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 + ½ c Glutenous rice flour
+ 1 tsp vanilla extract + ½ C coconut milk + ½ C chocolate chips

Becoming Your Own Chemist
Nutritional Snack during or after training

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

+

=

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 ¼ 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 ¼ 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
Nutritional 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:

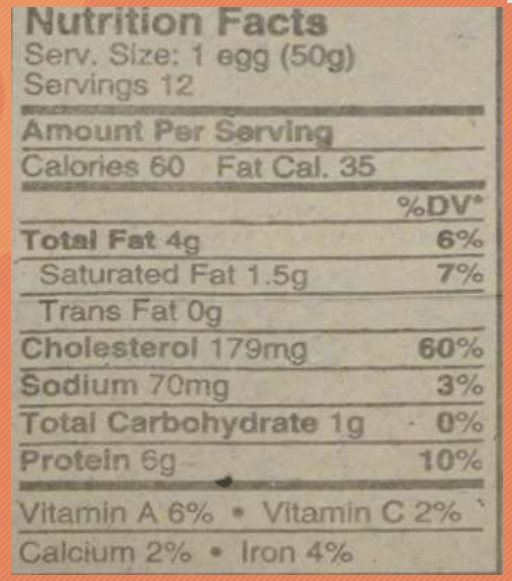
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Glutenous Rice Flour

Brown sugar

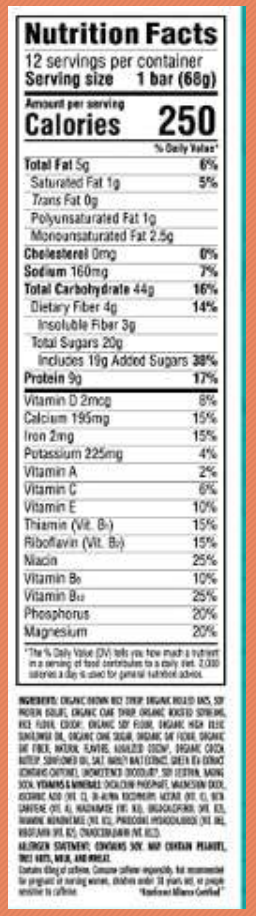
Egg



Chocolate chips GF/DF

NOW Pea Protein

Cliff Bar



RXBAR