

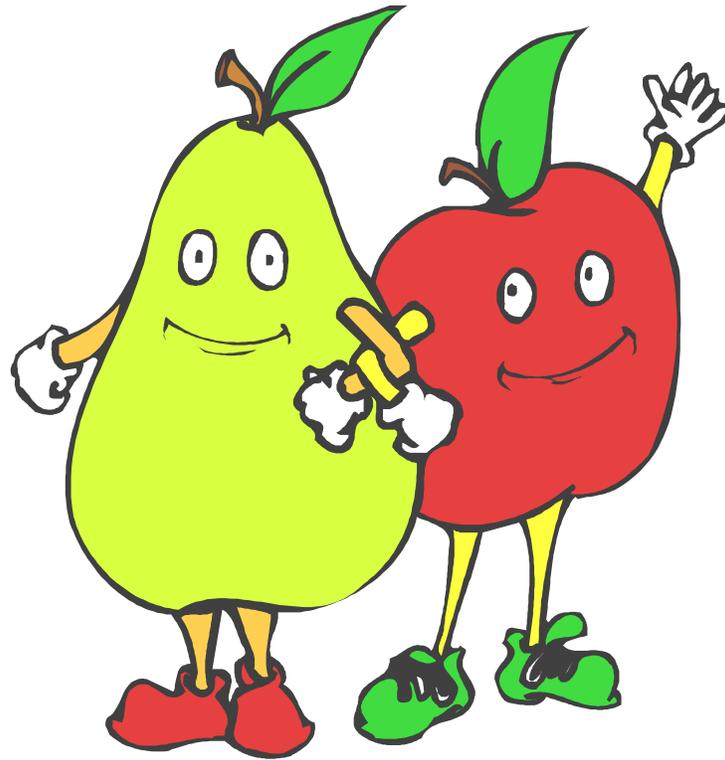


*Pauly Girl Fastpitch*

HIGH PERFORMANCE PITCHING



Compiled  
By  
Joan Pauly



I'll take the # 1 COMBO, with curly fries and a coke...  
Oh! And supersize that, will ya? . . . .

**NOYL – “not on your life”**

Ah yes! Another softball handout. You can be sure that you are going to receive every little component of information you could possibly use to succeed. Thus, when you graduate, you will know that you actually did do every single “little thing” you needed to stand on stage in that cap and gown and get your diploma.

***Your goal is the same as our goal*** - your graduation.

Remember, as an athlete you need to be keeping yourself in the best possible physical condition. Use team practices to get in shape, and improve your conditioning level through sport specific training exercises, drills and stretches. Improved flexibility and increased athletic capacity are sure outcomes, along with a firmer physique and improved muscle tone. Better mental health and relaxation are added benefits.

One further method to improve your muscle contour and body tone is with your diet.

By the word -“diet”---- I do **NOT** mean calorie **reduction**.

I mean **NUTRITION** - *food that goes into your body*.

Just remember...“Junk in, junk out”! Your body functions from the foodstuff it is fed; feed it well and your energy levels remain higher, burn calories more efficiently, and recover faster. Your brain is more alert from protein and healthy food sources, and you will be less tired – physically and mentally.

You can actually eat *more* - if you eat **right**. Muscle weighs more than fat. So as you tone, your weight may not reduce as you anticipate. But, remember, since you are losing fat stores your muscles are toning and your body fat percentage is decreasing. The goal is to reduce this percentage accordingly – not count calories or pounds.

This is a lifestyle change, not just a softball application. Improved softball performance and endurance will be a potential triumph from a proper diet. Personal presentation and self-confidence are additional benefits from feeling healthy, strong, and energetic.

I’ve included information from a variety of professional sources:

**Paula Owens:** [www.paulaowens.com](http://www.paulaowens.com) – See additional articles on website

My clients who are trying to decrease body fat and build lean mass are given dietary guidelines to help them achieve their goals. For people who require extreme structure, I design a personalized food and supplement plan for them, but thought I’d share some of my basic guidelines with you.

