



Endurance Athlete Feeding ... DB#21

Becoming Your Own Chemist
Nutritional 'high' protein Snack



Becoming Your Own Chemist

Nutritional Snack during or after training

Background:

I am Gluten Free (GF), Dairy Free (DF) no to milk/cheese and yes to eggs.
Mostly nut free - no to peanut butter and yes to Brazilian nuts.

Becoming your own chemist - Why?

- 1) Only put in your body only what you know
- 2) Experiment with each ingredient and amount of each for taste, nutrition & cost
- 3) Save money & not be tied to chemistry changes



Becoming Your Own Chemist

Nutritional Snack during or after training

Background:

I have experimented many years to find a combination that works for me, I encourage you to find a chemistry that works for you. I will compare several 'recovery' chemistries with you and show you a simple method to determine what might be working better for you.

Here is a solution of a great tasting snack that is inexpensive, holds together and works for me:

8 eggs + 2 scoops Pea protein powder + $\frac{1}{2}$ c Glutenous rice flour
+ 1 tsp vanilla extract + $\frac{1}{2}$ C coconut milk + $\frac{1}{2}$ C chocolate chips



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On left:
prior to cooking

On right:
after cooking



Right after cooking
Will flatten
after cooling

Recipe:

Mix

8 eggs

1 tsp vanilla extra

~ ½ to ¾ cup coconut milk

~ ½ to ¾ cup brown sugar

Add & continue Mixing

2 scoops Pea protein powder

~ ½ to ¾ cup Glutenous rice flour

Add to mixture after poured in pan

~ ¼ to ½ cup chocolate chips

Time to mix by hand & ready to cook ~ 15 minutes

Cook at 325F for 29 minutes in convection oven

Key ingredient for holding together & texture is Glutenous rice flour



Becoming Your Own Chemist Nutritional Snack during or after training



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Becoming Your Own Chemist

Nutritional Snack during or after training

Make your own bars for approximately ¼ the cost, the same or more protein & about the same calories!

	Number input	Units	Protein (g) (grams)	Carbohydrate (g) (grams)	Fat (g) (grams)	Calories	Cost (\$) (US dollars)	Weight (oz)	Taste
Eggs	8	50 g/large	48	8	32	480	0.53	14.1	Aldi's \$0.79/dozen
Vanilla Extract	0.5	tsp	0	0	0	0	0.17	0.1	AMZN \$2/fluid oz = ~ \$0.33 / tsp
Coconut Milk	0.5	cup	0	1	2.3	22.5	0.37	4.0	AMZN \$35.88/12 pack 32 oz each
Brown sugar	0.5	cup	0	100	0	375	0.06	4.0	AMZN \$9.46 for two 16 oz
Pea Protein Powder	2	scoop (33 g)	48	2	4	240	1.36	2.3	AMZN \$18.37
Glutenous Rice Flour	0.5	cup	4	48	0	220	0.71	4.0	AMZN \$5.35/16 oz
Chocolate Chips	0.25	cup	4	36	20	320	1.11	2.0	AMZN \$5.29/
Total for two 6 X 9 pans			104	195	58	1658	4.3	30.6	
Per square (16 squares total)			6.5	12.2	3.6	104	0.3	1.9	
eating two squares per sitting			13	24	7	207	0.54	3.8	Good
			Protein (g)	Carbohydrate (g)	Fat (g)	Calories	Cost (\$)	weight	taste
RXBAR (1.8 oz per bar)			12	14	1	210	2.43		OK, very hard AMZN \$29.20 / 12 pack
Cliffbar (2.4 oz per bar)			9	44	5	250	2.04		Good AMZN \$24.52 / 12 pack

When I need a bar that has only ingredients, I want I reach for RXBAR. I can no longer eat Cliff bars.



Becoming Your Own Chemist

Nutritional Snack during or after training

Make your own bars for approximately $\frac{1}{4}$ the cost, 'tune' the ingredients for what you want!
Experiment ...

Variation Studies	Protein (g)	Calories	Cost (\$)
Home made bars - Base (~ 2 bars)	13	207	0.54
+ 4 eggs (from 8 to 12 total)	16	237	0.57
+ 2 scoops protein powder (2 to 4 sc)	19	237	0.71
- NO choc chips (1/4 cup to zero)	13	167	0.40
- 1/4 C sugar (1/2 to 1/4 C)	13	184	0.54
RXBAR	12	210	2.43
Cliffbar	9	250	2.04



Becoming Your Own Chemist Nutritional Snack during or after training

Make your own bars for approximately $\frac{1}{4}$ the cost or ~ \$220/year or a savings of \$650/year over commercially available bars,

‘Tune’ the ingredients for the nutrition you want!

Please experiment ...



Becoming Your Own C Nutritionist AFTER you

& events

Coconut Milk

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container 4	
Amount Per Serving	
Calories 45	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 4g [†]	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 40mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 0g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%
Vitamin D 30%	Folate 6%
Vitamin B ₁₂ 50%	Magnesium 10%
Zinc 4%	Selenium 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

[†]Comprised of about 60% medium chain fatty acids (MCFAs)

Glutenous Rice Flour

Nutrition Facts	
Serving Size 1/4 cup (30 g)	
Servings Per Container About 15	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Brown sugar

Nutrition Facts	
Serving Size 1 Teaspoon (4g)	
Servings Per Container About 113	
Amount Per Serving	
Calories 15	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Sugars 4g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Egg

Nutrition Facts	
Serv. Size: 1 egg (50g)	
Servings 12	
Amount Per Serving	
Calories 60	Fat Cal. 35
%DV*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 179mg	60%
Sodium 70mg	3%
Total Carbohydrate 1g	0%
Protein 6g	10%
Vitamin A 6%	Vitamin C 2%
Calcium 2%	Iron 4%

NOW Pea Protein

Nutrition Facts	
About 27 servings per container	
Serving size 1 level scoop (32g)	
Amount per serving	
Calories 120	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	14%
Total Carbohydrate 1g	<1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	48%
Vit. D 0mg 0%	Calcium 40mg 4%
Iron 0mg 0%	Protein 48mg 2%

*Percent Daily Values are based on a diet of other people's secrets.

Nutrition Facts	
19 Servings Per Container:	
Serving Size:	
1	Tbsp. Semi-Sweet Chocolate Mini Chips
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 0mg	0%

Chocolate chips GF/DF

Cliff Bar

Nutrition Facts	
12 servings per container	
Serving size 1 bar (68g)	
Amount per serving	
Calories 250	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	14%
Insoluble Fiber 3g	
Total Sugars 20g	
Includes 19g Added Sugars	38%
Protein 9g	17%
Vitamin D 2mg	8%
Calcium 195mg	15%
Iron 2mg	15%
Potassium 225mg	4%
Vitamin A	2%
Vitamin C	6%
Vitamin E	10%
Thiamin (Vit. B ₁)	15%
Riboflavin (Vit. B ₂)	15%
Niacin	25%
Vitamin B ₆	10%
Vitamin B ₁₂	25%
Phosphorus	20%
Magnesium	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RXBAR

RXBAR	
RXBAR	
Protein	12 grams
Fiber	3-5 grams
Sugars	13-15 grams
Calories	200-220