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My Favorite Gourmet Nutrition Recipes

Post-Workout & Anytime Meals That Taste Great and Are Great For You

by [John M Berardi](#), September 28th, 2011.

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Summary: For an upcoming project I was asked to list my six favorite recipes from our wildly popular [Gourmet Nutrition V2](#) cookbook. So in today's post I decide to share these recipes with you. If you haven't checked out the book yet, please do. I have a hunch it'll quickly become your favorite cookbook.

The [Gourmet Nutrition V2](#) cookbook was created to show people that great-tasting food can also be great for you.

We took the healthiest ingredients and whipped them into nearly 300 pages of delicious culinary creations that you can serve with confidence to the most discerning foodie – or the most nitpicky nutritionist.

We also included detailed cooking instructions and ideas for improvisation. And we've even photographed every recipe in beautiful color to show you just how appetizing healthy food can be.

To say the book has been a big hit would be an understatement. We've sold over 20,000 copies to date and Gourmet Nutrition customers continue to post raving reviews both on the [Precision Nutrition Forums](#) (150 reviews) and at [Amazon.com](#) (15 reviews).

For an upcoming project, a collaboration with a 2-time New York Times bestselling author, I was asked to share my top six Gourmet Nutrition recipes. So I wanted to share those recipes with you today.

My Favorite Post-Workout Recipes

Post-workout meals are those meals that contain a moderate to high amount of carbohydrates (greater than 25% of total calories). I recommend eating these meals within 2-3 hours of your last exercise session.

Banana Cream Pie Oatmeal (page 42)

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[Healthy Recipes](#) (24)

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[Weekly Newsletters](#) (284)

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Banana Cream Pie Oatmeal

Ingredients

Low-fat milk or almond milk 1 cup
 Coconut milk ¼ cup
 Old fashioned large flake oats ½ cup
 Water ¼ cup
 Vanilla protein (equal to 25 g protein) 1 scoop
 Banana (sliced) ½

Serving Size

Serves 2 large or 4 small.

Preparation Time

3 min. Preparation Time
 10 min. Cooking Time

Introduction

This recipe combines fresh bananas and coconut milk – a beverage made from the meat of mature coconut. Packed with anti-viral, anti-bacterial, and anti-fungal agents, coconut milk is not only delicious; it's also very good for you. If you like the taste of piña coladas, you'll love this oatmeal recipe.

Instructions

In a small pot bring milk and coconut milk to a boil over medium heat. Add the oats. Reduce heat to medium-low and simmer until milk is absorbed (approximately 7-10 minutes), stirring occasionally. Combine ¼ cup of water with protein in a separate bowl. Mix with a fork until protein is dissolved. For a smoother consistency, mix powder with water in blender or food processor and blend until protein is dissolved. Pour protein mixture and bananas over oatmeal and serve. Serves 2 large or 4 small.

Variations and Options

If you like your oatmeal softer, add 2-4 tablespoons of extra water to the pot before adding oats. If you are lactose intolerant or wish to avoid dairy, replace the 1 cup of milk with 1 cup of water and ½ scoop of protein powder or 1 cup of almond milk. Alternatively, you can substitute with non-cow's-milk dairy (e.g. goat's milk, yogurt). For a creamier mixture, instead of mixing the protein with ¼ cup of water, try combining the protein with ¼ cup of apple sauce or yogurt. If you'd like your oatmeal to be infused with banana flavor, add ½ cup of mashed banana once the oatmeal has simmered for 5 minutes. Then continue to cook for an additional 2 minutes or so.

