



The **importance** of a **healthy diet**.



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## 1 Discussing the Importance of a Healthy Diet

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- > Elena Perea
- > Cristina Blázquez
- > Felipe del Valle
- > Gema Hidalgo
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- > M<sup>a</sup> Teresa Hernández
- > María Rojo
- > Marta Tejón
- > Antonio Ballesteros
- > Zairen Mindfit
- > Yo Isasi
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- > Natalia Calvet
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- > Sara Jiménez
- > Silvia Diets
- > Sara Garcés
- > Nur Al Ali y Carlota Martínez
- > Silvana Vigo
- > Antonio Castillo
- > Nathan Diaz
- > Allison Tropf
- > Kylene Bodgen
- > Andrea Sorinas

> Click any **nutritionist** to read more about them.

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# Discussing the Importance of a Healthy Diet

A healthy diet is essential to our well-being. Simply put, food is our bodies' source of fuel. Our bodies need enough fuel, and the right fuel, to be able to properly perform important daily functions from breathing to concentrating to fighting diseases. With insufficient or poor quality fuel, our bodies start to function poorly.

If we fuel our body right with proper nutrition we experience an improved sense of well-being, increased energy, improved concentration, better moods, and maintenance of the immune system. Considering all the above, proper nutrition leads to improved performance (and therefore heightened self-esteem among other benefits) whether at work, at school, on the football pitch, or in the gym.

If the benefits of a healthy diet aren't convincing enough, the risks of an unhealthy diet certainly are. Unhealthy diets can lead to obesity (which comes with a host of health problems), immunodeficiency diseases (a condition in which the body is unable to fight cancer or infectious diseases), chronic diseases such as diabetes, and a poor sense of well-being. A poor sense of well-being includes poor sleep, a lack of energy, frequent headaches, mood swings, etc. All of which lead to poor performance and low self-esteem.

It's clear that nutrition plays an important role in our lives. A proper diet and nutrition induces a host of benefits that result in improved performance and sense of self-worth. A poor diet, on the other hand, leads to a multitude of health problems that result in poor performance, low self-esteem, and life-threatening diseases.

So, why is it that 30% of the world's population is obese (healthdata.org)? Why is it that the percentage of adults diagnosed with diabetes has nearly doubled from 4.7% to 8.5% from 1980 to 2014? Why are there more than 41 million overweight children in the world (World Health Organization)?

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## Here's why we still suffering from obesity and other dietary problems.

There are many reasons why much of the world still suffers from a poor diet. Many of which are issues that cannot be solved immediately or independently. For example, in many countries, it's sufficiently cheaper to eat fast food, processed foods, and pre-prepared meals high in sugar or sodium and in calories. Furthermore, as technology advances, both work and transportation are becoming more sedentary. The combination of these two inevitable dilemmas results in higher calorie intake than expenditure and, in turn, weight gain and other dietary problems.

While it's true that the world in which we currently live fosters obesity and the above issues are beyond our immediate control, there is another problem at large that we can fix both independently and immediately: Many of us are confused about what a proper and healthy diet consists of, and that's not our fault.

Since the 1930s, fad diets have been flooding the consumer markets promising weight loss and great physical health without any scientific evidence and with just one objective – to sell. As these diets became prevalent, society started focusing less on overall nutritional health and healthy living and more on unsustainable diets based on pseudoscience.

Furthermore, many myths emerged which changed the way we think about food. What was once considered healthy and normal became a dietary evil, and what was once known as unhealthy is now promoted as healthy. The low-fat/no fat diet is perhaps the most world-wide example of how a fad diet created a world-wide myth that a necessary macronutrient with countless benefits is actually detrimental to our health. Unfortunately, we are constantly being fed contradictory information about nutrition and health from unreliable sources which not only affect us, but also our children.

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## Child obesity – exploring causes, effects, and solutions

These contradictions and the general confusion about what is or isn't healthy not only affects us. It also greatly affects our children who depend on us for their daily nutrition.

Obesity in children and adolescents has risen tenfold in the past four decades. More than 41 million of the world's children under five years old are obese (World Health Organization). Approximately 12.5 million or 17 percent of children aged 2 through 19 are considered overweight according to the National Institute of Child Health and Human Development. Overweight and obese children are likely to remain overweight or obese as they enter adulthood, and they face a host of life-threatening diseases like diabetes and cardiovascular diseases (World Health Organization).

