go well in salads.

**Kiwi:** Kiwi is a tasty fruit high in key vitamins for a healthy immune system.

# FOOD TO STOCK UP

**Yogurt:** Low Fat Yogurt (sugar free) is a good source of calcium and most importantly probiotics, which help maintain healthy levels of good bacteria in your digestive system to aid regular and healthy bowel movements.

**Beans:** Beans (not refried) are a good source of protein and fiber.

**Chicken:** White meat high in protein and lean.

**Ginger, Garlic, and Cinnamon:** Purifying spices add tasty flavors with healthy benefits.

\*Try to include these antioxidant ingredients in your favorite dishes. Make tea by boiling Ginger and Cinnamon with a dash of honey as sweetener for a refreshing yet healthy detoxifying beverage (serve hot or cold).

# Daily Intake Goals

- Avoid foods with saturated fat, trans fat, and high sugar content (including most juices). Excess sugar is stored as fat.
- Find sources of food high in vitamins A, C, D, K, and B12.
- Dark leafy greens such as spinach, kale, and broccoli are very nutritious and should often be included in your meals.
- Fiber is important to a healthy digestive system. Look for food high in fiber. Stick to whole grains when it comes to food like bread and pasta.
- Healthy oils (monounsaturated and polyunsaturated fats) are good for your heart. Replace fattier dressings and vegetable oil with olive or coconut oil.
- Drink plenty of water consistently throughout your day.

# RULE OF THUMB

If you consume more calories than you burn the result is weight gain. If you consume less calories than you burn the result is weight loss.

The simplest diet in the world is to cut your portions (assuming you are getting excess calories).

Eat your typical diet for 30-days, but only have ONE portion. This will prepare your body for portion control with your current “comfort” food.

Make the switch to healthier foods. Your body will respond much more favorably to the change and you will already have experienced weight loss from the reduced portions.

Do not snack throughout the day, especially with junk food. If you must snack for an energy boost try something natural such as fresh vegetables or nuts.

# Learn to Fish

“Give someone a fish and they eat for a day, teach someone to fish and they eat for a lifetime.”

The recipes included make great meals but are designed to give you ideas to expand on and create your own. The key is to know what you like and start experimenting with nutritional foods.

We all have different preferences when it comes to our taste buds. I prefer to add plenty of vegetables and ingredients, some prefer to keep things simple by pairing flavors. Discover your preference and enjoy!

Start eating well by mixing and matching your favorite produce and proteins. Most importantly, have fun in your kitchen and enjoy a better you!

\*Remember, leftovers make great lunches and easy meals for later 😊

# Sample Grocery List

## Meat & Produce:

- Chicken/Fish/Pork/Steak/Meat Substitute
- Eggs
- Bell Pepper
- Mushrooms
- Kale/Spinach
- Onion
- Broccoli
- Avocado
- Raspberries
- Blueberries
- Carrots
- Jalapeno
- Tomato
- Cilantro

## Grains & Nuts:

- Quinoa
- Lentils
- Almonds
- Walnuts
- Potatoes
- Whole Grain Bread
- Oatmeal
- Quinoa
- Granola
- Peanut butter
- Low fat yogurt (sugar free)
- Milk or Milk Alternative

## Seasonings & Spices:

- Garlic Powder
- Sea Salt
- Pepper
- Cayenne Pepper
- Curry
- Oregano
- Cumin
- Salba Chia Seeds
- Cinnamon
- Turmeric
- Honey

# 1. Quinoa Breakfast Bowl

## Ingredients:

### Seasonings/Spices:

- Quinoa
- Vegetable stock/water
- Pesto
- Carrots
- Broccoli
- Eggs
- Bell Pepper

## Prep:

1. Set up rice cooker or boil one cup of dry quinoa and two cups of vegetable stock
2. Cook till light and fluffy
3. Toss with 2 TBSP of pesto till evenly coated
4. Chop carrots and broccoli
5. Sauté both carrots and broccoli until al dente
6. Remove from pan add to quinoa mixture, toss bell pepper
7. In pan add small amount of EVOO and crack eggs
8. Cook egg to preference, runny yolk recommended.
9. Garnish with over easy egg and enjoy