Nutritional Information

(per serving) large small

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Calories (k/cal)	523.1	261.6
Fat (g)	16.7	8.3
Saturated (g)	11.5	5.7
Monounsaturated (g)	1.4	0.7
Polyunsaturated (g)	1.2	0.6
omega-3 (g)	0.3	0.1
omega-6 (g)	0.9	0.5
Carbohydrates (g)	53.9	26.9
fiber (g)	6.1	3.1
sugars (g)	14.0	7.0
Protein (g)	39.4	19.7

Spaghetti Squash Spaghetti (page 94)



Spaghetti Squash Spaghetti

Ingredients

Spaghetti squash 4 cups
 Coconut oil or butter (melted) 1 tbsp
 Salt ¼ tsp
 Pepper 1/8 tsp
 Cinnamon 1/8 tsp
 Olive oil cooking spray
 Ground sirloin or extra lean ground beef (340 g) 12 oz
 Onion (small diced) 1 cup
 Tomato sauce 2 cups
 Cashews (crushed) ¼ cup
 Parmesan cheese (grated) ½ cup

Serving Size

Serves 2 large or 4 small.

Preparation Time

15 min. Preparation Time
 45 min. Cooking Time

Introduction

If you love eating spaghetti but hate what it does to your stomach and hips, you're not alone. Yet spaghetti squash can act as an excellent pasta substitute. So why not simulate your favorite spaghetti recipe with this take on spaghetti with meat sauce.

Instructions

Preheat oven to 375°F. Cut squash in half and clean out the center and seeds. Place cut side up on a baking sheet and drizzle with oil or butter. Season with salt, pepper and cinnamon and then place in the oven. Bake squash for 45 minutes or until tender enough to stick a fork into it with minimal resistance. Remove from oven and allow it to cool a little. While the squash is baking, preheat a non-stick frying pan on medium heat, lightly coat with spray and add the ground sirloin. Sauté the sirloin in batches if necessary, until lightly browned and cooked all the way through. Add onions and sauté for 2 minutes more. Remove from heat, add in the tomato sauce and cashews, and set aside. Once squash has cooled a little, scoop the flesh out of the skin with a spoon, measure and add it to the meat sauce. Next, reheat in the frying pan on medium until warm. Garnish with the parmesan. Serves 2 large or 4 small.

Variations and Options

Make this post-workout recipe a chicken recipe by substituting sautéed chicken breast for the ground beef. For a lower-carb anytime dish, reduce spaghetti squash from 4 cups to 3 cups. For a more gourmet approach, plate the warm squash first, top with the hot meat sauce and then garnish with the parmesan, adding some chopped basil on top.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	709.1	354.6
Fat (g)	31.2	15.6
Saturated (g)	15.6	7.8
Monounsaturated (g)	10.3	5.2
Polyunsaturated (g)	2.8	1.4
omega-3 (g)	0.4	0.2
omega-6 (g)	2.2	1.1
Carbohydrates (g)	52.4	26.2
fiber (g)	9.7	4.8
sugars (g)	22.9	11.4
Protein (g)	54.7	27.3

Pesto Chicken Pizza (page 126)



Pesto Chicken Pizza

Ingredients

Boneless skinless Chicken breast (170 g) 6 oz
 Salt ¼ tsp
 Pepper 1/8 tsp
 Olive oil cooking spray
 Whole wheat tortilla
 Pesto 3 tbsp

Broccoli florets (small) ¼ cup
 Sundried tomato (thin sliced) ¼ cup
 Asparagus (cut into ½ inch pieces) ½ cup
 Aged white Cheddar ½ cup

Serving Size

Serves 1 large or 2 small.

Preparation Time

10 min. Preparation Time
 10 min. Cooking Time

Introduction

Pizza seems to have an almost primal draw, with people in all cultures eating some form of the dish. Of course, regardless of its widespread appeal, pizza has never been known as a “healthy” offering, because of the fact that it’s typically high in processed carbs and saturated fats. With this dish, we’ve lightened it up by using our own homemade pesto, chicken, and a host of veggies – all on a whole wheat tortilla. If you like pizza, you’ll certainly come back for seconds of this thin-crust ed alternative.

Instructions

Season chicken with salt and pepper and then follow the cooking instructions for Sautéed Chicken Breast (refer to instructions on page 112 or sauté using your own method). Set aside. Preheat oven at 400°F. Lightly coat a baking sheet with spray and place the tortilla shell on the tray. Spread the pesto base evenly around the shell leaving the outside inch free for the crust. Combine all the other ingredients except for the cheese in a mixing bowl and toss until mixed together. Spread evenly covering the pesto. Top with the cheese and bake until cheese is melted and shell is lightly toasted (about 10 minutes). Serves 1 large or 2 small.