However, these diseases are preventable if we simply educate ourselves and our children about the importance of a healthy diet, what a healthy diet consists of, and, of course, the importance of exercise. Just as we are responsible for our children's diet, it's our responsibility to get our children involved in sports or to get them to partake in at least one hour of physical activity. These contradictions and the general confusion about what is or isn't healthy not only affects us. It also greatly affects our children who depend on us for their daily nutrition.

Not to mention, for young athletes, proper nutrition is essential. Proper nutrition leads to optimal performance on the pitch or court, prevents injuries, and ensures that the young athletes have enough energy left over to complete the rest of their daily activities. All of which lead to an overall positive experience with sport which means these children will be more likely to continue to practice sport into adulthood.

Ultimately, our children depend on us to educate them and to advise them about healthy living. Therefore, the solution for both ourselves and our children is to educate ourselves about nutrition and to always make sure that all the information we read comes from reliable sources. Don't worry though. At Ertheo, we've already done all the research for you.

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## Our contribution - Ertheo presents one month of meal plans for young athletes.

Ertheo is a sports and education agency dedicated to helping youth athletes reach their full potential as both athletes and upstanding citizens. We do so by not only offering the best sports-education programs in the world, but also by sharing helpful information and advice with young athletes and their parents.

That being said, we recognize that child and adolescent obesity is a worldwide dilemma that can be solved by educating parents and their children about nutrition and sport and by supporting their quest for accurate and reliable information. We also recognize that proper nutrition for young athletes is essential to their performance, and in turn, their relationship with sport as they enter adulthood.

To support our mission, and to support your quest for reliable and accurate nutrition advice, we've put together a full calendar of meal plans for young athletes and their families. Each meal plan has been submitted to us by a credited nutritionist or dietician and has been created with young athletes in mind. However, we designed the meal plans to be versatile so that all members of the family can use this calendar to achieve a healthy diet.

In fact, versatility is main reason why we decided not to include portion sizes in the calendar. By adjusting the portion sizes of each meal, this calendar can be used for young children, adolescents, and adults of all different heights, weights, and daily physical activity levels. Each plan includes breakfast, lunch, dinner, and a snack. Of course, if one of the meals doesn't seem particularly appetizing, you could switch it out for another meal that appeals to you. The calendar is very versatile. Use it whatever way works for you!

Furthermore, to achieve full transparency (so you know exactly who created the meal plan and their credentials), we have written short biographies about each nutritionist which includes their credentials. That way, you know exactly where the information is coming from, and you can do additional research if you choose to. You'll find a link at the bottom of each meal plan on the calendar that you can visit for more information regarding the meal plan's author.

Lastly, many nutritionists went out of their way to include nutrition advice and tips for young athletes, and even complete recipes to accompany the meal plans they submitted to us. We simply could not withhold such valuable information from you. So, we decided to put together this ebook complete with each contributor's biography and credentials, tips and advice for young athletes, recipes, and of course a daily meal plan.

We sincerely hope you enjoy each meal and that you feel the benefits of your new healthy diet.

Sincerely,  
Our team at Ertheo

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Elena Perea studied exact sciences in the early 2000s. Later, she moved to England where she attended Plaskett Nutritional Medicine College and earned her title as a nutritional therapist. Currently, Perea is responsible for translating Dr. Plaskett's courses into Spanish and sharing her work with Spain and South America. Furthermore, Perea teaches classes at the Institute for Holistic Nutrition and runs her own orthomolecular nutritional practice in Madrid. Perea's mission is to share her knowledge with other therapists and promote nutritional therapy in other countries.

## MENU

### Breakfast

- Ham omelette

### Lunch

- Sardines and sprouts

### Dinner

- Quiche with carrots and legumes

### Snack

- Homemade sugar free nut bar

Perea highly recommends that children don't eat too much animal protein, flours, or refined carbohydrates. She does admit, however, that it's difficult to avoid feeding children these foods because, in general, children really like these foods.

