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The image shows three white plates of food. The top-left plate has bread, a salmon patty, and vegetables. The bottom-left plate has a salad with salmon, green beans, and rice. The right plate has salmon, green beans, and vegetables. The text is overlaid on the image.

# Standard Operating Procedures to Eating Healthy in the

# FIREHOUSE

By Aaron Zamzow, BS, CPT

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Thanks so much for downloading this eBook!

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If you're reading this download then you obviously have an interest in being the best Fire Rescue Athlete you can be. Let's face the facts; eating healthy in the firehouse isn't the easiest thing to do. It takes discipline and an avoidance of the kitchen (or whatever place in the firehouse where all the goodies are). Obviously, it is impossible to avoid the kitchen entirely but it is possible to *lean out* the firehouse.

Cooking for a group of hungry firefighters is also not easy-- if you don't cook something tasty you will hear about it from your crew...for a long time. The goal of this e-Book is to provide some guidelines (and some recipes) on how to cook and eat healthy in the firehouse (and at your own house) to keep you lean and "fit for duty."

Let's start off with some basic rules. It's important to note that there are other SOP's of healthy, but for now, start with these and be sure to continue to utilize [www.FireRescueFitness.com](http://www.FireRescueFitness.com) for more information on working out and eating like a Fire Rescue Athlete.

Before we begin I think it's important to address the "elephant in the room." One of the biggest fears of every firehouse chef is not preparing enough food for the crew. This fear usually leads to an *excess* of available food and **larger** portions around the table. So, before we address what to eat, let's get an idea of "how much."

[Click here to read a post on "How to manage serving sizes in the firehouse."](#)

## **A Note on Portion Sizes**

Portion control is an important concept when you're trying to stay fit for duty. Firehouses have a tendency to skew portion sizes. But, you don't need to memorize a food list or carry around measuring cups to get a better idea on serving sizes. All you need is the ability to count to two. And your own hand.

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Here are some great guidelines to teach you portion control:

- Your palm determines your protein portions.
- Your fist determines your veggie portions.
- Your cupped hand determines your carb portions.
- Your thumb determines your fat portions.

### **A note on body size (with portion control)**

If you're a bigger person, you probably have a bigger hand. And if you're a smaller person... well, you get the idea. Your own hand is a personalized (and portable) measuring device for your food intake. Some people do have larger or smaller hands for their body size but "normally" our own hand size correlates closely with general body size, including muscle, and bone size.

You can get a great portion size guide here ([click here](#)) to post around the firehouse (or your house) to help you remember proper portions. A special thanks to [Precision Nutrition](#) for help providing these guidelines.

Now that we have a guideline for "how much" we should be eating, let's now take a look at "what" we should be eating.

### **The SIX SOPs of eating lean in the firehouse**

**(Always fall back to these Standard Operating Procedures when in doubt)**

**1. Limit or eliminate all liquid calories - fruit juices, soda pop, Gatorade, and alcohol.** Alcohol, of course in this day and age is something you won't be drinking in the firehouse but it is something to minimize when off the job. Alcohol provides

nothing but empty calories and provokes bad choices (about food and other things). If you're going to drink beer, wine, or liquor, just keep in mind it will add calories and could keep you further away from getting fit for duty. BUT, we've got to have a little fun now and then right? Moderation in everything is the key. Gatorade and other sports drinks should only be consumed during a fire and after to help rehydrate. Fruit juices, soda pops, and even zero calorie soft drinks should be avoided. They provide nothing but empty calories and a ton of extra acids and other chemicals that will hinder the digestive, nervous, and muscular system. There is even new research that correlates diet, zero calorie drinks to overeating. A study published in *Cancer Epidemiology, Biomarkers and Prevention* found that chugging two or more sodas a week could raise risk of pancreatic cancer (in men...of course). An easy choice is to AVOID them at all cost.