We all have needs that are slightly different, but overall, the goal is to decrease insulin and/or make the insulin receptors more sensitive so that the primary fat-building hormones shift to a better metabolic state of lipolysis. There are also supplements that aid with insulin resistance.

#### **Here are some Basic Dietary Principles**

1. If it doesn’t fly, swim, walk (i.e.: chicken, fish, buffalo), don’t eat it. Vary your protein sources so that allergies and/or food sensitivities don’t result. Avoid all food allergens that you know of. Dairy, wheat, sugar and yeast products are the biggest culprits here. Symptoms of food sensitivities may include headaches, coughing, blurred vision, rapid heartbeat, indigestion, skin rashes, fatigue, joint swelling, fluid retention and mood swings.
2. Consume unlimited amounts of anything green, preferably organic.
3. Ensure adequate daily, filtered water intake. (Your body weight x .07 = number of daily ounces) Water should not be taken with meals before food is swallowed because saliva activity is weakened when large amounts of water are used to wash down food. Extremely hot or cold fluids depress gastric juices and acts as a shock to your system.
4. Eat 25-30 grams of protein five times daily. This is for the average woman. Men and athletes have increased protein requirements, as do those experiencing high amounts of stress from injuries, illness or stressful lifestyle (relationship issues, traveling often-especially to various time zones, late nights, inadequate sleep, hormonal issues, etc.)
5. Eat high fiber foods to balance the high protein content and move toxins out of your body. High fiber foods include whole grains, vegetables, fruits, beans and legumes. Choose carbs low on the glycemic index. The leaner you are the more carbs you can consume and tolerate.
7. Use organic meats, dairy, veggies as often as possible.
8. Eat five times a day and avoid fasting so that your body doesn’t go into starvation mode and produce excess cortisol. Excess cortisol activates enzymes to store fat!
9. Read ingredient labels, not just the macronutrient breakdown, and avoid all products that contain trans fats and/or high fructose corn syrup.

10. Lemon-ize everything. Lemon creates an alkaline environment, increases bile flow, awesome for the kidneys and liver. Remember, a liver clogged with chemicals and toxins cannot perform its' fat-burning duties. Caffeine, sugar, trans fats, inadequate fiber intake and medications, including use of aspirin, compromise the health of your liver. Signs of a toxic liver include weight gain (especially around the abs), cellulite, abdominal bloating, indigestion, high BP, elevated cholesterol, fatigue, mood swings, depression and skin rashes.

11. I do not recommend counting calories, as caloric needs vary depending on your activity level, body fat percentage and lean body mass....very specific to each individual.

12. Absolutely no artificial sweeteners. This means NONE, not even a little. These include Splenda, Sweet N Low, Equal, Aspartame, etc. (Use Steeva, Agave nectar, or raw unfiltered honey for sweetening-jp)

13. Be mindful and present when eating. Consider portion control.

14. Eliminate alcohol intake. Alcohol disrupts insulin, creates hormonal imbalances, bloating, etc. Alcohol is estrogenic and feminizing. I can instantly tell, on the spot, if someone is a party animal just by looking at their face, torso and skin.

15. Do not fear fat. Consume smart fats at every meal (i.e.: olive oil, flax, avocado)

16. Include thermo genic spices such as ginger, cayenne, mustard and cinnamon. These raise your body temperature and kick your metabolism into high gear

In the evening, eat nut butter, tuna and turkey or cultured yogurt due to high tryptophan levels to promote sleep. Eating a grapefruit half at bedtime also helps.

Never go more than 3-4 hours without eating. Consume 5 "mini" meals daily. **Always eat breakfast.** Aim for 20-30 grams of protein at every meal.

Once a week chocolate treat – one ounce – 70% cocoa.

Avoid all Soda (liquid candy), even Diet sodas (aspartame). Not optimal for bones, fat loss or calcium stores. Soda binds up magnesium. 16 teaspoons of sugar in one can.

Choose oranges/grapefruits over juices for the fiber content. Juice is calorically dense and void of fiber.

