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**NUTRITION**

High Leucine Snacks

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Refueling after physical activity promotes muscle protein synthesis or muscle repair and rebuilding. Rebuilding muscle is an integral step in advancing athletic performance and keeps athletes from feeling drained. Evidence shows that eating within 30 minutes to 2 hours after a workout will allow for the best nutrient absorption to aid in muscle repair.

There are four key aspects to aim for when choosing a post workout snack. The first is a high-quality protein source containing 15-30 grams of protein. A high-quality protein is a protein that contains all of the amino acids which can be easily absorbed and digested.

The second is a snack containing 45-90 grams of carbohydrates. Typically, we focus on high protein foods after an activity; however, refueling with carbohydrates is a crucial step for increased muscle repair and recovery. Carbohydrates assist in muscle protein synthesis by triggering the body to secrete a hormone called insulin. Insulin promotes muscle recovery and rebuilding by increasing amino acid delivery into the muscles. Additionally, consuming carbohydrates after an activity aids in lowering the stress hormone, cortisol. Cortisol is a catabolic hormone that blocks muscle protein synthesis by breaking down molecules to release energy into the bloodstream.

For your more strenuous or longer workouts, the recommended ratio of carbohydrates to protein increases to 3:1. For example, if you eat a snack after your high intensity training that contains 20 grams of protein, then you would want to pair it with 60 grams of carbohydrates within that 30 minute to two-hour window after the workout.

The fourth key to aim for is rehydrating with fluids and electrolytes. Studies show that rehydrating with only fluids is not enough to restore hydration. If we drink only water with no consumption of electrolytes it causes blood osmolality, suppressed thirst, and an increased urine output. Plain water is a great thirst quencher but not as effective to fully rehydrate. You will want to rehydrate with sodium, either in your fluid or in your snack, chloride, and other minerals. This allows osmotic drive and decreases urine output. A great staple to follow to rehydrate is to drink at least one pint of fluid containing sodium, chloride and other minerals for every pound lost during exercise.

To take a post workout snack a step further and optimize muscle protein synthesis even more is to incorporate leucine. Leucine is one of three BCAA's or branch chain amino acids and is insulinogenic. This increases insulin production which increases the transport and absorption of other amino acids into the muscle. There are three main proposed benefits to consumption of leucine post activity. These are reducing fatigue, improving muscle recovery and soreness, and increasing muscle mass by activating muscle protein synthesis. The recommended amount is 2.5 grams post workout if you are consuming high value proteins. If you are consuming proteins that are not as easily absorbed, then it's best to aim for 3.0 grams of leucine after exercise.



## Warm Spinach Pesto & Chickpea Salad

4 servings

20 minutes

### Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Water
- 1/2 cup Pine Nuts
- 1/2 cup Basil Leaves
- 4 cups Baby Spinach (divided)
- 1/4 cup Extra Virgin Olive Oil (plus some extra for the dressing)
- 1 Garlic (clove, minced)
- 1 Lemon (juiced and divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Pumpkin Seeds
- 1 cup Cherry Tomatoes (halved)
- 3 cups Chickpeas (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	700
Fat	39g
Carbs	69g
Fiber	15g
Sugar	8g
Protein	26g
Cholesterol	0mg
Sodium	41mg
Vitamin A	3450IU
Vitamin C	21mg
Calcium	147mg
Iron	9mg

### Directions

- 1 Place quinoa and water in a saucepan over high heat. Bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 - 15 minutes or until all water is absorbed. Remove lid and fluff with fork. Set aside.
- 2 To create the pesto, combine pine nuts, basil, 3/4 of the spinach, olive oil, garlic, half of the lemon juice, sea salt and pepper together in a food processor or Vitamix. Pulse well until a smooth consistency forms.
- 3 Place the chickpeas in a skillet or frying pan over medium heat and stir in the pesto and saute until heated through (about 3 - 5 minutes).
- 4 Mix salad dressing by combining the remaining lemon juice with a splash of extra virgin olive oil. Stir well. In a large bowl, combine quinoa, remaining baby spinach, pumpkin seeds and cherry tomatoes. Season with a pinch of sea salt and pepper. Add desired amount of dressing and toss well.
- 5 Place a large scoop of the salad mix onto a plate and top with a spoonful of the warm chickpea and pesto mix. Enjoy!

