



# POWER FUEL!

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**BREAKING DOWN THE BASICS OF EATING FOR  
THOSE WHO WANT TO FUEL THEIR STRENGTH,  
MOVEMENT, AND CONFIDENCE IN THE  
KITCHEN.**

**STACEY QUINN NUTRITION**  
B.S., PN1, CPT, CFL1, FMS1





# NAVIGATING YOUR CURRENT NUTRITION HABITS

**Journal:**

Make a list of all of your strengths when it comes to nutrition:

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What is the most important to you when it comes to nutrition?

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How does your current day of eating look like?

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What will need to change in order to do more of what's important to you?

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# WHEN CHOOSING A MEAL

## 1/2 Plate: Veggies

*Artichokes  
Asparagus  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cauliflower  
Collard Greens  
Carrots  
Cucumbers  
Eggplant  
Kale  
Mushrooms  
Spinach  
Zucchini*

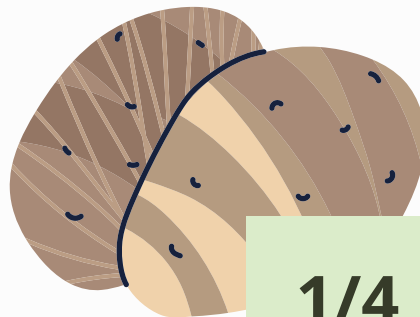
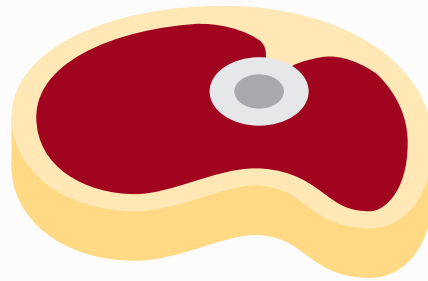


## Small bit (1-2tbsp): Fat

*Butter, Olive Oil, Dressings,  
Coconut Oil, Nuts/Seeds,  
Peanut Butter*

## 1/4 Plate: Protein

*Beef, Eggs, Fish, Pork,  
Shellfish, Chicken, Turkey,  
Tofu, Tempeh, Seitan*



## 1/4 Plate: Carb

*Rice, Beans, Oats,  
Lentils, Potatoes,  
Pasta, Squash,  
Yams, Fruit*

# HOW TO GUESSTIMATE USING YOUR HAND!



For my snackers: Aim to have about two handfuls worth of pretzels, chips, etc.



A background image of water droplets of various sizes, some in focus and some blurred, against a light blue background. The droplets are scattered across the page, with a higher concentration on the left side.

# DRINK YOUR WATER!

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**WE ARE MADE UP OF ABOUT 60% WATER, SO WHEN TRYING TO ACHIEVE A PHYSIQUE, PERFORMANCE OR HEALTH GOAL, WATER IS A MUST!**

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Water helps with portion control, preventing kidney damage, blood pressure, body temperature and overall hydration! So basically you body LOVES water.

Water intake varies from person to person and depends on their size and activity. Aim for AT LEAST 2L per day.

**For a more exact calculation:**

- **Take your body weight**
- **Multiply it by .67**
- **Add 12oz for every 30 minutes you exercise**

\_\_\_\_\_ X 0.67 + (12 X \_\_\_\_\_) =  
(Body Weight) (exercise amount)

**Water Goal: \_\_\_\_\_(OZ.)**



# Zucchini Turkey Burgers

1lb lean ground turkey  
1 small zucchini – grated  
1/2 tsp lemon zest  
2 garlic cloves – minced  
2 green onions – chopped  
2 tbsp parsley – chopped  
1/2 tsp salt  
1/4 tsp pepper

Preheat oven to 375. Combine all ingredients in a bowl and form into four evenly sized patties. Place patties on prepped baking pan. Bake for 25-30 minutes.





# Butternut Squash Mac n Cheese

1 Butternut Squash (cooked and pureed)

1 Cups coconut milk

1 cup vegetable or chicken broth

2 Tbsp ghee or coconut oil

1/2 cup nutritional yeast

2 tsp garlic salt

1 tsp pepper

Blend all the ingredients together and pour over your favorite pasta. I love edamame pasta for an extra protein boost!





# Sweet Potato Pizza Crust

1 lb Sweet Potato (cooked and mashed)

1 Tbsp avocado oil

1 cup oat flour

1/2 cup almond flour

2 eggs

1/2 tsp garlic powder

1/4 tsp chili powder

1/2 tsp salt

1/4 tsp black pepper

Preheat oven to 400 degrees. Prep a pizza pan (about 14 inches) with parchment paper. Cover the parchment paper with nonstick spray or 1/2 tsp olive oil.

Mix all the ingredients together until it forms a sticky dough. Use hands or a spatula to evenly spread the dough over the parchment paper.

Cook for 30 minutes until edges are slightly browned. Layer with toppings of choice (this is great with BBQ chicken!) and cook for another 7 minutes!





# SWEET POTATO BLACK BEAN SLIDERS

## Slider Ingredients

- 32 ounces Black Beans
- 3 tablespoons olive oil
- 1 cup chopped onion
- 3 garlic cloves – minced
- 1 teaspoon cumin
- 1 teaspoon salt
- 2 chipotle peppers – finely chopped
- 1 cup sweet corn
- 1 green onion – finely chopped
- 1 egg
- ¾ cup breadcrumbs
- 2 medium sweet potatoes

## Topping Ingredients

- 1 up plain greek yogurt
- 1 teaspoon lime zest
- 1 tablespoon lime juice
- 1 small garlic clove – smashed and chopped
- ¼ teaspoon salt

## Instructions

Preheat oven to 400 and line a baking sheet with parchment paper and prep with cooking spray.

**Make Sweet Potato Buns:** Wash and slice sweet potatoes into ¼ inch rounds. You should have 16 total rounds (2 for each slider). Place the sweet potato rounds evenly on the prepped sheet, drizzle with olive oil and add salt and pepper if desired. Bake for 15 minutes until soft.

**Make Sliders:** In a large bowl, add black beans. Use a masher to smash the black beans to a rough paste. Set aside.

In a small sauté pan, heat 1 tablespoon of olive oil over medium heat. Add onion and garlic and sauté for about 5 minutes until soft. Remove from heat.

Add the onion mix, cumin, salt, peppers, corn, green onion, egg and bread crumbs to smashed black beans. Mix to combine and form into 8 equal size patties.

Heat a large skillet to medium heat and add olive oil. Cook for 3-4 minutes on each side until golden brown.

**Make sauce:** In a medium bowl, combine all ingredients.

**Assemble:** Place patties on top of a sweet potato round, top with sauce and another sweet potato round

**Makes 8 sliders**

**2 sliders per serving: 237 Calories, 13g Protein, 39g Carbs, 3g Fat**