**The second part of this SOP is to stay hydrated.** All of your body's chemical reactions, including your metabolism, depend on water. If you are dehydrated you may be burning up to 2% fewer calories and with as little as a 2% body water shortage, the ability to perform a high intensity activity (like that on the fireground) can be greatly impaired. Here are some great acceptable liquids; bottled water, teas (unsweetened, natural), coffee (hold the sweeteners, except stevia, cream and sugar), coconut milk (plain), and/ or regular almond milk.



\*\*\*\*A little note on energy drinks--They are NO GOOD. Calories or not, these things have tons of chemicals that shouldn't be in your body. If a drink doesn't have calories that once did, it means they

stripped them out by replacing it with some man-made chemical. No good to you or your body! Just avoid them! Try green or black teas, eat better and get more sleep to increase your energy.

**2. Eat Your Fruits and Veggies.** Mom was right, fruits and veggies should be included in every meal and in as many snacks as possible. They provide the body with muscle and energy promoting nutrients that a firefighter needs to get through the day. By loading your body with the maximum amount of nutrients for the least number of calories, they are a dietary bargain. This does not include vegetable chips or veggie sticks or drinking fruit juice. If the fruit or vegetable in question won't rot after a few days of hanging out on the countertop, then it's a processed food. You should choose green, leafy, lower starch veggies over starchier types. Some examples of these include broccoli, kale, cauliflower, and spinach, and cabbage. Starchier types include potatoes, yams, and sweet potatoes.



Recommendations for vegetable intake:

For veggies like broccoli, spinach, salad, carrots, etc. use a fist-sized serving. For men we recommend 2 fist-sized portions of vegetables with each meal. And for women we recommend 1 fist-sized portion of vegetables with each meal (based on eating 4 meals per day). A fist-sized portion is the same thickness *and* diameter as your fist.

*On my crew, we like to put some fruits and veggies out on the table (celery, grapes, carrot sticks) and hide the sweets.*



**3. Add in a LEAN protein to each meal and snack.** This is a must! Adding protein to your meal will help slow down the digestion of food and force the body to burn more calories. You'll also be supplying your body with essential muscle building qualities when you eat more proteins and the more muscle...the better. You should aim at consuming good sources of protein which can include meats, beans, eggs, cheese and/or milk. You need to try to ingest between .8 and 1.0 gram per pound of body weight in order to preserve your calorie-burning muscle mass.

Recommendations for protein intake:

For protein-dense foods like meat, fish, eggs, dairy, or beans, use a palm sized serving. For men we recommend two palm-sized portions with each meal. And for women we recommend one palm-sized portion with each meal. A palm-sized portion is the same thickness and diameter as your palm.

**4. Minimize ALL sugars and processed foods.** Cakes, candies, breads, crackers, pastas, etc. all have high amounts of processed starches and sugars (and yes, I know they are usually around the firehouse). Here's why sugary foods are bad for you. First of all, if you eat a little sugar, you crave a bunch more. Sugar also triggers the body to store more fat. There has been lots of research coming out lately that has linked most of the illnesses we see today (including cancer, disease, etc.) to excessive sugar intake. Choose foods with the least amount of sugar, if a product has more than 10 grams per serving and no fiber, put it back.



**5. Get to know Your Carbohydrates.** Seek out foods containing complex carbohydrates and fiber, like those found in fruits, vegetables and whole grains. There are two kinds of carbohydrates: starchy ones found in potatoes and whole grains, and non-starchy ones found in fruits and vegetables. The basic rule is to focus on fruits and vegetables as your main source of carbohydrates and limit the starchy ones. Fruits and vegetables are high in fiber, low in fat, and contain plenty of water. So, they are chocked full of nutrients and can make you feel full. Starchy, whole-grain carbohydrates are also rich in fiber, so they make you feel full and help you reduce total food intake. Refined grains, like those found in white bread, won't give you the same benefits, and try to avoid these.

Avoid processed carbohydrates. These include grains whose high-fiber shells have been stripped away. Think of white flour or white rice. The calories are the same, but without the fiber, you lose the metabolic satisfaction of eating a grain. Also stay away from carbs that are combined with white sugar (sucrose) and/or fat. White bread, doughnuts, cake, and pasta contain white flour (and a lot of fats) and should be avoided.

