



Effortless Endurance

COOKBOOK

by Lifelong Endurance

Drinks



WINNING WATERMELON HYDRATION

By Coach Laura

INGREDIENTS

- 2 cups cubed watermelon (frozen or fresh)
- sparkling water
- 1-2 nuun tablets
- Ice

PREP TIME

- Less Than 5 minutes

BENEFITS

- Extra electrolytes to keep you going
- Cooking and fun
- Perfect for sharing with friends after a killer workout
- A great reward after the weekly long ride, run, or weekday workout

PROCEDURE

- 01** Put all ingredients into food processor and blend until smooth.
- 02** Pour into your favorite fancy cup for a super hydrating mocktail.



COOLDOWN COFFEE

By Coach Lexi

INGREDIENTS

- 1 cup of coffee- hot or cold (bonus points for espresso)
- 1/2 cup of heavy whipping cream
- 1 tbs turmeric
- 2tbs dark chocolate or dark cocoa

PREP TIME

- Less Than 5 minutes

BENEFITS

- Protein, fat, and antioxidants to help your muscles recover
- Great as an anti-inflammatory recovery drink, especially if you are getting over some aches and pains
- Coffee and whipped cream, what is not to love?

PROCEDURE

- 01** Combine cream and turmeric in bowl- blend or beat until it has a whipped cream consistency
- 02** Melt chocolate into liquid and combine with coffee (stirring well) in your favorite mug
- 03** Top with whipped cream and enjoy



SPEED DAY SMOOTHIE

By Coach Lexi

INGREDIENTS

- 2 Cup of Greek Yogurt
- 1/2 cup chopped and frozen cucumber
- 1/2 cup blueberries
- 1 frozen banana
- 1.5 tbs honey
- 1 cup kale or spinach

PREP TIME

- Less Than 5 minutes

BENEFITS

- Absolutely packed with vitamin K, B, D, and C, magnesium, potassium, iron, electrolytes, protein, and calcium.
- Great for recovery after a hard workout before you get food down.

PROCEDURE

- 01** Blend the yogurt and honey together before adding in non-frozen and kale
- 02** Add in frozen cucumber and banana slowly
- 03** Blend until at a frozen, yet consistent liquid form
- 04** Enjoy in a cup or pour into a bowl and top with granola or nuts for a smoothie bowl.

Snacks



BOUNDLESS ENERGY BANANA PEANUT BUTTER WRAPS

INGREDIENTS

- 1 Whole wheat tortilla
- 1 Banana
- Peanut butter
- Honey
- Walnuts and/or small dark chocolate chips (optional)

PREP TIME

- 5 minutes total

BENEFITS

- Great source of carbohydrates, fat, and protein
- Cures that afternoon sweet tooth
- Perfect for kids and adults
- Amazing for an extra energy boost

PROCEDURE

01

Spread peanut butter to cover one side of a whole wheat tortilla

02

Drizzle honey on top of the peanut butter

03

Cut one banana up into slices and lay slices on top, spreading them out evenly

04

(optional) Can include chopped up walnuts and/or dark chocolate chips

05

(Roll tortilla up and secure with a toothpick, OR slice up and serve



SWEET AND SALTY RICE CAKES

By Coach Lexi

INGREDIENTS

- 4 cups jasmine or sticky white rice
- 1 cup blueberries
- 2 cup chocolate
- 2 tsbp of salt

PREP TIME

- 30 minutes

PROCEDURE

- 01** Cook rice as specified on package or usual directions.
Place parchment paper on a baking sheet; use half of your salt to sprinkle on the bottom of the paper, then
- 02** spread half the cooked rice evenly along the bottom.
Melt chocolate in sauce pan (low heat) and add in blueberries. Do not let mixture become a full liquid, just soft.
- 03**
- 04** Spoon the chocolate mixture on top of the rice evenly. Let sit until cool
- 05** Spread the 2nd half of the rice on top of the chocolate/ berry layer. Lightly salt the rice on top of the cakes
- 06** Cut into squares and package individually for your next long run.

