

SPARTAN SUMMER GRILLING GUIDE



By Anne L'Heureux R.D., L.D., SGX

Summertime means getting outdoors and being active in nature. At the end of a day spent on the trails, on the beach, or on the race course, there's nothing like kicking back to the smell of fresh foods on the grill. Whether it's grass-fed beef patties, delicious salmon, or fresh veggies, they've all got their place at the table.

Spartan's approach to nutrition is simple:

- Eat real food.
- Eat enough, but not too much.
- Variety is key.
- Keep it simple.

Spartan's summer cookbook is designed to keep grilling easy so you can also do what you love, spend time with your family, and train for your next event. Check out these tips and recipes for nutritious that's downright delicious.

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CHOOSING LEAN CUTS OF MEAT

Keeping lean means eating lean. The primary goal of protein is to provide amino acids to help build and repair lean muscle mass. Clean and lean protein comes from cuts of meat with lower saturated fat. Free-range chickens and grass-fed beef is always a plus. Here are easy ways to identify lean cuts.

MARBLING

Marbling is essentially lines of fat running through the meat. In animal proteins, this fat is saturated fat, so limiting marbling means lower saturated fat and a resulting leaner cut of meat. Choose meats with thin lines of marbling dispersed evenly throughout.

THE NAME SAYS IT ALL

Meats with “loin” or “round” in the name tend to be leaner (sirloin, tenderloin, eye of round).

PREPARATION

Trim any excess fat around the edges to reduce unwanted saturated fat

Down and Dirty Guide to the Leanest Proteins

- Beef
- Poultry
- Pork
- Fish

A QUICK REFRESHER:

Types of Fat Found in Proteins

Saturated Fat

Saturated fat is found primarily in meat and dairy. Saturated fat has been shown to increase levels of LDL (think L as in “lousy”) cholesterol and to increase risk for heart disease.

Mono and Polyunsaturated Fats

Found in oil, avocados, peanut butter, nuts, seeds, salmon, mackerel, herring, and trout, mono and polyunsaturated fats help increase HDL and reduce LDL cholesterol levels. They help provide the body with essential fats.

Summer Fruits and Veggies:

WHAT'S IN SEASON

FRUITS

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupes
- Cherries
- Honeydew Melons
- Kiwis
- Mangos
- Nectarines
- Peaches
- Plums
- Raspberries
- Strawberries
- Tomatillos
- Tomatoes
- Watermelons

VEGETABLES

- Beets
- Bell Peppers
- Carrots
- Celery
- Collard Greens
- Corn
- Cucumbers
- Eggplants
- Green Beans
- Lima Beans
- Okra
- Summer Squash
- Zucchini

Grilling Quick Tips

VEGGIES

- Toss in light oil to help seasoning stick to the veggies, prevent the veggies sticking to the grill, and to retain moisture.
- Thick veggies take longer to cook than thin ones. Avoid burning dense vegetables by partially cooking them first (steaming works well).
- Low and slow works best. Once you have a bit of a char, move the veggies to a cooler spot for lower, slower cooking.
- Short on time? Cut your veggies into smaller pieces to decrease cooking time. Make the pieces a relatively equal size for even cooking.
- Get some help: skewers, baskets, and foil are all helpful tools for cooking veggies on the grill. Skewers and baskets can be an easy way to handle a variety or large quantity, while cooking in foil packs helps seal in moisture and flavor while reducing charring. Simply toss your veggies in oil and seasoning, place them on a heavy-duty aluminum foil sheet, and fold the sheet into a neat envelope that is sealed tightly on all edges before placing the envelope on the grill.

FRUITS

- The heat of the grill brings out the natural sweetness of fruit, so there’s not a lot to do!
- Choose dense fruits, and keep the pieces large to avoid it falling apart as you grill.

GRILLING SAFETY

Heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) are chemicals that are thought to be carcinogenic. They are formed when muscle meat (for example steak, loin, leg, or breast meat as opposed to organ meat) is cooked using high-temperature methods such as grilling. HCAs are formed when amino acids, sugars, and creatine or creatinine (substances found in muscle) react at high temperatures. PAHs are formed when fat and juices from meat grilled directly over a heated surface or open fire drip onto the surface or fire, causing flames and smoke. The smoke contains PAHs that then stick to the surface of the meat.