Also try to avoid low-carb pasta and breads. These products are made with soy flour (protein flour), have a chewy consistency and don't taste anything like their whole grain counterparts. You're better consuming smaller amounts of a fiber-rich product, like whole wheat pasta or whole wheat bread. Also many breads and cakes made with protein flour have a lot of added fat — and more calories.

**Recommendations for carbohydrate intake:**

For carbohydrate-dense foods — like grains, starches, or fruits — use a cupped hand to determine your serving size. For men we recommend 2 cupped-hand sized



portions of carbohydrates with most meals. And for women we recommend 1 cupped-hand sized portion of carbohydrates with most meals.

**6. Eat your healthy fats.** Here is a nutritional statement worth remembering: Eating fat won't make you fat any more than eating money will make you rich. Actually eating the right kind of fats can make you leaner. The healthy fats that you want to focus on are monosaturated fats, nuts, seeds,



healthy oils found in olives, avocados, omega-3 fatty acids (found in cold water fish), grass-fed meats, some fruits and even chocolate. These fats can lower risks of heart disease, protect the cells from damage, encourage muscle growth and increase the amount of valuable nutrients available for other foods.

**Recommendations for fat intake:**

For fat-dense foods – like oils, butters, nut butters, nuts/seeds – use your entire thumb to determine your serving size. For men we recommend 2 thumb-sized portions of fats with most meals. And for women we recommend 1 thumb-sized portion of fats with most meals.

All of the recommendations for protein, vegetable, carbohydrate and fat are based on the assumption you'll be eating about 4 times a day. Please note that these recommendations serve as a starting point. There is no way to know exactly how your body will respond. So stay flexible and adjust your portions based on your hunger, fullness, and other important goals.

For example: if you're trying to gain weight, and you're having trouble gaining, you might add another cupped palm of carbohydrates or another thumb of fats. Likewise, if you're trying to lose weight, you might eliminate a cupped palm of carbohydrates or a thumb of fats at particular meals. Adjust your portions at any time based on your goals.

You have to remember that these are guidelines. I encourage you to follow them, and if you do, I guarantee you will lean out, feel better, and ultimately be more "fit for duty."

Please read through (and use) the following notes on supplements, pre- and post-workout eating guidelines, the shopping list suggestion, recipes, and sample daily eating guide to help you gain an understanding how to apply these SOP's.

## **A note on Supplements**

I get a lot of questions about for supplements via the blog and our [FRF Facebook Page](#), so I wanted to briefly address what are some good possible supplement options. For more information please look at the additional resources section (at the end of the eBook). My supplement approach is really pretty simple. I do believe that you can get the required nutrients with diet alone, but it is difficult, especially when you're working long shifts and busy. For most of us (especially in the fire service) supplements may be a useful way to help get the valuable nutrients we need. With that in mind, there are 3 basic supplements that I use and would recommend to help fill any nutritional gaps in your diet.

- The first is a multi-vitamin or a "green" food supplement.
- The second is a protein supplement.
- The third is a fish oil supplement.

*\*\*Please consult your physician or other qualified health care professional on any matter regarding your health or wellbeing, especially before taking any nutritional supplements. Remember, the reader is responsible for consulting with his or her own health care professional on any matter raised within this eBook.\*\**

### [Multi-vitamin](#) or a "green" food supplement

The recommended fruit and vegetable intake is at least five servings per day; however, only 3 percent of men and 7 percent of women meet even these minimums. And that's where the multi-vitamin or "greens" supplement can help. Multi-vitamin supplements have been endorsed by the most respected medical organizations in the world for their ability to help reduce the risk of nutrient deficiency. Ideally, the majority of your nutrients should come from a healthy diet rich in fruits and vegetables. A multi or "greens" supplement ensures that you get all the essential vitamins and minerals recommended for each day, keeping your engine running smooth and adding protection against chronic illnesses. These vitamin packed options will insure that you get the vitamins needed to protect against chronic illnesses and stay "fit for duty."



