



## Talons Strength & Conditioning Program

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NASM CPT

### Protein Smoothies

Here's a great low-fat way to kick-start your morning or get that much needed afternoon boost.

**TOTAL TIME:** 10 minutes

**NUMBER OF SERVINGS:** 4

#### INGREDIENTS:

3 cups sliced frozen strawberries or raspberries  
1 cup (8 ounces) fat-free vanilla yogurt  
1 cup fat-free milk  
1 scoop protein powder  
2 tablespoons honey

#### DIRECTIONS:

Combine all ingredients in a blender or food processor. Cover and process until smooth. Pour into glasses; serve immediately.

### Turkey-Garlic Stir-Fry

Stir-frying is a healthy, low-fat way to cook up a tasty dish. Combining turkey and veggies helps keep the calories down and the protein up.

#### INGREDIENTS:

1 tablespoon olive oil  
1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
3 cloves garlic, minced  
1 pound skinless, boneless turkey breast, cut into thin strips  
1 package (10 ounces) fresh spinach  
1/2 teaspoon salt

#### DIRECTIONS:

Heat oil over moderate heat in a large nonstick skillet. Add bell peppers and garlic; cook until tender, stirring occasionally. Add turkey breast and cook 2 minutes. Add spinach and salt; cook until spinach is wilted and turkey is cooked through.

### Turkey & Black Bean Chili

#### INGREDIENTS:

1 lb. 99% lean ground turkey  
1 package low sodium chili seasoning  
1 can black beans  
1 can diced tomatoes

#### DIRECTIONS:

Brown the turkey - a little bit of EVOO in the pot please!, add in everything else (don't drain the can of tomatoes), add a little bit of water if you need to keep it 'saucy'.. Simmer for 15-20 min. and enjoy! If you're feeling crazy, top with low-fat sour cream and a SPRINKLE of cheese.

## **Baked Fish**

### **INGREDIENTS:**

2 fish filets of your choice of fish, zucchini and squash.

1 squash

1 zucchini

Any other vegetable of choice

### **DIRECTIONS:**

Heat oven to 350. Slice zucchini and squash into little pieces and bake on a tray. Bake fish at the same time, with appropriate seasoning or topping (Fish sauce, cayenne, lemon and olive oil. Mango chutney. Mayo. Cilantro and cumin.) 20-40 minutes later, enjoy a delicious and easy meal.

## **Omelet in Tortilla**

### **INGREDIENTS:**

5 large eggs

1 avocado

1 cup spinach

1 slice of cheese of choice

1 whole wheat tortilla

### **DIRECTIONS:**

Coat frying pan with olive oil, break the eggs directly in the pan and mix thoroughly. Add spinach, turn heat to medium. Flip omelet after bottom side is cooked. Place tortilla on separate plate and cut avocado. Place the slices on the tortilla. After omelet is cooked place it on the tortilla over the avocados and you have yourself a high protein meal.