

PRAY CARDIO LIFT

Simple, Nutritious Recipes for Real Life

The goal is not perfect food. The goal is an eating pattern that helps meet your health, training, and energy needs and is manageable enough to repeat.

Convenience counts

Frozen vegetables, microwave rice, pre-cooked chicken, canned foods, Greek yogurt, and other convenient options can reduce friction. Many of these meals can be assembled in about the same time - or less - than a takeout trip, and they can often cost less per serving.

Adjust the meal to the goal

Need more training fuel? Increase carbohydrate-rich foods such as rice, pasta, oats, potatoes, or fruit. Need more protein? Increase the protein portion. Need more fiber? Add fruit, vegetables, beans, or whole grains. Portions should fit your individual energy and health needs.

Protein Oatmeal

5 minutes | 1 serving

What you need

- 1/2 cup rolled oats
- 1 cup milk or water
- 1 scoop protein powder
- 1/2 cup berries or 1 sliced banana
- Cinnamon

Step by step

1. Add oats and milk or water to a microwave-safe bowl.
2. Microwave 1-2 minutes, stir, then cook a little longer if needed.
3. Let it cool for about a minute, then stir in protein powder.
4. Top with fruit and cinnamon.

Make it taste better

- Add a pinch of salt before cooking - it makes the sweet flavors stand out.
- Use vanilla protein powder, cinnamon, or a small drizzle of honey.
- For more training fuel, add more oats, banana, or granola.

Chicken Rice Bowl

10 minutes | 1 serving

What you need

- 4-6 oz cooked chicken
- 1 microwave rice cup or about 1 cup cooked rice
- 1 cup frozen vegetables
- Salsa or your favorite sauce
- Seasoning

Step by step

1. Heat the rice according to the package.
2. Microwave or saute the frozen vegetables until hot.
3. Warm the chicken if needed.
4. Put rice, vegetables, and chicken in a bowl. Add salsa or sauce and seasoning.

Make it taste better

- Taco seasoning + salsa is the easiest flavor combination.
- Try soy sauce and garlic, or hot sauce and lime.
- Use rotisserie or pre-cooked chicken when convenience helps you eat well.

Slow-Cooker Salsa Chicken

5 minutes prep | Makes several servings

What you need

- 1.5-2 lb boneless skinless chicken
- 1 jar salsa
- Taco seasoning or chili powder + garlic powder
- Optional: canned black beans

Step by step

1. Place chicken in the slow cooker.
2. Pour salsa over the chicken and add seasoning.
3. Cook until the chicken is fully cooked and tender, following your slow cooker's food-safety guidance.
4. Shred with two forks and mix it back into the salsa.
5. Use it for rice bowls, tacos, wraps, or salads.

Make it taste better

- Choose a salsa you already like - it does most of the seasoning for you.
- Add lime juice, cilantro, hot sauce, or a little cheese when serving.
- Make extra and refrigerate or freeze portions for faster meals later.

Greek Yogurt Bowl

2 minutes | No cooking

What you need

- 1 cup Greek yogurt
- 1/2-1 cup berries or sliced fruit
- 1/4 cup oats or granola
- Cinnamon
- Optional: honey or nuts

Step by step

1. Add Greek yogurt to a bowl.
2. Top with fruit and oats or granola.
3. Add cinnamon and, if wanted, a little honey or nuts.

Make it taste better

- A pinch of cinnamon and a small amount of honey can change the whole bowl.
- Frozen berries work well - let them thaw slightly first.
- Choose the yogurt fat level and toppings that fit your overall needs and preferences.

Egg & Potato Breakfast Bowl

12-15 minutes | 1 serving

What you need

- 2 eggs plus optional egg whites
- 1 small potato, diced, or frozen diced potatoes
- 1 cup frozen peppers/onions
- Salt, pepper, garlic powder
- Optional: salsa

Step by step

1. Cook the diced potato in a lightly oiled pan or use frozen potatoes according to the package.
2. Add peppers and onions and cook until hot and tender.
3. Scramble the eggs in the same pan or separately.
4. Combine everything in a bowl and season.

Make it taste better

- Paprika, garlic powder, black pepper, and salsa make this easy.
- A little cheese or avocado can add flavor if it fits your meal.
- Frozen potatoes and vegetables save prep time.

Easy Chicken Pasta

15 minutes | 1-2 servings

What you need

- 2-3 oz dry pasta
- 4-6 oz cooked chicken
- 1/2-1 cup tomato pasta sauce
- 1 cup spinach or frozen vegetables
- Italian seasoning

Step by step

1. Boil pasta according to the package.
2. Warm the chicken, sauce, and vegetables in a pan.
3. Drain the pasta and add it to the sauce mixture.
4. Stir, season, and heat until everything is hot.

Make it taste better

- Add garlic powder, Italian seasoning, red pepper flakes, or Parmesan.
- Save a spoonful of pasta water and stir it into the sauce if it feels too thick.
- Increase pasta around higher-fuel training days if that fits your needs.

Cottage Cheese Power Bowl

2 minutes | No cooking

What you need

- 1 cup cottage cheese
- Berries or 1 sliced banana
- 1/4 cup oats or granola
- Cinnamon
- Optional: honey

Step by step

1. Put cottage cheese in a bowl.
2. Add the fruit.
3. Top with oats or granola and cinnamon.
4. Add a small drizzle of honey if you want more sweetness. That's it.

Make it taste better

- Cinnamon + banana is the simplest combination.
- Berries add tartness; honey can balance it.
- If texture is the barrier, try a smoother cottage cheese or blend it briefly.