### [Fish oil supplement](#)

You may have heard a lot about Omega-3's. And fish oil is the key source. There's a ton of very positive research on fish oil supplementation, it's been shown to be great for fat loss, and it's even been shown to improve mood and motivation. Fish oil is rich in DHA and EPA, two powerful fats responsible for things like: increased metabolic rate, improved fat burning, and reducing our risk for a host of diseases (cardiovascular disease, cancer, and diabetes). In addition, the minimum recommended EPA and DHA intake is 900mg per day, but the average North American gets only 300mg per day, 1/3 of what's necessary for good health. And that's where fish oil supplements come in.



## [Protein supplement](#)

Proteins have an overall benefit on physical activity and overall health. Protein supplementation is not entirely necessary if you get enough protein from the foods you eat, like lean meats, chicken and fish. But, since most people are crunched for time, they find themselves eating too little protein. That's why adding some quick high-quality protein can be really, really helpful, especially after a fire call or workout.

Is it possible to get all 3 nutrients from food? Absolutely. But very few fire rescue athletes come close to getting the nutrients needed. So, while the goal of this eBook is to help you get your nutrition up to par, we all have "bad" nutritional day or a long shift, these 3 supplements can be a a huge help in supporting and keeping your body "fit for duty."

## **What you should know about workout nutrition**

A proper pre- and post- workout eating routine can greatly enhance both the intensity and stamina during your workout and the recovery after. You never want your body to be in a fasted state, especially when you work out. Yet, many people exercise on an empty stomach or with inadequate nutrition in their "tank." Recent research has shown that you can accelerate your recovery process and increase the intensity of your workout by ingesting the proper pre-workout meal or snack.

### **Pre-Workout Eating**

Consuming the right type and amount of food at the right time can help maximize your workouts and results. It is recommended that you consume 200-300 calories approximately 45-min prior to your scheduled workout—this gives your muscles a head start on the recovery process. These calories should be a combination of complete proteins and lower Glycemic Index carbohydrates. Lower Glycemic Index carbs contribute sustained energy throughout your workout (both

strength and cardio training) while complete proteins provide the building blocks to help you gain lean muscle. The carbohydrate will give you the energy to finish the workout, the protein will ensure that your body will be able to start repairing it's broken down muscles as soon as possible following a routine, especially a strength training one. If weight control is a concern, focus on the protein and minimize carbs in the pre-workout snack.

Here are some great examples of pre-workout snacks: (250-400 calories, 30-60-min prior)

- Half a ham and cheese sandwich on whole wheat or rye (the fat in the cheese lowers the GI of the bread)
- Turkey and avocado on a whole-wheat wrap (protein, carbs, and good fats)
- Nutrition Bar (40% carbs, 30% protein, 30% fat)
- Apple with organic/natural peanut butter
- Yogurt with granola
- Organic/natural peanut butter and jelly sandwich (on high fiber, whole wheat bread)
- Fruit/ vegetable smoothie with water and Whey protein (maybe peanut or almond butter for taste)

\*It probably goes without saying, but with pre-training nutrition, choose foods that don't bother your stomach. Because... you know what happens if you don't.\*

### **Post-Workout Eating**

Post-workout nutrition may be the most important component for aiding recovery and optimal fitness gains. Often times it doesn't happen soon enough, or at all, so much of your workout progress is lost! When you strength train, you are not getting stronger when you are lifting, you are breaking the muscles down. It is after the workout where the body recovers to become stronger and leaner. This is also where the body is most metabolically active...i.e. the furnace is hot! Therefore,

the calories that you consume post workout are quickly burned as they are used for recovery. During this window, your muscles are primed to accept nutrients that can stimulate muscle repair, muscle growth, and muscle strength. This window opens immediately after your workout and starts to close pretty quickly. Research suggests that while protein synthesis persists for at least 48 hours after exercise, it's most important to get post-workout nutrition immediately, and within 2 hours afterwards. If you feed your body properly while this window is open, you'll get the benefits.