Avoiding these by-products is simple. Just follow these basic guidelines:

- **Shorten exposure time:** shorten the exposure to high cooking temperatures by cutting meat smaller (smaller pieces cook faster) or by pre-cooking meat in the microwave or on low heat in the oven to reduce time exposed to high heat and flame.
- **Flip often:** This is sometimes frowned on in cooking, but flipping often will reduce the development of that charring that is so detrimental. Use tongs or a spatula to avoid piercing the meat. The juice can drip onto the flame and cause flare-ups that contribute further to carcinogenic effects.
- **Save the best for last:** Wait until the final minutes of cooking to slather on the sauces. Reduce the heat before adding your sweet marinades. A long, high heat will caramelize the sugars, causing a greater char on your grillables.



RECIPES



SALMON

You spend most of your busy day multi-tasking, so shouldn't your protein be doing the same for you? Salmon not only provides beneficial protein, it also offers heart healthy, anti-inflammatory omega-3 fats. Tasty salmon seasonings include ginger and sesame. Salmon goes great with asparagus.

Grilled Salmon

Ingredients

- 3 Tbsp balsamic vinegar
- 1 tsp dried oregano
- ½ Tbsp garlic, minced
- 2 salmon fillets, 4–6 oz each

1. Mix the balsamic vinegar, oregano, and minced garlic in a bowl.
2. Brush the marinade over the salmon and let sit for 5–10 minutes.
3. Lay the salmon fillets skin side down on a grill and grill for 15–20 minutes.

BONUS RECIPE:

Honey Dill Salmon Marinade

Ingredients

- ¼ cup honey
- ½ cup white balsamic vinegar (or white wine vinegar)
- ¼ cup water
- 1 Tbsp fresh dill chopped
- 2 salmon fillets, 4–6 oz each

1. Combine all of the ingredients in a gallon-sized resealable bag and set it in the refrigerator for an hour.
2. Pour off and discard the marinade, and grill the salmon as above.

RECIPES



TUNA

Seafood contains essential vitamins and minerals such as niacin, vitamin B6, vitamin E, Vitamin B12, thiamin, riboflavin, zinc, phosphorus, magnesium, iron, copper, potassium, and selenium.

Grilled Tuna

Ingredients

- 2 tuna steaks (approximately one pound each and one inch thick)
- Olive oil
- Salt
- Pepper

1. Heat up the grill.
2. Brush the tuna steaks with olive oil and season with salt and pepper to taste.
3. Grill for 2–4 minutes on each side. Sometimes less is more. You might just want that sushi-like center.

RECIPES



BISON

Strong, agile, aggressive. Able to jump high fences, or just charge through them. Runs at speeds upwards of 35–40 miles per hour. Strong swimmer. These are words used to describe the Spartan of all meat proteins: bison

Bison Kebabs

Ingredients

- 2 cloves garlic, minced
- ¼ cup soy sauce
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 1 lb bison sirloin, cut into 1-inch cubes
- 1 yellow onion, cut into 1-inch cubes
- 12 medium button mushrooms
- 2 green peppers, cut into 1-inch cubes
- 1 pint cherry tomatoes
- Ground black pepper

1. Soak 8 wooden skewers in water to prevent the wood from burning or use metal skewers.
2. Combine the garlic, soy sauce, olive oil, and vinegar in a gallon-size ziplock bag.
3. Add the sirloin cubes, onion, mushrooms, and green peppers to the marinade bag and refrigerate for at least one hour.
4. Preheat the grill on medium heat.
5. Pour off and discard the marinade. Load the skewers by alternating between ingredients and sprinkle with pepper.
6. Place the skewers on the grill and turn frequently until the meat reaches an internal temperature of 145°F (medium doneness).

CHICKEN

Probably one of the most commonly grilled proteins (after beef that is), chicken is a great source of protein. Choosing the breast means less saturated fat, but can also mean that your grilled chicken is a little more dry. At Spartan, we want you to have a healthy option that tastes great too. Using marinades makes a juicier dish, so check out the marinades section for a few easy options.

Grilled Chicken

Ingredients

- 1 lb chicken breast
- 1 each green and red pepper, evenly cut into large pieces
- 1 onion, evenly cut into large pieces

Marinade: Choose from one of our easy marinades in the sauces and marinades section below.