## 2. Southwestern Lentil Bowl

### Ingredients:

### Seasonings/Spices:

- Lentils
- Vegetable stock/Water
- Hot sauce
- Avocado
- Cilantro
- Tomato
- Mango
- Jalapeno
- Lime

### Prep:

1. In sauce pot add lentils with equal parts vegetable stock, simmer covered till tender
2. Remove from heat and toss with a few dashes of hot sauces
3. Dice avocado, mango, tomatoes, cilantro and jalapeno.
4. Garnish with lime juice
5. Add meat or meat substitute if you would like

# 3. Spicy Chicken Lettuce Wraps

## Ingredients:

### Seasonings/Spices:

- Chicken
- White pepper
- Bibb lettuce
- Carrots
- Onion
- Soy sauce
- Almond/Peanut butter
- Chili paste

## Prep:

1. Preheat non stick skillet to very hot. Season chicken with white pepper.
2. Place chicken in skillet till color has developed and juices are running out.
3. Remove from pan and let rest. Glaze pan with soy, fish, chili paste and almond butter to make sauce.
4. Prep lettuce cups from the bibb lettuce
5. Slice carrots and onions very fine.
6. Assemble lettuce cups with chicken, carrots, onions, and garnish with sauce.

# 4. Body Builders Go-To

## Ingredients:

## Seasonings/Spices:

- Chicken
- Paprika, garlic powder, pepper
- Japanese sweet potato
- Asparagus

## Prep:

1. Preheat oven to 400 degrees. Salt sweet potatoes and wrap in aluminum foil. Bake until tender.
2. Season chicken with paprika, garlic powder, and pepper and place in oven until thoroughly cooked
3. In medium sauce pot, boil water and add asparagus for 3-4 minutes till al dente
4. Garnish with light coat of lime juice and fresh cracked pepper.

# 5. Grilled Chicken, Mushrooms, & Sweet & Spicy Kale Salad

## Ingredients:

- Chicken Breast
- Mushrooms
- Bell Pepper
- Kale
- Onion
- Raspberries
- Jalapeno
- Cilantro
- Almonds

## Seasonings/Spices:

- Garlic Powder
- Sea Salt
- Pepper

## Prep:

1. Fire your grill up on high.
2. Season your chicken breast with salt, garlic, and pepper
3. Place chicken breast on grill
4. Grill chicken breast until cooked through
5. Slice mushrooms, bell pepper, onion, jalapeños, and kale
6. Sautee mushrooms with olive oil, garlic, salt, and pepper
7. Cook until mushrooms are soft and golden
8. Add sliced bell pepper, onion, jalapenos, and kale to a bowl with raspberries, and almonds
9. Chop and garnish salad with cilantro
10. Remove chicken from grill when thoroughly cooked
11. Spread mushrooms over chicken

# Power Snacks

- Carrots
- Bell Pepper Slices
  - Broccoli
  - Green Beans
  - Sweet Peas
    - Celery
    - Hummus
  - Mixed Nuts
    - Trail Mix
    - Apple
    - Orange
- Nut Butter (peanut, almond, etc.)

# Pro Prep Tip

Common excuse: Preparing healthy meals takes too much time - getting the produce out, slicing it, putting your meal together, cleaning up, and then the next thing you know we have spent nearly an hour in the kitchen – right?

## **Easy solution:**

Choose a day to prepare your favorite produce for the week. Save precious time and effort with only one prep/clean up and leaving you with fresh produce on call. Slice or dice your favorite fruit and vegetables, put them in a sealed container, and place your fresh work in the refrigerator. Now you have fresh delicious prepared produce to enjoy meals in minutes without the hassle.

# BULLWORKER'S MISSION

Bullworker strives to make fitness simple to improve quality of life.

Bullworker has been redefining fitness routines for over 50 years using scientifically proven principles. Bullworker products are low impact options for fat burning, muscle building, and body toning results without lifting heavy weights or spending hours in a gym.

Bullworker products can be used individually or inter-changed to deliver optimum cross-training benefits. Whatever your fitness goals; Bullworker delivers.



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