### Notes

**Leucine Content:** 2.31g Can increase leucine by adding in avocado, increasing quinoa, or drinking a glass of 2% milk with snack.





## Tuna & Capers Wrap

1 serving  
10 minutes

### Ingredients

- 1 can Tuna
- 2 tbsps Mayonnaise
- 1 tbsp Capers
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla
- 1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	466
Fat	26g
Carbs	20g
Fiber	5g
Sugar	1g
Protein	37g
Cholesterol	71mg
Sodium	1061mg
Vitamin A	2939IU
Vitamin C	9mg
Calcium	163mg
Iron	5mg

### Directions

- 1 In a small bowl add the tuna, mayonnaise, capers, salt, and pepper. Mix together until well combined.
- 2 Lay the tortilla flat and add the spinach in the middle. Add the tuna on top of the spinach. Roll the tortilla tightly while folding the ends in. For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate the leftover tuna in an airtight container for up to three days. For best results, make the wrap the day of.

**Gluten-Free:** Use a gluten-free tortilla or bread. Use lettuce instead of a tortilla.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**More Flavor:** Add fresh herbs such as chives, parsley, or dill. Add Greek yogurt to the tuna mixture.

**No Capers:** Omit or use olives or chopped celery instead.

**Leucine Content:** 3.84g



## Banana Tofu Smoothie

1 serving

5 minutes

### Ingredients

- 1 Banana
- 3 tbsps Hemp Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1 cup Soy Milk
- 1 scoop Garden Of Life Sport Organic Plant-Based Protein
- 6 ozs Silken Tofu

### Nutrition

Amount per serving	
Calories	618
Fat	25g
Carbs	66g
Fiber	8g
Sugar	39g
Protein	40g
Cholesterol	0mg
Sodium	219mg
Vitamin A	86IU
Vitamin C	11mg
Calcium	516mg
Iron	9mg

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add vanilla extract, cacao powder, or peanut butter.

**Leucine Content::** 3.12g



## Garlic & Parmesan Roasted Edamame With 2% Milk

1 serving  
15 minutes

### Ingredients

- 1 cup Frozen Edamame (thawed)
- 2 tsps Extra Virgin Olive Oil
- 2 tbsps Parmigiano Reggiano
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Hemp Seeds
- 2 cups Cow's Milk, Reduced Fat

### Nutrition

Amount per serving	
Calories	624
Fat	36g
Carbs	39g
Fiber	9g
Sugar	28g
Protein	42g
Cholesterol	52mg
Sodium	330mg
Vitamin A	563IU
Vitamin C	11mg
Calcium	841mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, toss together the edamame, oil, parmesan cheese, garlic, salt, and pepper. Bake for 12 to 15 minutes, or until golden brown.
- 3 Add the hemp seeds and toss to combine.
- 4 Enjoy 2% on the side to wash it down!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**Dairy-Free:** Substitute parmesan cheese with nutritional yeast.

**Leucine Content:** 2.78g





## Vegan Chocolate Peanut Butter Mousse

2 servings

35 minutes

### Ingredients

6 ozs Silken Tofu (drained)  
4 ozs Dark Chocolate (at least 70% cacao, melted, plus extra for optional garnish)  
2 tbsps Maple Syrup  
1/4 cup Raspberries  
2 tbsps All Natural Peanut Butter  
1 scoop Garden Of Life Sport Organic Plant-Based Protein

### Nutrition

Amount per serving	
Calories	587
Fat	36g
Carbs	49g
Fiber	9g
Sugar	30g
Protein	20g
Cholesterol	2mg
Sodium	66mg
Vitamin A	27IU
Vitamin C	4mg
Calcium	145mg
Iron	10mg

### Directions

- 1 In a blender or food processor, blend the tofu, chocolate protein powder, melted dark chocolate, and maple syrup until smooth.
- 2 Pour the mixture into a bowl and place in the fridge for 30 minutes.
- 3 Divide the mousse between serving bowls. Top with raspberries. Use additional chocolate as an optional garnish. Enjoy!