Perea suggests that parents feed their children plenty of legumes, whole grains, and wide variety of vegetables. Since we all know that feeding children vegetables can be a chore, Perea makes the following helpful suggestions: add vegetables to hamburgers, quiches, meatballs, sauces and purees.

## FOOD FOR THOUGHT

**"There are some foods that I would never recommend like sugar or processed foods but I also wouldn't prohibit them. I like to keep a little flexibility in the diet. If you prohibit them, it creates the opposite effect and children go looking for what's prohibited."**

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## RECIPES:

### SUGAR FREE NUT BARS

#### INGREDIENTS (15 BARS)

- ½ cup of coconut oil (extra virgen)
- ¼ cup of nut butter (almond, hazelnut, or cashew)
- ¼ cup of yam/sweet potato syrup + 1 extra tsp
- 2 cups of oatmeal flakes (gluten free) / (or quinoa flakes)
- ½ cup of shredded coconut
- ¼ cup of vegan protein powder
- ¾ cup of nuts (e.g. almonds) roughly chopped (nuts should be previously soaked before use)
- ½ cup of sunflower seeds (previously soaked)
- ½ cup of pumpkin seeds (previously soaked)
- 1/3 cup of sesame seeds
- 1 or 2 Tbsp of chia seeds



#### INSTRUCTIONS:

Preheat the oven to 160°C. Grease an oven tray with coconut oil. In a frying pan, heat the coconut oil, nut butter, sweet potato syrup, and a pinch of salt (optional) over low heat until mixed well. Take the mixture off the heat and add oatmeal (quinoa) flakes, coconut, protein powder, and half the nuts and seeds. Mix well. Spread the mixture out evenly across the bottom of the greased oven tray. Sprinkle the rest of the fruits and nuts on top. Pour the extra tsp of sweet potato syrup over on top as well. Bake for 20 to 30 minutes until brown. Let cool and cut in rectangles or squares.

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## PORRIDGE WITH SPANISH HAM OR PROSCIUTTO AND EGG

### INGREDIENTS (2 PEOPLE)

- 2 tsp of coconut oil, olive oil, or butter
- 1 small onion diced
- 1 cup of oatmeal flakes, cooked quinoa, or cooked Saracen wheat.
- $\frac{3}{4}$  cup of chicken broth (or other broth)
- $\frac{1}{2}$  cup of Spanish ham or prosciutto
- 2 poached eggs



### INSTRUCTIONS:

Heat the oil in a pan at medium heat and sauté the onion until it's transparent. Add the oatmeal flakes (or alternative option), the broth (if you are using oatmeal flakes add an extra  $1 \frac{1}{4}$  cup of water). Let cook for 6 – 8 minutes until all the liquid is absorbed. Mix the porridge with the Spanish ham or prosciutto and divide into two bowls. Add a poached egg to each bowl and season to taste.

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## QUICHE OF CARROTS AND LEGUMES

### INGREDIENTS (2 PEOPLE)

#### Filling:

- 1 Tbsp of coconut oil
- 175 grams of sliced carrots
- ½ tsp of turmeric
- 1 handful of chopped parsley
- 1 Tbsp of capers (olives)
- 30 grams of white almonds, chopped
- 1 egg (or 50 grams of substitute such as yogurt, kefir, or coconut milk)
- Sea salt (Himalayan sea salt) to taste
- Ground black pepper

#### The base:

- 150 grams of cooked white beans (equal to 75 grams uncooked)
- 1 egg (or 50 grams of egg substitute)
- 1 Tbsp olive oil



### INSTRUCTIONS

Soak the white beans for 8 – 10 hours. Then, cook the white beans for one hour. (Or use precooked white beans from a jar.) Preheat the oven to 175°C. Use a blender or a food processor to mix the white beans with the egg, the oil, and salt (optional). Grease a round oven tray with coconut oil and mold the base of the quiche onto the bottom of the tray. Bake for 15 minutes at 175°C. In a frying pan, heat the coconut oil and add the turmeric. Add the carrots and sauté for a few minutes. Add the parsley, chopped almonds and the capers (or olives). Beat the egg (or use the egg substitute) and mix it with the slightly sautéed carrots and spices mixture. Pour the egg and carrot mixture into the base of the quiche. Bake at 175°C for 35 minutes.