BENEFITS

- Carbs and electrolytes
- Cures that long run sweet tooth
- Portable



CHEX-MIX FOR THE CHASE

By Coach Andrew

INGREDIENTS

- 9 cups Chex cereal (I used equal parts corn and rice chex)
- 2 Cups GF pretzels
- 1 cup Cheerios
- 1/2 teaspoon salt
- 1/4 cup butter, melted
- 1 cup peanuts
- 1/3 cup worcestershire sauce
- 1 1/2 Tablespoons seasoned salt
- 1 teaspoon garlic powder
- 3 teaspoons of nutritional yeast

PREP TIME

- Prep | 10 minutes
- Cook | 5 minutes
- Ready in | 40 m

BENEFITS

- A great source of protien and and electrolytes
- Perfect snack to keep you going after a hard morning workout, or to gear up for the afternoon.

PROCEDURE

01

Combine Chex, Cheerios, Pretzels, and Peanuts together in a large, microwave safe bowl-stir

02

In a seperate bowl, stir butter, worcestershire sauce, salt, and garlic powder together

03

Drizzle butter mixture over the dry mix while stirring consistently

04

Microwave for 5-6 minutes, stirring mixture every 2 minutes

05

Microwave for 5-6 minutes, stirring mixture every 2 minutes



ULTRA POWER BAKED SWEET POTATO PEIROGIES

By Coach Lexi

INGREDIENTS

CRUST

- 2 cups flour (I use Kodiak Flour with extra protein)
- 2 eggs
- 1/2 teaspoon salt
- 1/3 cup of water

FILLING

- 2 large peeled sweet potato
- 1/4 cup of butter softened
- 1/4 cup milk or milk substitute
- 1/4 cup brown sugar

PREP TIME

CRUST

- Prep | 20 m

FILLING

- Prep | 20 m

PEIROGIES

- Prep | 20 m
- Cook | 25 m

BENEFITS

- Easy Packable
- Carbs, fat, a protein for long days on the trail
- Sweet, and a little salty
- High calorie

PROCEDURE

CRUST

01

Combine eggs, flour, and water into a bowl and stir until fully mixed

02

Continue to stir, slowly add in the flour. Mix until flour is fully moistened. Then kneed the dough until it becomes firm and consistent. Form into a bowl and wrap in plastic wrap to refridgerate before using

FILLING

03

Peel and cut the potatoes into 3in cubes and boil until soft

04

Mash sweet potatoes adding in butter, milk, and sugar slowly. Mash until completely mixed (small chunks are okay.)

PEIROGIES

PRE-HEAT OVEN TO 350

05

Roll dough out until it is 1/8 inch in thickness throughout. Cut into circles around 3in in diameter

06

Scoop 1-1.5 tbsp of filling into each perogie and fold closed.

07

Scoop 1-1.5 tbsp of filling into each perogie and fold closed. *Optional:* Sprinkle salt and cinnomon to the top of the dough before baking

08

Bake for 25 minutes, or until golden brown.

Breakfast



OUT-THE-DOOR OVERNIGHT OATS

By Coach Lexi

INGREDIENTS

- 1 cup of instant oats
- 1/2 cup of greek yogurt
- 1/2 cup of milk or milk substitute
- 1 mashed banana
- 1/4 cup blueberries
- 1/4 cup of chocolate chips
- 1 tbsp of honey or brown sugar (optional)

PREP TIME

- Prep | 5 minutes
- Refridgerate | 8 hrs

BENEFITS

- Easy to grab and go
- Simple foods for digestion
- Complex carbs, antioxydents, electrolytes, and protien

PROCEDURE

01

Put oats, berries and chocolate chips in sealable container (I use mason jars) and mix

02

Add in milk, stir. Add in yogurt. Stir. Add in mashed banana, stir.

03

For extra flavor, add in honey or brown sugar

04

Seal container and refrigerate for 8 hours before enjoying.