### Notes

**Leftovers:** Refrigerate the mousse in an airtight container for up to four days. Top with raspberries before serving.

**Serving Size:** One serving is equal to approximately 1/2 cup of mousse.

**More Flavor:** Add vanilla or almond extract.

**Additional Toppings:** Chopped nuts, other fresh berries, and/or shredded coconut.

**Leucine Content::** 2.99g



## Vanilla Blueberry Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 pint Cold Water
- 2 scoops Garden Of Life Sport Organic Plant-Based Protein
- 1 cup Blueberries (fresh or frozen)
- 1/2 cup Ice Cubes
- 1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	481
Fat	11g
Carbs	55g
Fiber	8g
Sugar	35g
Protein	45g
Cholesterol	0mg
Sodium	435mg
Vitamin A	2893IU
Vitamin C	23mg
Calcium	819mg
Iron	10mg

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

**Consistency:** If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**Leucine Content::** 2.5g





## Eggless Egg Salad with Crackers

4 servings

20 minutes

### Ingredients

- 2 cups Chickpeas (from the can, drained and rinsed)
- 1/4 cup Vegan Mayonnaise
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Sea Salt
- 2 stalks Celery (diced)
- 15 ozs Tofu (extra firm and drained)
- 1/4 cup Almonds (chopped)
- 15 eas Whole Wheat Crackers

### Nutrition

Amount per serving	
Calories	519
Fat	26g
Carbs	44g
Fiber	10g
Sugar	5g
Protein	29g
Cholesterol	0mg
Sodium	313mg
Vitamin A	316IU
Vitamin C	2mg
Calcium	77mg
Iron	3mg

### Directions

- 1 Add the chickpeas, mayonnaise, chili powder, cumin, turmeric and sea salt to a food processor and process until roughly chopped. Transfer to a bowl. Add the celery and stir to combine.
- 2 Place the tofu on a plate and pat dry with a paper towel. Press gently to remove excess liquid then break it into large pieces. Add it to the food processor and pulse until roughly chopped.
- 3 Transfer the tofu to the bowl with the chickpeas and add the chopped almonds. Mix well and enjoy!

### Notes

**No Almonds:** Use walnuts or sunflower seeds instead.

**Leftovers:** Store in the fridge up to 5 days.

**More Greens:** Serve over a bed of arugula, spinach or kale.

**Leucine Content::** 2.88g



## Pesto Tofu Bites

4 servings

30 minutes

### Ingredients

- 15 fl ozs Tofu (extra-firm, pressed and cubed)
- 1/2 cup Pesto
- 1/2 tsp Sea Salt
- 4 cups Tart Cherry Juice

### Nutrition

Amount per serving	
Calories	453
Fat	22g
Carbs	44g
Fiber	1g
Sugar	35g
Protein	21g
Cholesterol	0mg
Sodium	514mg
Vitamin A	486IU
Vitamin C	0mg
Calcium	131mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!
- 3 Consume 1 cup of any fruit juice on the side

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 1 cup cubed tofu.

**Extra Firm Tofu:** To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.

**Leucine Content:** 2.61g



## Yogurt with Banana & Pumpkin Seeds

1 serving

5 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1 Banana (sliced)
- 1/3 cup Pumpkin Seeds
- 1 tsp Honey

### Nutrition

Amount per serving	
Calories	546
Fat	26g
Carbs	49g
Fiber	6g
Sugar	26g
Protein	36g
Cholesterol	34mg
Sodium	144mg
Vitamin A	1332IU
Vitamin C	26mg
Calcium	525mg
Iron	5mg

### Directions

- 1 Add the yogurt, banana, honey, and seeds to a bowl and enjoy!

### Notes

**More Flavor:** Add maple syrup or vanilla.

**Additional Toppings:** Nut butter, shredded coconut, chia seeds and/or hemp seeds.

**Dairy-Free:** Use a dairy-free yogurt alternative.

**Leucine Content:** 2.68g





## Cottage Cheese with Brazil Nuts & Dried Apricots

2 servings

3 minutes

### Ingredients

- 1 cup Brazil Nuts
- 1 cup Dried Apricots
- 1 cup Cottage Cheese

### Nutrition

Amount per serving	
Calories	698
Fat	49g
Carbs	52g
Fiber	10g
Sugar	39g
Protein	23g
Cholesterol	18mg
Sodium	339mg
Vitamin A	2490IU
Vitamin C	1mg
Calcium	229mg
Iron	3mg

### Directions

- 1 Divide dried apricots and brazil nuts between cottage cheese bowls. Enjoy!

### Notes

Leucine Content:: 2.73g