No bars, unless it's an emergency. Bars are upgraded candy bars with high sugar and chemical content. (Biogenesis Gluco Bars or Jay Robb protein bars are okay)

NO sweetener – equal, sweet n low or splenda allowed.

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**EPICENTER / EXECUFIT NUTRITION 101 [www.epicenterperformance.com](http://www.epicenterperformance.com)**

(NO DIETS! Just Eating Healthy)

- Eat 4-5 small meals during the day. Example: Breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner.
- Mid-morning and mid-afternoon snacks should consist of: protein-energy bar, or low fat yogurt, or vegetable sticks and fruit are just a few examples.
- No or limit fried foods
- No or limit "fast foods"—If you must—Grilled chicken sandwich with lettuce and tomatoes only!
- NO mayo
- Do not add extra salt to foods—Stay away from bagged potato chips and taco chips.

- NO Diet or regular Sodas / Drink plenty of cold water during the day. Dehydration slows down your metabolic rate.
- No or limit Caffeine
- No complex carbohydrates at your evening meal, such as breads, pastas, rice, potatoes
- Eat Breakfast! The most important & biggest meal of the day
- Don't skip meals!
- Use whole grain breads only—No white breads
- Eat protein with each meal
- Do not use whole milk—Skim only
- Eat white meats such as Grilled chicken, fish, or turkey.
- Eat plenty of fruits and vegetables.
- Eat good fats such as found in walnuts, olive oils and some fish.
- EXERCISE! Your body was meant to move! (3 to 5 times a week) You should walk / run / lift weights / swim / take an aerobics class / whatever---just MOVE!!
- Eat for your NUTRITIONAL needs rather than your EMOTIONAL needs.

What to Eat Before Competition:

Purpose:

1. Prevent low-blood sugar which presents itself as light-headedness, extra fatigue, blurred vision and indecisiveness.
2. Settle the stomach, absorb some gastric juices and curb hunger.
3. Fuel muscles – food eaten in advance is stored as glycogen.
4. Influence your brain for upcoming activity.
  - When eaten an hour before exercise, foods that will be digested are: yogurt, banana, oatmeal, apple
  - Limit high-fat proteins – cheese, steak, and hamburger. Try – sliced turkey or chicken, cottage cheese, cereal & milk
  - Sugary foods cause drops in blood sugar, causing light-headed, tired, fatigued.
  - Eat familiar foods before a competition avoiding intestinal discomfort
  - Drink plenty of fluids

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### 5 Foods to Fuel your Workout <http://health.ivillage.com/>

By Jonny Bowden, MA, CNS for iVillage

The rule is this: The less time until the workout, the less you should eat. This makes sense: It takes time to digest food, so you don't want to scarf down a huge breakfast right before getting on the treadmill. Those planning to run the marathon on Sunday usually eat a huge dinner on Saturday night. But those planning to go for a three-mile jog at 5:30am may be fine with just an orange eaten about 20 minutes before.

With that in mind, I've prepared a list of my five favorite all-around pre-workout snacks. These work just fine for a workout in the late afternoon for a little extra energy to combat the 3pm crash.

#### With a Smear

This is one of my favorite snacks, period. I take some hearts of celery and fill in the groove with some organic almond butter or peanut butter. This snack really travels well in Tupperware and makes a terrific pre-workout snack. Why? The celery has fiber and nutrients (including calcium and vitamin A) and a ridiculously low 6 calories per medium stalk. The nut butter has protein and fat. The overall calories are low, and this really fills you up without slowing you down, providing great "slow-release" energy for a terrific workout.

#### The Double A

An apple with almonds. The apple is the perfect food for a pre-exercise snack. The sugar load is moderate, it contains valuable pectin fiber which slows the entrance of that sugar into the bloodstream, and it's a nutritional powerhouse

containing vitamins, minerals and antioxidants. Combine it with about a dozen almonds, which add some fat and protein, further slow the entrance of the sugar into the bloodstream for sustained energy, and keep hunger away.