BOULDER BAKED OATMEAL BARS

By Coach Lexi

INGREDIENTS

- 3 cups rolled oats
- 1 cup almond milk
- 1 cup brown sugar
- 2 tsp cinnamon
- 1 tsp salt
- 2 tsp turmeric
- 2 tsp baking soda
- 2 large eggs
- 1/2 cup melted butter (I substitute for greek whole milk yogurt)
- 2 tsp agave or maple syrup
- 1/4 cup blueberries
- 1/4 cup raspberries
- 1/4 cup finely chopped apples

PREP TIME

- Prep | 10 minutes
- Cook | 40 minutes

BENEFITS

- Perfect for group meals
- Easy to freeze
- Complex carbs, antioxidants, electrolytes, and protein

PROCEDURE

01

Preheat oven to 350

02

Mix oats, sugar, cinnamon, salt, turmeric, baking soda in a large bowl

03

In a smaller bowl, combine milk, brown sugar, eggs, butter/ yogurt, agave/ maple syrup. Once mixed, slowly stir into the large bowl of dry ingredients. Once fully combined, stir in fruit.

04

Spread mixture out on 9X13 baking sheet and bake for 40 minutes

05

Cut into squares and enjoy on the go, or warmed up in the morning.

WEEKEND WARRIOR WAFFLES

By Coach Lexi



INGREDIENTS

WAFFLE MIX

- 1 cup of oats
- 1 1/2 cup of wheat flour
- 1 cup whey protein (not from concentrate, ideally unflavored)
- 1 tbsp brown sugar
- 1 tsp cinnamon
- 1 tbsp baking soda
- 1/2 tsp salt

WAFFLES

- 1 egg
- 1/2 cup of milk
- 1/4 cup of oil (skip if making pancakes)

PREP TIME

- Prep | 10 minutes
- Cook | 40 minutes

BENEFITS

- High in protein for those huge days
- Easy to preserve

PROCEDURE

01

Put all waffle mix into a food processor or blender until it has flour-like consistency

02

Use 1 egg and 1/2 cup of milk per 1 cup of flour

03

Mix egg, milk, and mix together before pouring into your waffle maker

04

Top with your favorite fruit, syrup, butter, etc and enjoy!

05

For a pancake cup on the go: place 1/2 cup of mix into a cup, combine with either 1/4 cup of water or milk. Microwave in cup for 1 minute. Enjoy!

Light Meals

CRUNCHY KALE SUPER FOOD SALAD

By Coach Laura



INGREDIENTS

SALAD

- 2 bunches of kale with stalks removed
- bunch of radishes
- 1 cup carrots
- 2 celery stalks
- 1/2 onion
- 1/2 cup raisins (can sub chopped dried apricots or fresh grapes or apples)
- 1/2 cup nuts (your choice, if walnuts, pecans etc)
- 1/2 cup cheese (I prefer feta or parmesan)

DRESSING

- 1/4 cup olive oil
- 1/2 cup lemon juice
- 1-2 tablespoons honey or sugar
- salt Pepper to taste

PROCEDURE

- 01** Coarsely chop all veggies in food processor.
- 02** Use 1 egg and 1/2 cup of milk per 1 cup of flour
- 03** Mix egg, milk, and mix together before pouring into your waffle maker
- 04** Top with your favorite fruit, syrup, butter, etc and enjoy!
- 05** For a pancake cup on the go: place 1/2 cup of mix into a cup, combine with either 1/4 cup of water or milk. Microwave in cup for 1 minute. Enjoy!

PREP TIME

- Prep | 10 minutes

BELLY-BOOSTING BUDDAH BOWL

By Coach Lexi

PROCEDURE

- 01** Peel and chop the sweet potato into 1 inch squares. Place on cooking tray, cover in olive oil and lightly salt. Place in oven preheated to 400
- 02** Chop onion, add to cooking tray after potatoes have cooked for 15 minutes. Flip potatoes when adding onion
- 03** Chop broccoli into small, bite sized sections and to tray after another 10 minutes, flip the onions and sweet potatoes, Add more salt and olive oil to all of baking tray
- 04** Drain the beans and pour into a saucepan. Add 3 tsp of olive oil and chili powder. Saute until beans turn brown
- 05** After the final 10 minutes, take the baking tray out of the oven. Layer the bottom of your bowl with kale before adding your desired amounts of beans, potatoes and veggies