Variations and Options

For a flavor variety, try using Yummy Hummus (pg.262), Sundried Tomato Tzatziki (pg.258) or Rosemary Eggplant (pg.250) as a substitute for the pesto. Use seasonal vegetables whenever possible as they not only taste better but have a healthier nutritional profile. For a cheesy variety, try using mozzarella, feta, havarti or swiss instead of cheddar.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	658.4	329.2
Fat (g)	20.8	10.4
Saturated (g)	4.9	2.4
Monounsaturated (g)	11.1	5.5
Polyunsaturated (g)	1.2	0.6
omega-3 (g)	0.7	0.3
omega-6 (g)	1.1	0.6
Carbohydrates (g)	50.9	25.5
fiber (g)	15.9	8.0
sugars (g)	7.4	3.7
Protein (g)	67.0	33.5

My Favorite Anytime Recipes

Anytime meals are those meals that contain a low amount of carbohydrate (less than 25% of total calories). I recommend eating these meals any other time outside of your post-workout period.

Peaches and Cream Omelet (page 52)



Peaches and Cream Omelet

Ingredients

Olive oil cooking spray
Egg whites (6 large) 1 cup
Whole omega-3 eggs 2
Cinnamon 1/8 tsp
Splenda® (1 package) ¼ tsp
Low-fat cottage cheese ½ cup
Small peaches (small diced) 2
Pecans (crushed) ¼ cup
Low-fat plain yogurt ½ cup

Serving Size

Serves 1 large or 2 small.

Preparation Time

3 min. Preparation Time
10 min. Cooking Time

Introduction

It's no surprise that the heavenly taste of peaches and cream makes for a dessert classic. However, typical peaches and cream recipes are filled with sugar and fat. With this fresh take on peaches and cream, we've combined the goodness of peaches and cream with the protein power of a morning omelet. Not a combination most would think of – but this recipe is delicious in its unconventionality.

Instructions

Preheat a large non-stick frying pan on medium heat. Lightly coat with spray. Whisk egg whites, eggs, cinnamon and Splenda® together in a mixing bowl. Pour mixture into the pan. Cook for a couple of minutes until the top of the mixture begins to bubble. Cook for 1 minute until bottom is golden brown. Flip the omelet and cook until the other side is golden brown. Transfer omelet to a plate. Mix cottage cheese, peaches and pecans together and place half of the mixture onto one side of the omelet. Fold the omelet over to cover contents. Use remaining peach mixture as a fruit salad side, and garnish omelet with yogurt and serve. Serves 1 large or 2 small.

Variations and Options

Use fruit-flavored yogurt instead of plain yogurt as a higher-carb option. For fruit variety, substitute peaches with nectarines, apples, berries, banana or oranges. If you'd like to avoid Splenda®, you can replace with a small amount of stevia. If you like sweeter yogurt, add a small amount of Splenda® or stevia to the ½ cup low-fat plain yogurt before garnishing omelet.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	651.8	325.9
Fat (g)	31.7	15.9
Saturated (g)	5.6	2.8
Monounsaturated (g)	14.6	7.3
Polyunsaturated (g)	8.1	4.0
omega-3 (g)	1.1	0.5
omega-6 (g)	7.2	3.6
Carbohydrates (g)	33.0	16.5
fiber (g)	5.2	2.6
sugars (g)	28.2	14.1
Protein (g)	58.6	29.3

Sirloin Burger with Coconut Cauliflower Mash (pages 90 and 196)



Sirloin Burger (fries are pictured but not included in recipe)



Cauliflower Mash

Ingredients (for Sirloin Burger)

Ground sirloin or extra lean ground beef (170 g) 6 oz
 Salt 2 pinches
 Pepper 1 pinch
 Chili powder 1 pinch
 Fresh garlic (minced) 1 tsp
 Onion (finely chopped) 2 tbsp
 Worcestershire sauce 1 tsp
 Olive oil cooking spray

Serving Size

Serves 1 large or 2 small.

