

# Fuel Your Movement

## Tips for performance and recovery

1. Avoid eating below your BMR (basal metabolic rate). Extreme caloric restriction can cause fatigue, poor recovery and a greater chance of losing muscle mass.
2. Maintain proper hydration by maintaining pale yellow urine.
3. Eating AFTER you workout, within 60-90 minutes, can ensure optimal recovery. Protein and carbohydrates are essential macronutrients for your post-training (e.g., eggs and toast) meal or snack.
4. Plan ahead by packing snacks and/or meals if you intend to have a busy and active day of adventure(s).

### Recovery Smoothie (serves one)

#### Ingredients:

1 each	Banana, frozen
1/2 cup	Spinach
1/4 cup	Berries of choice
4-6 oz.	Greek yogurt, plain
1 each	Date, without the pit
1 T.	Peanut butter
12 oz.	Oat milk, unsweetened

#### Directions:

- Add all ingredients to a blender and puree until smooth. Enjoy!

### Hike Bites (makes 20-24)

#### Ingredients:

2 cups	Raw cashews
1/4 cup	Pumpkin seeds
1 cup	Golden raisins
1 cup	Dates, without the pit
1/4 tsp.	Kosher salt
2 T.	Honey
1/2 cup	Bittersweet chocolate chips

#### Directions:

- Add all ingredients to a blender, except the chocolate chips, and blend.  
- Scrape down the sides with a spatula and blend again, ~30 seconds.  
- Add the chocolate chips and pulse until the chocolate is combined to your preference.  
- Form the mixture into 20-24 balls or bars. Freeze or store up to 2 weeks.