1. Preheat the grill on medium heat.
2. Make the marinade and divide it between two resealable plastic bags.
3. Place the chicken breast in one bag and the peppers and onion in the other. Move the chicken and veggies around in the bags to coat them evenly with marinade. Let marinate for 5–10 minutes (or you can let the chicken marinate for hours in the fridge if you want).
4. Pour off and discard the marinade. Put the chicken breast on the grill. The chicken is done when it reaches an internal temperature of 170°F (thighs and drumsticks need an internal temperature of 180°F).
5. When the chicken is about halfway cooked, place the veggies on the grill. Be sure to cook the veggies separately from the chicken to avoid cross-contamination.



RECIPES



BEANS

Beans just make sense for athletes. A one-cup serving of them hits the mark on these key ingredients:

- 15 grams of protein for muscle retention
- 45 percent of your recommended daily fiber intake for insulin stability
- 38 percent of your recommended daily manganese intake for energy production and antioxidant defense
- 22 percent of your recommended daily iron intake for oxygen transport to your muscles
- 20 percent of your recommended daily potassium intake for better blood pressure and heart function
- Complex carbohydrates for stable energy
- Low saturated fat for reduced risk of cardiovascular disease

Black Bean Burger

Ingredients

- 1 can black beans (rinsed)
 - 1 large egg
 - 1 clove garlic (minced)
 - 1 tsp chili powder
 - ¼ cup bread crumbs
1. In a large bowl, mash the beans.
 2. Add the egg, garlic, and chili powder and mix together well (go ahead, forget using utensils and get your hands dirty), then mix in the bread crumbs.
 3. Shape the mixture into five patties and refrigerate for an hour to allow them to firm up. You can even wrap each patty in plastic wrap to help hold them together (just make sure to remove the wrap before cooking).
 4. To cook, pre-cook the burgers on the stovetop in a nonstick pan over medium heat. Then transfer to a grill to finish them off.

VEGETABLES

When it comes to grilling, don't stop at meat. Vegetables provide the phytonutrients Spartans need to master workout and race recovery. And while raw is great, grilled veggies take on a whole new flavor.

Grilled Asparagus

Ingredients

- 1 bunch asparagus (about 15 spears)
1. Preheat the grill to 425°F–450°F (medium-high heat).
 2. Wash and trim the asparagus and spray it with nonstick cooking spray to prevent it sticking to the grill.
 3. Grill the spears for 2–3 minutes or until they reach the desired tenderness. Serve.
- Try these with Garlic Lemon Yogurt Sauce (see recipe in the sauces and marinades section).

Grilled Mini Peppers

Ingredients

- 1 bag tri-colored mini peppers, stems and seeds removed
 - Nonstick cooking spray
1. Heat your grill 425°F (medium).
 2. Thread the peppers on to grill-safe skewers for easy handling and spray the skewers with nonstick cooking spray to keep them from sticking to the grill.
 3. Shut the grill lid and allow the skewers to cook for about five minutes. Turn the skewers and grill them for another five minutes. You may prefer to take the peppers off sooner, so check them at the three-minute mark.
 4. Remove the skewers from the grill using an oven or grill mitt. Still wearing the mitt, remove the peppers and serve.



RECIPES

FRUIT

Just because you’re a Spartan doesn’t mean you don’t enjoy sweets. You just happen to realize that satisfying your sweet tooth with fruit strengthens your body with vitamins and minerals and tops the tank with fiber. If you haven’t tried grilled fruits, get ready for a whole new dessert menu . . . Spartan style.



Grilled Peaches

Ingredients

- 2 Tbsp coconut oil (or butter)
- 3 ripe peaches, pits removed, sliced into quarters
- 1 tsp ground cinnamon

1. Melt the coconut oil or butter, and brush the cut surfaces of the peaches with it.
2. Grill the peach wedges on an outdoor grill or in a grill pan for about a minute on each side.
3. Sprinkle the cinnamon on top of the peaches

Stir a dash of cinnamon into vanilla Greek yogurt for a delicious topping. Hint: like ice cream? After stirring in the cinnamon, put the yogurt in the freezer for an hour: frozen yogurt with more protein and less added sugar.

