

HAPPY THANKSGIVING FROM BETSY'S KITCHEN



It's November, and the beginning of the Holiday Season! It's also the time where our first competitions start to crop up, the weather is getting cooler and the excitement for the holidays brings warmer foods, turkey and dressing and lots of opportunities to enjoy time with family and friends! As the leaves are falling and turkeys are roasting, it's also a time to focus on choosing foods that are not only delicious but FUNCTIONAL and will help you stay healthy, give you energy and keep your body strong for the upcoming season!





A GYMNAST'S THANKSGIVING DAY PLATE:

Did you know that the foods served during this American Holiday are actually some of the most FUNCTIONAL and beneficial to gymnasts? The rich and colorful foods that are placed upon our tables are loaded with vitamins, minerals, antioxidants and energy boosting compounds! Now, you may say there are a lot of “white foods” on your table (white meat turkey, mashed potatoes, bread/rolls, butter) but there are really so many COLORFUL foods to be enjoyed at Thanksgiving! I want you to really focus on those as the colorful foods are the ones with powerful phyto-chemicals (good stuff) and antioxidants for your health!

Let's take a look at
Betsy's top FIVE Must
eats for Thanksgiving
Day Dinner!

5 Colorful FOODS to Include on Your Turkey Dinner Plate

Sweet Potatoes/ Squash/ Root Vegetables: Sweet potatoes, yams, gourds, squash and root vegetables like turnips and rutabagas are all grown in the ground, which means they are mineral dense. Loaded with magnesium, potassium and zinc, these vegetables are good for your bones, your heart, and your skin and are also packed with fiber. Root veggies are also supportive of building immunity and healthy eyes! If you see deep orange, yellow foods then you know its heavy in vitamin A which is a gymnast's friend!



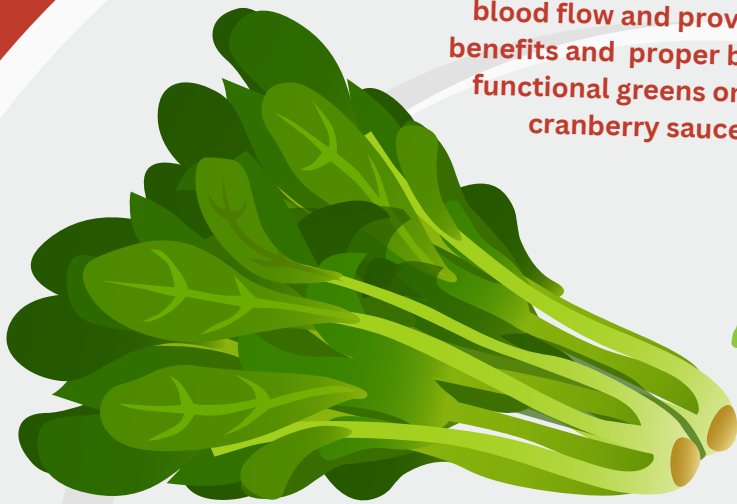
Homemade Cranberry Sauce: Cranberries are one of the most potent antioxidants on the planet. Packed with vitamins and minerals that help keep cells strong, cranberry sauce is also big in vitamins C and K (my two favorite vitamins for this particular newsletter) great for immunity and bone health! Load up on the sauce!

Baked Turkey: (Both light and dark meat) Turkey is a protein packed food that will help repair your muscles and also help to release tryptophan- which releases both melatonin (helps you sleep) and serotonin (makes you happy) Be ready to be happy then take a nap after your turkey dinner, and that's ok, because you work hard and deserve it! Turkey also is rich in B12 which is important for **ENERGY.**



5 Colorful FOODS to Include on Your Turkey Dinner Plate

Collard Greens and Green Beans: If it's green,,,, its GOOD! Yep, collard greens and green beans are dense with folate, calcium and protein, all essential for strong bones. Greens contain a large amount of vitamin K, which helps with blood flow and provides anti-inflammatory benefits and proper brain function. Slap some functional greens on your plate next to the cranberry sauce and turkey! Yum!



Apple Pie: An Apple a day, definitely keeps the Dr. Away! You can't have Thanksgiving Day Dinner without dessert! Be sure to have a slice of deep dish apple pie. Apples are not only water dense and filled with vitamin C, and A, they also lower your blood pressure- so good for your cardiovascular health/heart, your bones and your skin! A gymnast's dream!



Vitamin K and C:

Two Essential Vitamins for a Healthy Gymnast:

At Betsy Bootcamp we are always pushing FUNCTIONAL FOODS! And of course vitamins and minerals are crucial component to making foods FUNCTIONAL. Functional foods are foods that contain vitamins and minerals that help an athlete with energy, recovery, and overall health. As a gymnast headed into competition season, there are two very very important vitamins that I want you to focus on getting into your body this month: Vitamin C and Vitamin K. Take a look at what foods these vitamins are found in,,,,, AND WHY they are so essential for gymnasts, specifically!

VITAMIN K

Some of the highest sources of Vitamin K are ...



VITAMIN C

Some of the highest sources of Vitamin C are ...