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## SARDINES WITH SPROUTS

### INGREDIENTS (2 PEOPLE)

- 3 cups of pumpkin or sweet potato sliced with the skills
- 2 Tbsp of olive oil
- 8 fresh sardines
- ½ sliced red onion
- 2 cloves of garlic
- 1 lemon (half cut into wedges, half whole)
- Handful of fresh thyme, oregano, or rosemary,
- Chili flakes
- Black pepper and salt



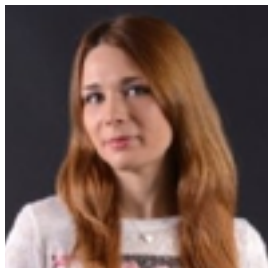
### INSTRUCTIONS

Preheat the oven to 200°C. Grease an oven tray with olive oil and place the sweet potato or pumpkin, season to taste, and roast for 20 to 25 minutes. Place the sardines on top of the sweet potatoes and add the onion, garlic, herbs, chili flakes, black pepper, salt (optional), and the lemon wedges. Squeeze the lemon juice over top, add the rest of the olive oil, and roast for 10 additional minutes.

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Christina Blázquez works as a nutritionist for Mawersa, a catering serving based in Madrid which boasts more than 30 years of experience creating healthy menus. Blázquez earned the equivalent of a B.S. in Human Nutrition and Dietetics at la Universidad Autónoma de Madrid. Later, her affinity for nutrition led her to study a postgraduate degree in Clinical Nutrition and Advanced Food Science at the University of Barcelona.

## MENU

### Breakfast

- Whole wheat toast with olive oil
- A glass of 2% milk
- A bowl of fruit

### Lunch

- Mixed sautéed vegetables
- A fried egg
- Whole wheat bread

### Dinner

- Over baked zucchini boats filled with tuna, tomato, and gouda cheese
- Fruit and a glass of milk

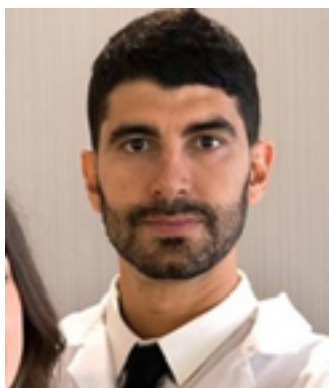
### Snack

- Mixed nuts: cashews, hazelnuts, raisins, pistachios
- Natural yogurt mixed with fruits

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Felipe de Valle's extensive career experience mirrors his impressive academic credentials. In 2008, he earned the equivalent of a B.S. in Human Nutrition and Dietetics at the University of Navarra. Only two years later, he earned his license in Food Science and Technology from the University of Granada. Since 2012, he's been helping people of all different backgrounds maintain a healthy lifestyle. Currently, he works in Obemets, a center dedicated to helping clients shed unhealthy weight and adopt healthy lifestyles. He also works at the Hospital Quirón Sagrado Corazón in Sevilla and is the dietitian for Sevilla FC.

## MENU

### Breakfast

#### Option A

- 80 – 100 grams of whole wheat, spelt, or rye bread topped with any of the following: olive oil, tomato, turkey meat, fresh cheese, honey
- Piece of fruit (apple, banana)
- Choice of dairy: coffee with milk, glass of 2% milk, yogurt, rice pudding, or cottage cheese

#### Option B

- **Bowl of these ingredients:**
- 2 pieces of fruit (apple and banana)
- 2 yogurts
- 20 grams of unsweetened granola
- 10 g of nuts
- 10 g of honey

### Midmorning snack

#### Option A

- Piece of fresh fruit
- Lowfat yogurt
- Nuts (almonds, walnuts)

#### Option C

- Piece of fresh fruit
- Lowfat yogurt
- Breakfast bars (cereal bars)

#### Option B

- Natural fruit juice
- Lowfat yogurt
- Turkey and cheese (fresh cheese) sandwich on rye or spelt bread
- Other sandwich options: ham and cheese, olive oil and tomato, etc

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Felipe advises parents to improve the food that they are feeding their children for breakfast, lunch, dinner, and as snacks. He sent us a list of 10 pieces of advice that he calls the "Ten commandments of young athletes." See his recommendations below.