If you don't provide adequate post exercise nutrition fast enough — even if you delay by only a couple of hours — you decrease muscle glycogen storage and protein synthesis. It is ideal to consume a combination of carbohydrates and proteins within 40-90 min of completing your workout. If you wait longer, as mentioned above, catabolic effects (muscle breakdown) occurs. A post-workout meal should consist of a 2-to-1 ratio of higher Glycemic Index carbohydrates and complete proteins. The combinations of these macro nutrients promote natural anabolic effects (muscle building and fat burning) in the body.

Ideally, you should have a shake or snack right after the workout. At that point, your cells are wide open and screaming for nutrients. For many people, a protein shake or high protein meal replacement bar might be an easy option. A piece of fruit is a good choice as well, since it's full of antioxidants and jump starts the regeneration process.

Here are some great examples of post-workout snacks and shakes: (300-400 calories, within 40-min after).

- Whey protein powder with juice or watered down sports drink (all high GI).
- Chicken and rice (complete protein with high GI)
- Whey protein powder blended with milk and a banana (higher GI fruit)
- Cottage cheese w/ orange slices or other fruit
- Tuna or chicken salad with pasta

- Protein or meal replacement nutrition bar (40-50 grams carbs, 20-30 grams protein)
- Half a bagel with 2 organic eggs (or ham) and cheese
- Organic chocolate milk

### **Which Type of Exercise Qualifies for a Workout?**

Save your post-workout meals and shakes for weight training, interval, and endurance training lasting 45 minutes or longer. This can and does include high-intensity fire calls also! Casual exercise like walking the dog, cleaning around the yard or house, or riding your bike to work doesn't require a recovery drink or post-workout meal.

### **In Closing...**

The main idea in pre- and post- workout nutrition is to get something that contains complete proteins and quality carbohydrates to maximize results. Eating and hydrating consistently throughout the day lets the body repair and prepare for exercise. Bars, shakes and other specialized products may be a good option for those trying to recover from a longer fire call (or those not having enough time to prepare whole foods). . But whole foods are the best (and least expensive) way to fuel. In the end, there's no one perfect pre-and-post-training feeding regimen for everyone. What to eat is always based on personal preference, time and resources available and budget.

Based on the guidelines above, use this shopping list next time you hit the store...

## Items to put on your Firehouse shopping list

### **Lean meats and fish**

Chicken  
Ground beef (preferably 15% fat or less)  
Sirloin steak  
Top round pork  
Turkey  
Turkey sausage  
Tuna  
Salmon  
Sea bass  
Tilapia  
Trout  
Cod  
Flounder  
Halibut  
Grouper  
Mahi mahi  
Orange roughy  
Shrimp  
Scallops  
Lobster  
Crab

[Whey protein powder](#)

### **Legumes**

Black beans  
Pinto beans  
Black-eyed peas  
Kidney beans  
Red lentils  
Edamame

### **Nuts and Seeds (GOOD FATS)**

Almonds  
Brazil nuts  
Cashews  
Hazelnuts (filberts)  
Macadamia nuts  
Pecans  
Pine nuts  
Pistachios (unsalted)





Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

**Fiber rich grains**

Fresh or whole wheat pasta  
Whole-grain breads (make sure the label reads WHOLE GRAIN)  
Long grain brown rice  
Quinoa

**Vegetables** (Green, Leafy Veggies)

Artichoke  
Asparagus  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Garlic  
Green onions  
Green beans  
Kale  
Lettuce  
Mushrooms  
Onions  
Peas  
Parsley  
Parsnip  
Peppers (all kinds)  
Pumpkin  
Radish  
Romaine lettuce  
Rutabaga  
Spinach  
Squash (all kinds)  
Tomato (actually a fruit, but most people think of it as a vegetable)  
Turnips