BENEFITS OF VITAMIN C FOR GYMNASTS

- * supports immune system- fends off sickness during competition season
- * improves skin health- keep yucky fungus at bay and ripped hands supple!
- * In combination with protein builds collagen for strong ligaments, tendons and bones
- * maintains optimal heart and function for stronger cardiovascular output and power



BENEFITS OF VITAMIN K FOR GYMNASTS

- * supports healthy blood flow for cardiovascular health and anti-inflammatory benefits
- * maintains strong bones by supporting the absorption of calcium
- * acts as an antioxidant by helping protect against cell damage – keeping you healthy
- * supports regulating blood sugar levels which helps with sustaining energy during practice!
- * boosts immune and digestive systems for overall bodyfunction

Three Delicious Recipes Of The Month:

Zucchini Bread Mug Cake



YUMMY ZUCCHINI BREAD MUG CAKE

INGREDIENTS

- 3 Tbs almond flour
- 2 Tbs coconut flour
- 1 Tbs ground flaxseed
- 1/4 tsp baking powder
- 1/8 tsp cinnamon
- 2 tsp raw walnuts, finely chopped
- 1/4 cup dark chocolate chips
- 1/8 tsp nutmeg
- 1/4 cup zucchini, finely grated
- 1/2 tsp orange zest
- 1 Tbs maple syrup
- 1 egg
- 1/4 tsp vanilla extract
- 2 Tbs coconut oil
- 2 tsp water

DIRECTIONS

Prep

1. Spray mug with nonstick spray.

Make

1. Combine almond flour, coconut flour, flaxseed meal, baking powder, grated zucchini, orange zest, nutmeg, cinnamon, walnuts and sea salt in a bowl and mix until combined.
2. Add egg, maple syrup, vanilla, and melted coconut oil and mix until batter is formed.
3. Add 2 teaspoons of water to batter and mix in
4. Pour into mug and microwave for 2 minutes.

Who says you can't eat "green" in your desserts? Zucchini is a water dense courgette rich in Vitamin B6 which helps regulate energy. It is also packed with vitamin K (our favorite) and tons of fiber!!!

Try this amazing Zucchini bread the perfect accompaniment to your Thanksgiving Dinner!

Three Delicious Recipes Of The Month:

Baked Apple Chips



This recipe is a great “fall time favorite” alternative to greasy potato chips ! Apples are especially in season during the fall months and are known to be one of the most powerful, functional and healthy fruits on the planet! Give it a try!

Ingredients

6-8 Granny Smith Apples
cored and slices VERY thin
(leave skins on)

Cinnamon and coconut
sugar

Baking sheets with wax
paper

Directions:

Preheat oven to 200
degrees.

Core your apple and slice your apple sideways very very thin! Place on baking sheets on wax paper. Flip them over after one hour then bake another 1.5 hours. Turn off the oven and let them sit after that for another 30 minutes. Sprinkle with cinnamon and coconut sugar and enjoy!

Note: The thinner the crunchier your chips! Also be patient with this recipe, it takes a few hours to make the perfect crunchy chips

Three Delicious Recipes Of The Month:

Homemade Thanksgiving Cranberry Sauce:



Ingredients

12 ounces (340 g) fresh or frozen cranberries*

1/2 cup (120 ml) fresh-squeezed orange juice* (about 1 large orange)

1/4 cup (60 ml) grade A maple syrup

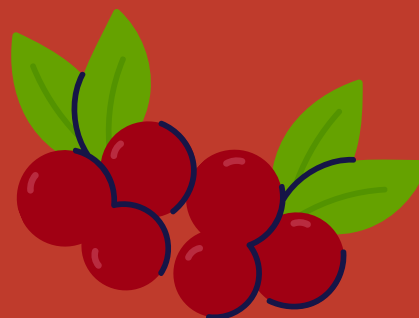
1 teaspoon vanilla extract

Optional add-ins: 1/2 teaspoon orange zest, cinnamon stick, 1/4 teaspoon nutmeg, chopped pecans, blueberries, etc.

Instructions

Add all ingredients to a medium pot and bring to a boil over medium-high heat. Reduce the heat to medium and simmer for 6-8 minutes. Stir the mixture frequently to ensure nothing burns or sticks to the pan. The filling is “done” once it has thickened and most of the cranberries have popped. Use a fork or potato masher to pop the remainder of the cranberries, if desired. Let cool completely before serving as desired; leftovers will keep in the fridge for up to one week.

Yep, you saw in the first part of this newsletter that cranberry sauce is a “must have” for any gymnast’s Thanksgiving Day Plate! Include this healthy sauce as on your turkey dinner plate this holiday! Definitely powerful in antioxidants and tastes delicious, too!



Message From Betsy: Be Confident,,, anddddddd Thankful!!!



Every Thanksgiving I end my nutrition newsletter with a reminder to be “THANKFUL” for all that you have, your coaches who coach you, your parents who support you, your body that works for you and your friends and other loved ones around you- and of COURSE, I want to stress that again. But also, this Thanksgiving, I want to remind you to be CONFIDENT going into the 2024 competitive season.

You have worked really hard this summer and pre-season to put your routines together, to eat healthfully and to take care of your body both inside and outside of the gym. Oftentimes I see athletes begin to doubt themselves as the competition season rolls around, and I want to ENCOURAGE YOU to be confident, and work extra hard this month to visualize and see, and believe in yourself that YOU CAN do it this year!!! Always remember, if you are honestly doing all the hard work, then you can be CONFIDENT in the hours and repetitions that you are putting toward your competitive season. All you can do is your best. And doing your best in NUTRITION is also important and aides in your confidence. Think about it, if you are eating well, you just FEEL well. And when you FEEL well, you are in a better mood, you are happier and your energy levels and practices go smoother. Eating well aides in not only your confidence, but also your gymnastics! So go out there this pre-season and really believe in YOU, EAT FUNCTIONALLY and SHINE! I am thankful for YOU!