Preparation Time

3 min. Preparation Time
 10 min. Cooking Time

Introduction

A great-tasting burger is hard to beat. This Sirloin Burger has an excellent texture and flavor and goes great with Coconut Cauliflower Mash or Miso Vegetable Brown Rice.

Instructions

Preheat a non-stick frying pan on medium heat. Combine all ingredients except cooking spray together in a mixing bowl and stir until completely combined. Form into a round shape about ¾ inch thick. Lightly coat pan with spray and place the sirloin burger into the pan. Cook the burger until lightly browned and then gently flip and brown the other side. Cook all the way through and serve. Serves 1 large or 2 small.

Variations and Options

To add flavor and texture, add finely chopped peppers, corn or herbs to the burger.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	232.9	116.4
Fat (g)	8.4	4.2
Saturated (g)	3.8	1.9
Monounsaturated (g)	3.6	1.8
Polyunsaturated (g)	0.4	0.2
omega-3 (g)	0.1	0.0
omega-6 (g)	0.3	0.2

Carbohydrates (g)	3.1	1.6
fiber (g)	0.3	0.2
sugars (g)	1.4	0.7
Protein (g)	36.2	18.1

Ingredients (for Coconut Cauliflower Mash)

Cauliflower (rough chopped) 3 cups
Cashews (crushed) ¼ cup
Coconut milk ¼ cup
Salt 1 pinch
Pepper 1 pinch
Cinnamon 1 pinch

Serving Size

Serves 1 large or 2 small.

Preparation Time

2 min. Preparation Time
15 min. Cooking Time

Introduction

If you like mashed potatoes but worry about the high-carb content, worry no longer. Mashed cauliflower tastes just like mashed potato but has far fewer calories and packs a bigger nutrient punch. In this recipe, we've included a crunchy twist to mashed potatoes by adding cashews.

Instructions

Add all the ingredients to a pot and bring to a boil over medium heat. Reduce heat to low and cover with a tight-fitting lid. Simmer for 15 minutes and then remove from heat. Purée in a blender or food processor until smooth. Add 1 tablespoon of water at a time if necessary to get the mixture moving. Serves 1 large or 2 small.

Variations and Options

For a great anytime meal, serve with homemade Sirloin Burgers (pg.90). For a great soup, add a cup of broth to this recipe when blending. Refer to page 266 for instructions on blending hot mixtures. For additional flavoring, try adding your favorite herbs to the mash. Paprika, safflower, or coriander are awesome spices to try in this recipe. If you don't have a food processor, you can mash with a fork.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	409.4	204.7
Fat (g)	27.3	13.6
Saturated (g)	13.3	6.7
Monounsaturated (g)	8.6	4.3
Polyunsaturated (g)	2.8	1.4
omega-3 (g)	0.0	0.0
omega-6 (g)	2.8	1.4
Carbohydrates (g)	27.8	13.9
fiber (g)	8.6	4.3
sugars (g)	9.2	4.6
Protein (g)	13.3	6.6

Fruity Chicken Skewers with Stuffed Zucchini (pages 116 and 186)



Fruity Chicken Skewers



Stuffed Zucchini

Ingredients (for Fruity Chicken Skewers)

Bamboo skewer sticks
Boneless skinless chicken breast (1-inch cubed, 170 g) 6 oz
Pineapple (1-inch cubed) 3 pieces
Apple (core removed, 1-inch cubed) 3 pieces
Red pepper (cut into large pieces) 3 pieces
Onion (cut into large pieces) 3 pieces
Butter (melted) 1 tbsp
Ginger ½ tsp
Salt ¼ tsp
Chili powder ¼ tsp

Serving Size

Serves 1 large or 2 small.

Preparation Time

10 min. Preparation Time
15 min. Cooking Time

Introduction

Fruits usually pair well with chicken and in this recipe we've given you a great way to sweeten up your chicken breasts. This combination of chicken, fruits and sweet veggies goes especially well with flavorful dishes like our Stuffed Zucchini (anytime) and our Fruity Cashew Quinoa (post-workout).