### **Berry Cheesy**

Here's a little tidbit of info that you might enjoy: In my latest book, – The 150 Healthiest Foods on the Planet , I asked 16 of the best-known experts in the country to contribute lists of their 10 favorite healthy foods. Berries, especially blueberries, made the list of more experts than any other food. Berries are loaded with phytonutrients, antioxidants and fiber, and are low in sugar. Mix a bowl of berries with a piece of string cheese for the perfect pre-workout snack. The string cheese has 8 grams of protein, some fat to keep hunger at bay and only about 80 calories. And it's an excellent source of calcium.

### **TG: Too Good**

The initials of this snack stand for turkey and grapes. It's a perfect match of protein, carbs and low calories to take the edge off your hunger and prime your exercise pump. Four small slices of deli-packaged turkey contain only 87 calories but give you more than 14 grams of protein, plus some of the cancer-fighting mineral selenium to boot. A cup of grapes adds some carbs to the mix together with all the health-giving phytochemicals grapes are known for. Go for fresh turkey whenever possible as the packaged kind is high in sodium and go for red or purple grapes as they have more antioxidants.

Obviously there are other choices besides my five favorites. In a pinch, I'll use a protein bar, though you'll want to watch the sugar content and look out for the presence of trans-fatty acids. One of my favorites is Atkins Advantage, though there are others you may like as well.

Hard-boiled eggs are another secret weapon in the search for portable protein that combines nicely with a little fruit (such as an apple)

### **Eating AFTER your Workout** By Jonny Bowden, MA, CNS for iVillage

The reason the post-exercise meal is so important? For about an hour after your workout, there's a window of opportunity when your muscles are literally starving for nutrients. We call this the golden hour. The "golden hour" after the workout is the time when those muscles soak up nutrients most effectively and the meal you eat at this time is the most important for building muscle and replenishing energy sources. That's when your muscles are hungry and your depleted glycogen (muscle sugar) stores need replacing. Choose what you eat after the workout with just as much care as you choose that pre-workout snack.

The first thing your body needs is a nice fresh supply of amino acids. Amino acids are the building blocks of protein and are used by your body for making muscles, hormones, neurotransmitters, bones and all sorts of other important things. Exercise depletes critical amino acids such as glutamine and the three-branched chain, the aminos valine, isoleucine and leucine -- and the way you replenish your body's supply is with protein. That means meat, chicken, eggs, fish or *whey protein powder*\* (\*not for NCAA athletes-drink chocolate milk instead-jp).

The second thing you need is some carbohydrates. Exercise draws upon your body's stores of glycogen, which is the storage form of sugar. Glycogen waits in the liver and the muscles for a signal that sugar is needed: "Hey, she's exercising, let's give her some fuel!" Your body can hold about 1,800 calories of sugar as glycogen, which is plenty to fuel any workout short of a marathon, but athletes do best when their glycogen stores are full, so unless you are on a carb-restricted diet, some slow-burning carbs after working out is a good idea. (Hint: The best carbs are oatmeal, brown rice, grains like quinoa or amaranth, and all vegetables and fruits).

Your muscles need protein for repair and growth, and your body needs some carbs to replenish its glycogen stores. Truth be told, after a hard workout your body is like the plant in *Little Shop of Horrors*: It's crying "Feed me!" and it won't take no for an answer. Remember, right before exercise you have to consider the time it takes to digest food, so you need to go light. But post-workout is the ideal time to have a full meal. So what's the best meal, or combination of foods, to have post-workout?

Here are five of my favorites: By Jonny Bowden

### **Chicken and Mixed Vegetables**

Four ounces of skinless, boneless chicken breast contains almost 35 grams of high-quality protein as well as small amounts of calcium, [magnesium](#), zinc and iron; 255 mg of phosphorus; 287 mg of heart-healthy potassium; and 75 percent of the recommended dietary intake for niacin, a B vitamin that's important in energy metabolism. One large (6-ounce) chicken breast is even more loaded: It contains more potassium than there is in a medium banana, plus a whopping 53 grams of protein.