**Eggs and dairy foods**

Eggs or Omega-3 eggs

Cheese  
Frozen yogurt (preferably Greek)  
Ice cream  
Ice milk  
Whole, 1% or 2% milk and or Chocolate milk  
Cheddar cheese  
Mozzarella cheese, feta cheese, goat cheese string cheese sticks, cottage cheese  
\*\*Try to go for Organic when possible

### **Fruit**

Apple  
Apricots  
Avocado (More of a Fat)  
Banana  
Blackberries  
Blueberries (also can use frozen)  
Cantaloupe  
Cherries  
Cranberries  
Figs  
Grapes  
Honeydew melon  
Kiwi  
Lemon  
Lime  
Mango  
Orange  
Pineapple  
Pomegranate  
Prunes  
Raisins  
Raspberries (also can use frozen)  
Rhubarb  
Strawberries (also can use frozen)



### **Spreads**

Almond butter, cashew butter, peanut butter (organic), black currant jam, black bean dip, hummus

### **Seasonings**

Basil, parsley, cilantro, cayenne, watercress, cumin, curry powder, chili powder, cinnamon, red-pepper flakes, reduced sodium soy sauce, red-wine vinegar, cider vinegar

## Using the SIX SOPs of eating lean in the firehouse

Here is a sample daily menu and eating plan using the six SOP's as a guide

Food Breakdown	Actual Application
<p style="text-align: center;">Breakfast:</p> Quick Option - Protein Shake OR Lean Protein Source (Eggs) Non Starchy Veggies Source (spinach) Starchy Carb Choice (oatmeal best choice) Fruit Source (berries, apple, banana)	Sausage and Cheese Muffins Oatmeal Blueberries Multi-vitamin Fish Oil
<p style="text-align: center;">Mid Morning Snack:</p> Lean Protein Source (slices of turkey, low sodium beef jerky or Greek yogurt) Fruit Source (Apple, Berries)	Greek Yogurt Apple OR <a href="#">Snack Bar</a>
<p style="text-align: center;">Lunch:</p> Lean Protein Source (turkey, chicken, salmon) Non Starchy Carb (Bowl of Lettuce, Spinach, etc.) Grain Source (Whole grain bread, rye, or Ezekiel Bread)	Healthy Sloppy Joes Whole Grain Bun Broccoli (steamed with a little butter) Whole grain pretzels Glass of 1% Milk
<p style="text-align: center;">Mid Afternoon Snack:</p> Lean protein Source (Protein Shake) OR Healthy Fat Source (Nuts, seeds)	Turkey Avocado Wraps or Protein shake
<p style="text-align: center;">Dinner:</p> Lean Protein Source (Lean Meat Choice) Starchy Carb Choice	Healthy Turkey Loaf Greens and Spinach Salad
<p style="text-align: center;">Evening Snack:</p> Lean Protein Source	½ cup 1% cottage cheese Fish Oil

\*\*\* The Fire Rescue Athlete should aim to drink half of their body weight in ounces of water each day. So if you weigh 180 pounds, try to get 90 ounces of water.



# 10 Healthy Firehouse Recipes

Here are 10 great options for cooking at the firehouse (or your own house). Please note the serving sizes; you may have to adjust the ingredient amounts to fit the size of your crew. ENJOY! For more “healthy” options make sure you utilize the Healthy Firehouse Recipes eBook bonus. For a great printed book option, I recommend the [Eat Like a Firefighter Cookbook](#). It has great recipes from some of the best firehouse chefs all over the country (and some of mine). You can get more information here ([click here](#)).

## Breakfast/ Brunch Recipes

### **Broccoli Spears Omelet**

Ingredients (makes 2 servings)

- 5 eggs
- ½ fistful of parsley
- Splash of soy sauce
- 2 tsp of olive oil
- 2 Tbsp broccoli florets
- 5 asparagus spears (chopped)
- ¼ string beans, halved
- ½ cup spinach
- 1 glove of garlic, chopped
- Dash of black pepper

Directions

1. Mix the eggs, parsley and soy sauce in a bowl.
2. Coat a skillet with the olive oil and sauté the broccoli, asparagus, beans, spinach, garlic, and black pepper for 5 minutes.
3. Pour the egg mixture over the vegetables. Stir it for about 30 seconds and then let it sit for a minute. Stir it again until the eggs firm up and then let it sit for another minute. Then fold it and remove from pan. Enjoy.