Instructions

Preheat oven to 350°F. Carefully slide ingredients onto the skewer using lots of chicken. (For example, chicken-pineapplechicken- apple-chicken-red pepper-chicken-onion-chicken). Continue making skewers until the chicken is used up. Combine melted butter, ginger, salt and chili powder in a small bowl. Place the skewers on a baking tray or in a casserole dish and then brush with the butter mixture on all sides. Place skewers in the oven and bake until chicken is cooked through (12-15 minutes). You can check the doneness of the chicken by tearing a piece in half. Serve and enjoy! Serves 1 large or 2 small.

Variations and Options

For a lower-calorie meal, substitute fruit with vegetables. Zucchini and garlic are great options. For a more tenderized and flavorful meat, marinate the skewers for a couple of hours (or over night) in a mixture of 2 tablespoons oil, 3 tablespoons acidic juice (lemon, lime or orange), ½ teaspoon ginger and salt and pepper to taste.

Nutritional Information

(per serving)	large	small
Calories (k/cal)	369.0	184.5
Fat (g)	14.0	7.0
Saturated (g)	7.9	4.0
Monounsaturated (g)	3.5	1.8
Polyunsaturated (g)	0.6	0.3
omega-3 (g)	0.4	0.2
omega-6 (g)	0.5	0.3
Carbohydrates (g)	20.1	10.1
fiber (g)	2.7	1.4
sugars (g)	12.9	6.5
Protein (g)	40.7	20.4

Ingredients (for Stuffed Zucchini)

Zucchini (medium, halved lengthwise) 2
Olive oil cooking spray
Onion (finely diced) ¼ cup
Fresh garlic (minced) 1 tsp
Shitake or portobello mushrooms (small diced) ¼ cup
Tomato (finely diced) ¼ cup
Low-fat feta cheese
(crumbled) ¼ cup
Pecans (crushed) ¼ cup
Tomato sauce ½ cup

Serving Size

Serves 1 large or 2 small.

Preparation Time

5 min. Preparation Time
10 min. Cooking Time

Introduction

This zucchini recipe blends together a number of potent flavors like feta cheese, shitake mushrooms, and pecans to create an awesome, nutrient-packed side dish that goes great with steamed fish. In addition to the taste and nutritional goodness, this recipe also looks really cool once plated. Enjoy.

Instructions

Preheat the oven at 375°F. Cut zucchini in half lengthwise. Using a spoon and knife (if needed)

remove all the white flesh (do not discard the skin or flesh). If the green skin breaks don't worry. Preheat a large non-stick frying pan on medium heat. Lightly coat with spray and add the white zucchini flesh, onion, garlic and mushrooms. Sauté until onions are lightly browned and liquids have evaporated. Then remove from heat. Add tomato, feta cheese and pecans to the pan. Stuff the zucchini peel with the heated mixture. Reform the peel around the stuffing. Add to a baking sheet and cook in the oven for 30 minutes. Remove from oven and serve with warm tomato sauce. Serves 1 large or 2 small.

Variations and Options

For an anytime meal option, serve with Steamed Halibut (pg.156).

Nutritional Information

(per serving)	large	small
Calories (k/cal)	469.2	234.6
Fat (g)	27.1	13.5
Saturated (g)	6.2	3.1
Monounsaturated (g)	12.7	6.4
Polyunsaturated (g)	6.5	3.3
omega-3 (g)	0.4	0.2
omega-6 (g)	5.7	2.9
Carbohydrates (g)	37.5	18.7
fiber (g)	10.6	5.3
sugars (g)	17.9	9.0
Protein (g)	19.0	9.5

So, there you have it. My 6 favorite recipes from Gourmet Nutrition V2. [Gourmet Nutrition](#) is the cookbook that's as friendly to your body as it is to your taste buds, and it's equally at home on your kitchen counter and your coffee table. Pick it up, read it through, and try it out – we know you'll love it!

[To learn more about Gourmet Nutrition V2, click here.](#)