The fat in boneless, skinless chicken is mostly monounsaturated. Only 1.1 grams of the 4 grams of fat in 4 ounces of chicken is saturated fat. The vegetables provide carbs and fiber. If you like, you can have half of a sweet potato with the meal and a spoonful of olive oil and/or almonds on the vegetables.

### **Breakfast Anytime: Egg Omelet with Avocado**

Eggs are just about the best source of protein on the planet. I much prefer free-range, cage-free eggs, which tend to be higher in good omega-3 fats. I never, repeat *never*, throw out the yolks. Egg yolks, along with beef liver, are two of the richest dietary sources of phosphatidylcholine, which helps prevent fat and cholesterol from accumulating in the liver. Egg yolks are also a source of choline, which is essential for cardiovascular and brain function and for the health of your cell membranes. One large egg provides 300 micrograms of choline (all in the yolk) and 315 milligrams of phosphatidylcholine. Mix with as many vegetables as you like for a perfect meal. Hint: I also stir-fry a sliced apple into the mix. Serve with avocado for a nice dose of fiber and monounsaturated fat.

### **Whey Protein Shake\*** (\*plain yogurt for [NCAA athletes or check banned substance listing-jp](#))

I consider whey protein powder the best protein powder available, it's made without high heat and comes from grass-fed cows. You can mix whey powder with frozen berries (my favorite) and water, or with almost any combination of ingredients; I've thrown in a spoonful or two of peanut butter, oatmeal or sliced apple, or made it plain with water. All work. The whey provides the protein; the berries provide the carbs. (You can of course make the shake with milk or soymilk, but watch out for the calories. I don't recommend making shakes with juice.) (Check Rice Protein by

### **The Three S's: Salmon, Spinach and Sweet Potato**

Here's the ideal balanced meal. Wild salmon for protein and omega-3s, spinach for the cornucopia of vitamins and minerals (including the superstar of eye nutrition, lutein), and a sweet potato for slow-burning carbohydrates. It's an almost perfect meal. You can add a little olive oil or butter to the sweet potato or even sprinkle it with almonds

### **Bodybuilder's Delight: Tuna, Brown Rice and Vegetables**

You can't go to a "hard core" gym without seeing a bodybuilder eating this old classic from a Tupperware container. A single can of light tuna canned in water and drained provides an astonishing 42 grams of high-quality protein for under 200 calories. That same can has more than 100 percent of the daily value for niacin, 29 percent of the daily value for vitamin B6 and 82 percent of the daily value for vitamin B12. And tuna is a superb source of the vitally important cancer-protective trace mineral selenium. Add some brown rice for fiber and carbs, load up with the vegetables and you're good to go.

You can't go wrong with any of those five, or variations thereof. They'll load up your body with the energy needed to refuel and the protein needed to rebuild and repair muscle.



**By Sue Gilbert – Boost your alertness with protein.**

Protein foods are broken down into their amino acid building blocks during digestion. One amino acid -- tyrosine -- increases the production of dopamine, norepinephrine and epinephrine. These neurotransmitters are known for their ability to increase levels of alertness and energy. No one eats pure tyrosine, but eating foods high in protein will give you a slight mental boost. High protein foods include fish, poultry, meat and eggs. If you can't eat those, try high-protein foods that also contain significant amounts of carbohydrates, such as legumes, cheese, or milk.

**For relaxation and stress relief, eat carbohydrates.**

Carbohydrates will trigger the release of insulin into the blood stream. Insulin clears all the amino acids from the blood, except tryptophan, which normally is crowded out by other amino acids in its attempt to cross the blood-brain barrier. But when its competitors are out of the way, it floods the brain, where it's converted to serotonin. Serotonin is a neurotransmitter that reduces pain, decreases appetite, produces a sense of calm and, in large quantity, induces sleep. Research has shown that dieters tend to become depressed about two weeks into a diet, about the time their serotonin levels have dropped due to decreased carbohydrate intake. Healthy carbohydrate foods to turn to for stress relief include whole-grain breads, whole-grain pasta, brown rice, whole grain cereal, oatmeal and fruit.