### **Sausage & Cheese “Muffins”**

Ingredients (makes 4-5 servings)

- 4 ounces turkey sausage or crumbled turkey bacon
- 5 large eggs
- ½ cup (2---oz.) shredded reduced---fat cheddar cheese
- ½ green bell pepper, chopped
- ¼ onion, chopped
- 1 can (12---oz.) sliced mushrooms, drained

Directions:

1. Preheat the oven to 350°F.
2. Coat a 6---cup nonstick muffin pan with cooking spray, or line with paper baking cups.
3. In a medium nonstick skillet over medium---high heat, cook the sausage, pepper, and onion for 5 minutes or until the sausage is no longer pink.
4. Spoon the mixture into a bowl and cool slightly. Stir in the eggs and mushrooms.
5. Evenly divide the mixture among the prepared muffin cups. Sprinkle with the cheese.
6. Bake for 20 minutes or until the egg is set.

## Healthy Snack Recipes

### **Holy Granoly**

(Here is a great option for a healthy snack. It takes a little time to cook so I recommend cooking a bunch, storing and using for a snack all week long.)

Ingredients (4-6 servings)

- 3 cups oats
- ½ cup unsalted almonds, roasted
- 3 Tbsp whole flaxseeds
- 1 tsp ground cinnamon
- 1 cup toasted wheat germ
- 4 scoops vanilla whey protein powder
- 2 Tbsp brown sugar
- 3 Tbsp honey
- 3 Tbsp dried cranberries
- 3 Tbsp dates, chopped
- 2 Tbsp raisins
- 1 cup water

Directions

1. Preheat the oven to 350
2. In a large bowl, mix together the oats, almonds, flaxseeds, cinnamon, wheat germ, protein powder, brown sugar, honey and water.
3. Coat a large baking pan with cooking spray. Add the mixture and spread it form edge to edge to create an even layer.
4. Bake for 90 minutes, stirring every 15 minutes, until all the granola is browned and crunchy. If it's not crunchy after 90 minutes, bake for 15 minutes longer while watching to make sure that it doesn't get too dark
5. Remove from the oven and allow it to cool completely.
6. Add the cranberries, dates, and raisins. Stir to mix.

## **Avocado Wraps**

(This is an easy, healthy snack.)

Ingredients (serves 4-6 per avocado)

Avocado, sliced lengthwise (make sure to peel skin and de-pit)  
8 deli turkey slices  
Toothpicks

Directions

1. Take slice of avocado and wrap with a slice of turkey.
2. Use toothpicks to keep wrap sealed.

## **Lunch Recipes**

### **Sunrise Casserole**

Ingredients (serves 4)

1 large onion, chopped  
1 green or red bell pepper, chopped  
6 ounces low-fat turkey sausage, cut into bite-size pieces  
¼ teaspoon ground sage  
2 ½ cups 1% milk  
¾ cup liquid egg substitute  
½ cup (2 ounces) cubed low-fat cheddar cheese  
¼ teaspoon salt  
4 cups bread cubes, crusts removed

Directions

1. Preheat the oven to 350°F. Coat an 8" x 8" baking dish with nonstick spray.
2. Coat a large nonstick skillet with nonstick spray. Set over medium-high heat. Add the onion and bell pepper. Cook for 3 to 4 minutes, or until almost soft. Add the sausage and sage. Cook, stirring often, for 5 minutes, or until the sausage is no longer pink.
3. Meanwhile, in a large bowl, combine the milk, egg substitute, Cheddar, and salt. Add the bread cubes and the sausage mixture. Stir to mix, making sure that the bread cubes are moistened. Pour into the prepared baking dish. Press with the back of a spoon to pack the mixture.
4. Bake for 35 to 40 minutes, or until browned and slightly puffed.