INGREDIENTS

- 2 sweet potatoes
- 1 large onion
- 2 cups of kale
- 1 bunch of broccoli
- 1 can (14 oz) Garbanzo Beans
- Olive Oil
- Salt
- Chili Powder

PREP TIME

- Prep | 10 min
- Cook | 40 min

BENEFITS

- High in protein for those huge days
- Easy to preserve
- Vegan





POWER PUMPKIN CURRY

By Coach Lexi

PROCEDURE

01 Cut pumpkin in half and remove seeds. Place face down on greased baking tray and place in oven preheated to 425 for 40 minutes

02 Scoop the meat out the pumkin while keeping the shell in-tact. Place meet in a blender or mixer with yogurt and puree into a creamy texture

03 Chop onion and peppers; sauteing over the stove with olive oil until soft.

04 Add in pumpkin puree with chili powder (if you want lots of spice, you might add as much as 1 tbsp, for less spice and more pumpkin flavor, add 2 tsp and a dash of nutmeg and cinnamon.

05 Mix pumpkin and veggies until combined and hot. Serve over rice, quinoa or your favorite grain, using the pumpkin shell as a bowl.

INGREDIENTS

- 1 small baking pumpkin
- Whole Milk Plain Yogurt (1 cup)
- 1 Onion
- 2 Jalapano Peppers
- 1 Red Pepper
- Chili Powder
- Optional nutmeg and cinnamon

PREP TIME

- Prep | 10 min
- Cook | 90 min

BENEFITS

- Vitamin A and antioxidant rich
- Good for digestion or relieving bloat
- Curry alternative using spices you already have

Big Meals

COLORADO MOUNTAIN BURRITOS

By *Coach Lexi*

PROCEDURE

- 01** Brown turkey on stove. Add 3 tsp of chili powder, 2 tsp of red pepper flakes, 2 tsp of garlic for seasoning.
- 02** Chop pepper and onion finely and add to cooked turkey with 3 tbs of olive oil, 1 tsp chili powder, 1 tsp red pepper flakes, and 1 tsp garlic. Saute until veggies are soft.
- 03** Use 9X13 in baking dish that is at least 3 inches deep. Coat bottom with olive oil. Place tortilla on bottom of the sheet and add 1 part beans, 1 part cheese, 2 parts meat and veggies
- 04** Fold over two opposite ends of the tortilla before rolling the rest tightly. Make sure the flap is on the bottom of the tray.
- 05** Repeat with the remaining burritos, packing them tightly. When all are rolled and secure in the dish. Smother with enchilada sauce, green chili or hot peppers, lime juice, and the remaining cheese. Place in oven preheated to 325 and let cook for 20 minutes. When done, top with chunks of avocado before serving.



INGREDIENTS

- 8 tortillas
- 1 lbs ground turkey
- 1 can (12 oz) black beans
- 1 onion
- 1 yellow pepper
- 4 oz of chopped green chilis from a can OR 6oz chopped Anaheim peppers
- 3 cups of shredded cheese (Mexican blend)
- 1 can (14oz) green enchilada sauce
- 1 avocado
- 1 lime
- olive oil
- Chili powder
- red pepper flakes
- Garlic powder

PREP TIME

- Prep | 20 minutes
- Cook | 20 minutes

SUPER JOES

By Coach Lexi



INGREDIENTS

- 1 TBS olive oil
- 1 small yellow onion (finely chopped)
- 2 Jalapeño peppers
- 1 green bell pepper
- 3 cloves of garlic
- 1 cup of water
- 1 cup of vegetable broth
- 1 cup brown or red lentils
- 1/4 cup BBQ Sauce
- 1 cup tomato sauce
- 2 TBS brown sugar
- 1 TSP apple cider vinegar
- 1 TSP Chili powder

PREP TIME

- Prep | 20 minutes
- Cook | 40 minutes

BENEFITS

- Great protein and iron source without meat
- Easily prepared and stored

PROCEDURE

- 01** In medium pot, simmer garlic, and olive oil. After 2-3 minutes add jalapeno peppers. Then add onions and bell pepper (finely chopped) and cook until soft.
- 02** Add water, broth and lentils and bring pot to a boil before turning it down to simmer for 25 minutes.
- 03** Once lentils are cooked, add in the BBQ sauce, tomato sauce, brown sugar, apple cider vinegar, and chili powder. Mix well and let simmer for 10-15 minutes (until thick.)
- 04** Serve in a hamburger bun or over toast.