**For the most beneficial effects of carbohydrates and protein, eat them separately.**

For example, the energy-boosting effect of protein will be offset if you start out a lunch of fish (pure protein) with a roll (mostly carbohydrate). Eat protein first, then go lightly on the carbohydrate if want to stay alert.

**Folic acid is also an important counter to depression.**

Folic acid deficiency has been linked to depression in clinical studies. This deficiency causes serotonin levels in the brain to decrease. Psychiatric patients with depression have much higher rates of folic-acid deficiency than the general public. Depression can be relieved by as little as 200 micrograms, an amount easily obtained in a cup of cooked spinach or a glass of orange juice.

**A lack of selenium can cause bad moods.**

Individuals suffering from too little selenium have been shown to be more anxious, irritable, hostile, and depressed than people with normal levels of selenium. Selenium may have some unknown neural function, but as of yet, its mode of action is unknown. Enough selenium to correct a deficiency will normalize mood, but more does not elevate mood further. Be sure to get your daily dose by eating a Brazil nut, tuna sandwich, sunflower seeds, whole-grain cereals or swordfish.

**Put eggs back in your diet to improve memory and concentration.**

One nutrient that many of us are apt to lack is choline. Choline is a B-complex vitamin that is concentrated in high-cholesterol foods like eggs and liver. A lack of choline can cause impairment of memory and concentration. Choline is a precursor to the brain neurotransmitter acetylcholine, which is linked to memory. People given drugs that block acetylcholine flunk memory tests, and low levels of acetylcholine have been linked to Alzheimer's disease and poor memory. What a good excuse to put eggs back on your diet plan!



**In a "nutshell"!**

The **NO - NO's**

Avoid alcohol, caffeine and smoking

Avoid trigger foods such as sugar – sugar depresses the immune system – and makes you want to eat more (1 tsp. of sugar depresses the immune system for 6 hours – Mountain Dew contains 8 tablespoons of sugar)

Aspartame

Artificial sugar substitutes

Nitrates

MSG – Mono Sodium Glutamate

Salty foods

Refined foods – white bread

Carbonated soda or pop – liquid sugar

Fried foods – no dipped, battered, fried or deep fried

Lard – Hydrogenated fat (solid when cold)

Chips – Potato, Doritos,

Sweets/sugar – jello, cookies, donuts, cake, brownies,

**Don't skip breakfast:** *Some ideas are*

Yogurt, fruit, and nuts

Eggs, whole wheat toast, peanut/almond butter, fruit

Cottage cheese, fruit, nuts

Scrambled eggs, wheat toast, salsa

Hard boiled eggs, wheat toast, fruit

Oatmeal, nuts, berries, milk

Cereal, nuts, berries, milk

Cereal, milk, fruit, wheat toast w/peanut butter

Meat - protein, fruit, nuts

Eggs, fruit, nuts

Eggs, veggies, orange

Yogurt, ½ wheat bagel, fruit

Hard boiled eggs, ½ wheat bagel, peanut butter

**Breakfast, snack, lunch, snack, dinner, snack**

**“Yes – Yes” foods**

**Nutritious cereals:** Oatmeal, Ezekiel, Kasha - **not** Lucky Charms or Fruit Loops or Captain Crunch

**Fruit:** All berries, oranges, grapefruit, apples, kiwi, plum, peaches, cantaloupe, cherries, papaya, banana, watermelon, pineapple, mango

**Nuts/seeds:** Raw unsalted almonds, pecans, walnuts, pumpkin, sunflower, hazelnuts, peanut butters (natural), almond butter

**Dairy:** skim milk, cottage cheese, cheeses (not cheese food), and yogurt – plain is best

Goat cheese, goat feta, Goat milk, raw milk

**Non Dairy:** Rice Dream, Almond milk

**Vegetables:** Asparagus, green beans, broccoli, cabbage, cauliflower, kale, Chinese cabbage, carrots, cucumbers, eggplant, spinach, escarole, collard greens, kale, romaine, lettuce, onions, green and red bell peppers, mushrooms, radishes, sprouts, tomatoes, zucchini, squash, water chestnuts, garlic, avocado. *Onion, tomato, peppers*, – kick up the metabolism

**Grain/Starch:** Small sweet potato or yam, black beans, pinto, legumes, lentils, brown rice or quinoa, whole wheat pita, whole wheat bread, vegetable soup, miso soup, corn tortillas, green peas, small red potato, whole wheat pasta, quinoa pasta.

