

Endurance = nutrient dense food

Glucose = energy currency

- Protein- foundational building blocks
- amino acids and mineral absorption

- Vit C- carnitine synthesis , antioxidant, nutrient absorption+
- Protein - nuts, seeds, powder smoothies , spirulina,
- (Red 8 whey lite protein powder (carnitine + chromium))

- Carbohydrates energy- glycemic load
- Brown rice, cornmeal, millet, buckwheat, quinoa (pronounced keen-wa) Avoid dehydrating carbs, wheat, rye, oats

- Fats - coconut oil, avocado oil
- Selenium - muscle recovery + protein, B vits energy, Chromium (blood sugar balance)

Food for walks

- How much energy do I need?
- What foods give the most energy?
- Nutrients for optimum energy, endurance and recovery?

Preparation

- Energy requirements
- Calories per day
- Overnight & multi day trip require additional calories/ energy
- 5 -6 snacks per day
- 3,000 - 7,000 calories
- Age, weight, elevation
- terrain, fitness

Menu planning

- Consider high protein foods, maca, spirulina, quinoa, chia.
- Good quality fats, coconut oil fast release of energy
- Complex carbohydrates, wholegrains, brown rice, slower glucose release in bloodstream
Sustained energy, reduce fatigue
- Pack a couple more portions of snacks than required in snaplock bags, not eating enough can lead to dizziness, cramps, nausea, and a feeling of malaise

Superfoods

- Coconut oil - immediate source of energy
aids in blood sugar balance
enhances absorption of nutrients
- Maca- protein rich in amino acids, energy
production
- Chia seeds, protein and omega 3 efas
- Blackcurrant powder - high in antioxidants,
reduces oxidative stress, aids muscle tone, delivery
of oxygen and glucose, increases blood flow and
muscle recovery

Magnesium, Magnesium

- Magnesium - all organs require Mg
- present in all cells of the body
- cellular energy production
- cardiovascular health, muscle function
25%
- nerve and vital organs, metabolism of
fats, protein and carbohydrates
- increase need via physical and mental
fatigue
- relieves muscle aches, cramps, pains

More superfoods

- Spirulina- high in protein, iron, B vitamins vitamin C, vitamin D, vitamin A and vitamin E. It is also a source of potassium, calcium, chromium magnesium
- Sacha inchi- high in protein, amino acids and omega 3 efas
- Goji berries- fights fatigue , high in antioxidants (do not take if on blood thinners, diabetic or blood pressure meds)
- Almond butter- protein, saturated fat and magnesium

Recovery

- Magnesium- powder , vitamin C
- Oil (foot bath, massage)
- Epsom salts (20 mins max)
- Protein spirulina smoothie + maca + 2 teaspoons blackcurrant powder

Recipe/food suggestions

- Cut a fresh date in half lengthwise place a teaspoon of coconut oil
- Snaplock bags with almonds, brazil nuts, dried banana chips
- Sacha inchi nuts, gogi berries and pumpkin seeds
- 6 squares of 60-70-% bitter chocolate

Hydration

- Herbal teas, oatstraw (magnesium)
- Water 2-3 litres minimum
- Kawa kawa O₂, circulation, blood sugar balance
- Limit caffeine drinks, carbonated drinks
- Water, lemon juice, ginger
- Electrolytes, Na, K, Mg
- Cell food, O₂ and minerals

Lemon, quinoa and coconut truffle recipe

- 1 1/2 Cups Coconut (plus 1/2 cup for the coating)
- 1/2 Cup Almonds (protein, magnesium) or brazil nuts (selenium)
- 1/2 Cup quinoa flakes
- 4 Tbsp Coconut Oil
- 15 Drops Stevia
- Juice and Zest of 1 Lemon
- 1 tsp Vanilla Essence

- Combine coconut, almonds and quinoa in the food processor and blend for 1-2 minutes, until they appear like breadcrumbs. Add the remaining ingredients and blend until the mixture has a dough-like consistency. If it does not have enough moisture, add a little water until it can hold a ball shape without crumbling. Roll the mixture into small balls and cover them in the remaining coconut. Keep refrigerated. Makes around 20 truffles. Will last 3-4 days.

Chia seed porridge

1 cup dry chia seeds

1/2 cups dried coconut milk

1 1/2 cups water

2 tablespoons coconut sugar

2 tablespoons dried banana chips

1/4 teaspoon cinnamon

1 teaspoon maca powder

Pinch of sea salt

1/4 cup Goji berries, soaked 10 minutes & drained

1/4 cup dried blueberries

1/4 cup cacao nibs

1 tablespoon raw cacao powder

Combine the dry chia seeds with dried ingredients. Add cold water and stir vigorously to cover all the chia seeds with milk. Stir every 5 minutes to prevent clumping. Add all remaining ingredients and stir until well incorporated. The porridge will thicken and reach its maximum volume in 15-20 minutes.

Polenta

- Place (3 1/2 cups) herb stock and (3 1/2 cups) milk in a medium saucepan over medium heat. Bring to a simmer. Gradually stir in (2 cups) polenta (cornmeal). Reduce heat to low. Cook, whisking for 20-25 minutes (instant polenta 5-7 mins) or until mixture thickens. Stir in a little shredded parmesan and butter. Season with salt ,pepper and 2 tablespoons fresh mixed herbs or 1 tablespoon wakame seasoning.
- Pour into a slab pan lined with non-stick baking paper. Smooth the surface. Place in the fridge for 1 hour or until firm. Cut into squares. Preheat a barbecue grill on medium-high. Brush both sides of polenta with a little olive oil. Cook for 2-3 minutes each side or until golden. Serve hot or cold with chilli beans or homemade relish or chutney.

Date and walnut cookies

- ½ cup finely chopped dates
- 6 Tbsp honey
- 6 Tbsp tahini or almond butter
- 1½ tsp cinnamon, 1 tsp natural vanilla extract
- 1½ cups quinoa flakes and chia seeds
- 1½ cups ground walnuts or brazils (or a mixture)
- 1½ cups coconut
- In a heat-proof bowl, soak the dried fruit in boiling water for 15 minutes or more to completely soften. Drain. Stir in honey, tahini, /almond butter, cinnamon, vanilla and salt. Add any options as below. Mix thoroughly. Stir in quinoa, chia, nuts and coconut. Combine well. Firmly press 1 heaped tablespoon amounts into a round shape. Place on lightly oiled baking trays (the cookies won't spread). Bake at 170°C (340°F) for 10-12 minutes until golden not browned, and barely firm. Cookies will firm upon cooling. Place on a wire rack until completely cool. Store in an airtight container.

Cacao energy blast bliss balls

- These tasty balls are quick and easy to prepare and are a great source of magnesium for efficient muscle function and protein for energy.
- 3 cups sunflower seeds
- 1 1/2 cups dates and/or raisins
- 1 tablespoon maca powder
- 6 tablespoons raw cocoa powder
- 2 tablespoons rapadura or coconut sugar
- Blend all ingredients in a food processor. Roll into walnut size balls.