## **The Ten Commandments: Healthy habits for the youth athlete**

- 1.** Use olive oil as your principal source of fat
- 2.** Consume vegetables, fruits, legumes, and nuts in abundance
- 3.** Carbohydrates, originating from cereals and grains (bread, pasta, rice, potatoes, etc.) should make up 55% of your daily caloric intake.
- 4.** Limit consumption of packaged, processed, or factory baked-goods.
- 5.** Limit consumption of soda. If you drink soda, choose light or zero.
- 6.** Limit consumption of fast food, pizza, hamburgers, etc.
- 7.** Consume dairy products daily, mostly yogurt and cheese (fresh cheese is better than curated cheeses high in fat).
- 8.** Consume red meat in moderation and, if possible, as a supplement in stews and other recipes.
- 9.** Consume fish and eggs in abundance.
- 10.** Drink between 2 and 2.5 L of water daily.

## **FOOD FOR THOUGHT**

**"When nutrition is unbalanced or insufficient, the organism suffers an initial series of metabolic, biochemical, and physiological changes which could contribute to a less than optimal sport performance."**

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Hidalgo graduated from la Universidad Católica de San Antonio (UCAM) with the equivalent of a B.S. in Human Nutrition and Dietetics and later earned her MBA in Marketing at la Universidad Pontificia de Comillas. Then, in 2106, she moved to Sydney to work in The Hotel School where she worked to design nutritional solutions for cafeterias in schools and hospitals. Currently, she continues to carry out her mission to educate about nutrition and food at her own private practice in Murcia.

## MENU

### Breakfast

- Natural orange juice
- Oatmeal
- Dried apricot

### Lunch

- Cheese stuffed tomatoes
- Chickpeas
- Whole wheat toast
- Yogurt

### Dinner

- Salad topped with avocado, mushrooms, and ginger
- Beef tenderloin
- Whole wheat toast

### Snack

- Pear with nuts
- Carrots with Burgos cheese
- Toast, yogurt, and kiwi

Gema Hidalgo recommends that young athletes follow this meal plan when they are in recovery and/or transition mode for example during preseason. The menu is a good supplement to intensive training.

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## FOOD FOR THOUGHT

**"Many parents misuse food as a way to punish or reward their children when they behave well or poorly. This attitude is wrong. Food shouldn't be used as a way to correct the behavior of children."**

### RECIPES

#### NATURAL ORANGE JUICE WITH OATMEAL HONEY PANCAKES AND NUTS

##### INGREDIENTS

- Natural orange juice (110 g)
- Egg whites (2 eggs or 70 g)
- Olive oil (1 Tbsp or 5 g)
- 0 calorie sweetener (2 g)
- Oats (4 heaping Tbsp or 40 g)
- Honey (10 g)
- Dried apricot (40 g)



##### INSTRUCTIONS

Thoroughly beat the egg whites. Add oats and continue to beat until smooth. Preheat a frying pan with 2 – 3 drops of olive oil. Remove oil with paper towel. Pour the oatmeal and egg white mixture onto the pan. When ready, flip the pancake and let cook through. Serve hot.

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## CHEESE STUFFED TOMATOES

### INGREDIENTS

- Garlic (1 clove or 5 g)
- Onion or scallion (1/4 onion or 45 g)
- Parsley (20 g or to taste)
- Black pepper (1 g or to taste)
- Raw tomato (4 slices or 90 g)
- Brugos cheese 0% fat (140 g)
- Salt (1g or to taste)
- Dried dill (5 g or to taste)

### INSTRUCCIONES:

- 1.** In a bowl, mix onion, parsley, dill, and peeled and diced garlic clove.
- 2.** Add diced fresh cheese, salt and pepper.
- 3.** Cut out the stem of the tomatoes. Cut four vertical slices from the top to the base of the tomato dividing the tomato in wedges without entirely separating the wedges.
- 4.** Open the wedges enough to fill them with the cheese mixture. Season with parsley.

## CHICKPEAS AND SPINACH

### INGREDIENTS

- Olive oil (1 Tbsp or 7 g)
- Garlic (7 g)
- Onion or scallion (1 small plate or 100 g)
- Dried chickpeas (70 g)
- Salt (1 g or to taste)



### INSTRUCTIONS

Let the chickpeas soak overnight. Sauté the chopped onion, garlic, and olive oil. Add spinach and chickpeas and cook for 30 minutes in a pressure cooker.