AVOCADO BASIL PAD THAI

By Coach Lexi



INGREDIENTS

- 1 package of wide rice noodles
- 1 small yellow onion
- 2 green bell pepper
- 4 cloves of garlic
- 1 cup of bean sprouts
- 1/2 cup of basil
- 1/2 cup of cilantro

Sauce

- 4 TBSP Soy Sauce
- 2 TBSP brown sugar
- 2 TBSP Chili Garlic Sauce

Topping

- 1 lime
- 1/2 cup of peanuts
- 1 avocado (diced)
- 1 mango (diced) *optional

PREP TIME

- Prep | 20 minutes
- Cook | 40 minutes

PROCEDURE

- 01** Boil noodles until al dente. Drain and toss with light oil to prevent sticking. Set aside
- 02** saute garlic and peppers in some olive oil. After a 2-3 minutes, add in pepper and cook until soft. Add in sprouts, basil, and cilantro
- 03** In separate bowl, mix sauce ingredients. Put half of the sauce in the veggies and mix. Then add the noodles and the rest of the sauce. Stir together over a low heat.
- 04** Top with lime juice, peanuts, avocado, and mango.

Dessert



POST-RUN BANANA ICE CREAM

By Coach Lexi

INGREDIENTS

- 1 ripe banana
- Dark Chocolate Chips
- Blueberries
- 1 tsp Cinnamon

PREP TIME

- Prep | 5 minutes
- Freeze | 3 hours

BENEFITS

- Electrolytes, antioxidants, and sweet!
- Dairy free and perfect for a mid-day dessert

PROCEDURE

- 01** Chop banana into small, even pieces
- 02** Freeze in container or bag for at least 2 hours
- 03** Place frozen banana in blender or food processor and pulse to break up. After some time, it will go from crumbled to a gooy mush.
- 04** Once the banana resembles soft-serve, add in cinnamon and chocolate chips, and blueberries and stir together
- 05** Transfer mush back into the freezer container and freeze for another hour.



MUSCLE BUILDING PEANUT BUTTER CUPS

By Coach Lexi

INGREDIENTS

- 3 TBSP powdered sugar
- 1/2 cup creamy peanut butter
- 1 cup melted chocolate chips

PREP TIME

- Prep | 5 minutes
- refrigerate | 1 hour

BENEFITS

- High in protein
- Easy to freeze and store

PROCEDURE

- 01** Line 6 muffin tins
- 02** Stir together peanut butter and powdered sugar
- 03** Spread 2 TBSP of chocolate on the bottom of each cup. Layer with 2 TBSP of peanut butter. Top with 1 TBSP of chocolate.
- 04** Refrigerate for 1-2 hours (until hard)

FOAM ROLLING APPLE MUFFINS

By Coach Lexi



INGREDIENTS

- 2 cups chopped apples
- 1 1/2 TSP baking powder
- 1/2 TSP salt
- 2 TSP cinnamon
- 1/2 cup greek yogurt or butter (room temp)
- 1 cup granulated sugar
- 2 eggs
- 1/2 cup of milk

PREP TIME

- Prep | 5 minutes
- refrigerate | 1 hour

BENEFITS

- Source of protein and fiber
- Easy to eat on the go and to store

PROCEDURE

- 01** Preheat oven to 375 and coat muffin tin.
- 02** Combine flour, baking powder, salt, and cinnamon.

In separate bowl, combine butter/yogurt, sugar. Stir fully together before adding each egg (one at a time and slowly) and the vanilla.
- 03** Slowly add the sugar mixture to the flour mixture, also incorporating the milk. Once fully mixed, add in the chopped apple
- 04** Place mixture in muffin tins and bake for 30 minutes. Serve with butter or ice cream for a night time treat
- 05**