Rum Vanilla Grilled Pineapple

Ingredients

- 1 ripe pineapple, peeled and cored, cut into 8 wedges (or buy a cut pineapple)
- ½ cup honey
- 1 tsp vanilla extract
- ½ cup rum

1. Place the pineapple wedges in a ziplock bag with the honey. Seal the bag and massage honey onto the wedges. Allow the pineapple to marinate in the honey for anywhere from two hours to two days; refrigerate if you are marinating it for more than a few hours.
2. Preheat the grill on medium heat (you want to caramelize the pineapple, not burn it).
3. Add the vanilla and rum to the bag, seal and shake.
4. Remove the pineapple from the bag, reserving the marinade, and place the pineapple wedges on the grill. When the pineapple is caramelized on the bottom side, rotate it. Repeat for each of the three sides of each wedge, then remove from the grill.
5. On a stovetop, heat a skillet over medium heat. Pour the marinade from the bag into a saucepan and bring it to a boil. Reduce it over medium heat until it forms a thick syrup. Be sure to avoid high heat.

SAUCES AND MARINADES

A Spartan race without obstacles is just a trail run. And although plain chicken and beef are great in their own right, you can’t deny that marinades and sauces take flavor to the next level. A marinade adds flavor while also tenderizing your meat. It’s basically herbs and spices mixed with an acid for tenderizing and sometimes an oil.

Keep these tips in mind for successful marinating:

- Marinades shouldn’t be rushed. Give them time to flavor and tenderize your meats and vegetables for at least an hour in the refrigerator before grilling.
- As a general guide, use half a cup of marinade per pound of meat and avoid excess oil, which can produce smoke.
- Prevent foodborne illness: Do not use the liquid the meat was marinating in to baste during grilling. This transfers raw meat juices to your cooked meat, possibly contaminating it. Instead, before you add the meat, set aside a portion of the marinade to use later for basting.

RECIPES

Garlic Lemon Yogurt Sauce

Ingredients

- ¼ cup plain Greek yogurt
- 1 Tbsp lemon juice
- 1½ Tbsp olive oil
- 1 clove garlic, minced
- Ground black pepper (optional)
- Dill (optional)

Mix all the ingredients in a bowl. Refrigerate until ready to use. Goes great with grilled asparagus or on your burger.



Balsamic-Rosemary Marinade

Great for beef, lamb, or chicken.

Combine ½ cup balsamic vinegar, ¼ cup olive oil, 1 Tbsp chopped fresh rosemary, ½ tsp salt, and 2 tsp pepper.

Lemon-Oregano Marinade

Great for chicken or fish.

Combine ½ cup olive oil, ¼ cup lemon juice, 3 Tbsp chopped fresh oregano, ½ tsp salt, and ½ tsp pepper.

Sriracha-Pineapple Marinade

Great for pork or chicken.

Boil 2 cups pineapple juice to reduce to ½ cup. Let cool and combine with ¼ cup oil, 2–4 Tbsp Sriracha sauce, and ½ tsp salt.



Anne is a Registered Dietitian, SGX Coach, and 2018 Spartan Pro Team select member. Her passionate around optimizing nutrition to fuel the sport of OCR has not only helped her clients, but earned her the top podium spot at the 2017 Killington Beast. Her knowledge around food for fueling, recovery, and day-to-day health can be seen in the Food of the Week content and on the Nutrition section of the Spartan Life webpage.

WHAT IS SPARTAN?

It's a race. It's also a discipline, a way of training, eating, and thinking. But most of all, it's an agent of change that will transform your life.

Spartan is for those willing to raise standards and work to achieve them. Then raise the standards again. It's a mindset. It's a community and way of life.

Above all, Spartan is a catalyst for shaking you free from limits and inspiring transformation, pressing you to go beyond what you thought was possible.

Spartan is a lifestyle company. Nothing special there. There are plenty of lifestyle companies in the world, each standing for something different.

What sets the Spartan lifestyle apart is authenticity.

Spartan wasn't created by branding professionals sitting around a conference table typing up Powerpoint presentations. It was thought-up around a kitchen table after long morning hikes carrying rocks up mountains on cold, clear days. Spartan cuts deep, redefining how we train, eat, and think. It's not a lean-back-in-your-recliner experience. It's about being active and about giving to others and being a good steward of the world.

Our mission is to help you find yourself and unlock potential that may have been hidden from your view. There are no shortcuts. It's not particularly innovative. In fact, it's really hard, which makes it a tough sell. So instead we choose ruthless honesty: This will be damn difficult. This will be damn worth it.

We want you to come with us. We want you to live your best life possible. Behind everything we do is a desire to impart a philosophy that has made millions of humans healthier and happier. We arrived at this place after a long philosophical journey. Are you ready to join us?

For More Information
www.spartan.com