### **Heart Healthy Chicken Sandwich**

Ingredients (serves 4)

2 tablespoons nonfat plain yogurt  
2 tablespoons light mayonnaise  
1/3 cup chopped celery  
2 tablespoons finely chopped onions  
1 (9.75 ounce) can Swanson® Premium Chunk Chicken Breast in Water, drained

8 slices Pepperidge Farm® Whole Grain 100% Whole Wheat Bread  
8 slices tomatoes  
4 lettuce leaves

#### Directions

1. Stir the yogurt, mayonnaise, celery, onion and chicken in a medium bowl.
2. Divide the chicken mixture among 4 bread slices.
3. Top with the tomato, lettuce and remaining bread slices

### **Healthy Sloppy Joes**

Ingredients (serves 4)

Pound of meat (turkey or beef)  
2 cloves of garlic  
1 medium onion shredded  
1 cup of Ketchup (organic)  
1 tablespoon YELLOW mustard  
1 tablespoon brown sugar  
Couple dashes of hot sauce  
1 diced green pepper

#### Directions

1. Brown meet in a large skillet, add onions and peppers, continue to stir on medium heat.
2. Add sugar and garlic and mustard...stir well. Enjoy.

## Dinner Recipes

### **Healthy Turkey Loaf**

Ingredients (serves 4)

½ pound ground turkey  
1 egg  
¼ cup salsa  
1/8 cup chopped red bell pepper  
1/8 cup chopped yellow bell pepper  
¼ cup chopped onion  
¼ cup dry bread crumbs  
Lemon pepper to taste

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl combine the turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended. Press mixture into a loaf pan.
3. Bake in the preheated oven for 25 minutes.

## **Grilled Fish with Asparagus**

Ingredients (serves 4)

5 medium lemons, divided

½ cup Sun---Dried Tomato Dressing

4 firm---textured fish fillets (1 lb.), such as cod, tilapia or salmon

1 lb. asparagus, trimmed

Directions:

1. Squeeze juice from 1 of the lemons; mix with the dressing. Pour half of the dressing mixture into large re-sealable plastic bag. Add fish fillets; seal bag. Marinate in refrigerator at least 15 min. Cover and refrigerate remaining dressing mixture for later use.
2. Meanwhile, preheat grill to medium heat. Cut each of the remaining lemons into 4 slices. Remove fish from marinade; discard bag and marinade. Place 8 of the lemon slices on grill grate; top with the fish. Brush with some of the reserved dressing mixture. Cover grill with lid. Grill fish 5 min.; turn over. Add remaining 8 lemon slices and the asparagus to grill.
3. Grill an additional 5 min. or until fish flakes easily with fork and asparagus is crisp--tender, brushing with the reserved dressing mixture.
4. Remove fish, lemon slices and asparagus from grill. Discard lemon slices under fish. Serve remaining lemon slices with fish and asparagus.



## **Additional Resources**

Here are some great additional resources to learn more about nutrition and supplementation for the Fire Rescue Athlete:

Precision Nutrition (I am Precision Nutrition Certified, I highly recommend their programs):

- [3 Supplements I recommend](#)
- [How to Fix Your Diet](#)
- [Calorie Control Guide](#)

Prevention.com

- [Your Guide to Calories and Portion Control](#)

CDC.gov

- [Healthy Eating- Portion Size](#)

MayoClinic.org

- [Portion Control](#)

Health.com

- [8 Tips for Controlling Portion Sizes](#)

Other Great blog posts from [FireRescueFitness.com](#) about nutrition:

[Nutritional Myths around the Firehouse...](#)

[Healthy Nutrition in the Firehouse \(or any house\)](#)

[10 Simple Rules for Firefighter Fat Loss...](#)

[Trick or Treat....Why Sugar is Bad](#)

[Saving Firefighters Lives...](#)