**Breads:** Whole wheat grains – watch sugar content; check the freezer section for Ezekiel or Flourless bread if gluten is an issue. Rice crackers.

**Lemonize** your water, lemon cleans and alkalizes your system

**Protein:** Turkey, fish, tuna, salmon, chicken (**not fried**), eggs, pork, lean beef, buffalo, beans, lentils, quinoa.

**Fats:** Olive oil-first cold pressed, avocado, coconut oil, Omega3/6-fish oil vitamin.

**Sweeteners:** Stevia (powder or liquid), Agave nectar, raw honey

**Remember:** The idea is to improve nutritional value of what you eat to supplement your performance.

A daily multiple vitamin is a good thing to use as is a probiotic or papaya tablet. Food today, unless organic, has less nutritional value. Supplementation boosts your system, probiotics/papaya help digest the food for your body to use as fuel.

If you have trouble with stomach issues, allergies, facial breakouts or illnesses consider trying wheat, sugar, and dairy free for three weeks. Food stuffs are available to substitute at stores like Whole Foods, Earthfare, Rosewood Market, Trader Joe's and Publix. Dairy and wheat gluten can sometimes cause inflammation. Intestinal health means whole health.

### Snack Ideas:

Apple slices with peanut butter or cheese  
Orange and almonds  
Cottage cheese with fruit  
Cheese stick and banana  
Cheese and wheat/rice crackers  
Yogurt and nuts  
Hardboiled egg and berries  
Wheat bagel and peanut butter  
Bran muffin and hardboiled egg  
Celery, carrots or peppers with hummus or almond/peanut butter dip  
½ whole wheat pita with hummus and pepper strips

Carrots, peppers, or celery with cottage cheese or hummus  
Banana and peanut butter  
Cereal and berries  
Yogurt, berries and nuts  
Wheat tortilla and turkey (without nitrites) rollup  
Turkey and cheese roll up  
Wheat tortilla, hummus and veggie rollup  
Nuts or seeds  
Shrimp and salsa  
Deviled eggs  
Grapes, cheese, whole wheat crackers

**WATER! WATER! WATER!** - Carry it with you where ever you go and you'll drink more every day. Make sure you have **WATER** at all practices and games.

### Protein Shake: (Snack)

Milk or filtered water or Rice Dream  
Whey protein powder\*(**NCAA check regulation**), or Rice protein, or yogurt  
Frozen or fresh fruit - strawberries, raspberries, peaches, blueberries (buy frozen in bag)  
Blend and drink  
*Frozen fruit makes it frosty while adding nutrition*

### Paula's Protein Pancakes:

Protein whey/rice powder \*(**NCAA check regulation**)  
Eggs  
Milk  
Cinnamon  
Flax meal, nuts or berries (optional)

Scoop of protein powder, an egg, milk to consistency of pancake batter.  
Using spray olive oil and nonstick pan cook as pancakes.

If using chocolate powder; save a pancake and when cool spread with peanut butter and roll up for a "peanut butter cup" protein snack.

### Lynn's Hummus Recipe:

Blend – Drained and rinsed can of garbanzo beans/chick peas, 1/8 cup tahini (sesame seed paste), ½ Tablespoon sesame oil, juice of ½ lemon, 2 Tablespoons olive oil, 1 Tablespoon water, garlic clove, ¼ teaspoon salt, dash black pepper (optional ¼ teaspoon ground coriander, cumin, pinch pepperoncino)

### Overnight Oatmeal:

In crock pot add: 4 cups water, ½ cup half/half, 1 cup steel cut oatmeal.  
Add dried fruit of choice. Ready in AM for breakfast.