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## SALAD TOPPED WITH AVOCADO, MUSHROOMS, AND GINGER

### INGREDIENTS

- Olive oil (1 tsp or 3 g)
- Onion or scallion (1 small piece or 25 g)
- Mushrooms (1 large plate or 100 g)
- Raw tomato (4 slices or 100 g)
- Lemon (3 g)
- Ginger (15 g or to taste)
- Avocado (1/4 of whole or 50 g)
- Flax seeds (4 g)

### INSTRUCTIONS

- 1.** Wash and cut the tomato into small cubes. Slice the avocado in half,
- 2.** remove the pit, and cut it into small rectangular shapes.
- 3.** Clean the mushrooms with a kitchen brush and slice thinly.
- 4.** Chop the onion into small cubes. Chop about 3 cm of the ginger root into very small pieces.
- 5.** Add more or less ginger according to your own unique taste.
- 6.** Mix everything in a bowl carefully as to not squash the avocado.
- 7.** Dress with extra virgin olive oil, freshly squeezed lemon juice of one lemon, and flax seeds (optional).

## BEEF TENDERLOIN

### INGREDIENTS

- Olive oil (1 Tbsp or 5 g)
- Beef tenderloin (125 g)
- Salt (1 g or to taste)

### INSTRUCTIONS

Roast the tenderloin with olive oil and salt.



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José María Puya is the founder of the famous nutrition blog "Alimentología Cruda" (Raw Nutrition). Puya defines himself as an enthusiast of food and its different sciences: nutrition, dietetics, and nutrition technology. Puya earned the equivalent of a B.S. in Science and Nutrition Technology. In 2013, he started his blog about raw nutrition. Currently, Puya is completely immersed in his "Alimentología" project which he hopes will make an impact on food education in Spanish speaking countries.

## MENU

### Breakfast

- Whole wheat toast with nut butter
- Natural juice

### Lunch

- Rice with beef and vegetable stew
- Seasonal fruit

### Dinner

- Baked eggplant or zucchini boats filled with mozzarella cheese
- Seasonal fruit

### Snack

- Seasonal fruit smoothie made with whole milk

## FOOD FOR THOUGHT

**"The quantity and distribution of the food depends on many factors including: gender, age, height, weight, type of sport, frequency of training, and of course possible diseases, intolerances, and/or allergies. There is no one perfect diet for everyone."**

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Lidia Tormo's passion for nutrition and education led her to open the "Nutritional School" where she teaches parents about the importance of nutrition for young children. She earned the equivalent of a B.S. in Human Nutrition and Dietetics and in Primary Education and has participated in the six CODiNuCoVa conferences about nutrition pre-contraception, during pregnancy, during breastfeeding, and early infancy. Tormo also collaborates actively with Fassthink coordinating various health courses.

## MENU

### Breakfast

- Glass of whole milk or vegetable milk
- Whole milk natural yogurt
- Bowl of fruit with dried nuts and seeds
- If still hungry, whole wheat toast with homemade hazelnut butter and a banana or whole wheat toast with avocado and tomato

### Lunch

- Pasta with pesto sauce topped with chicken and vegetables

### Dinner

- Veggie burger with vegetables and beetroot sauce

### Snack

- Oatmeal energy cookies and nuts

The belief that breakfast is the most important meal of the day is a bit far from Lidia Tormo's thinking. Her advice is simply to eat what we'd like to for breakfast but to make sure it's healthy. She doesn't believe in a magic breakfast formula.

Additionally, Tormo stresses the importance of consuming an abundance of vegetables. In her Nutrition School, she recommends that vegetables cover at least half the plate at every meal and that the lunch or dinner table is always complete with a salad to share.

Knowing how to shop for food is essential to maintaining a healthy diet. Lidia Tormo recommends that parents buy vegetable drinks that don't contain added sugars and that they buy whole grain foods like whole grain bread rather than white bread.

In regards to young athlete nutrition, Tormo doesn't support the consumption of energy bars to optimize performance. Rather, she stresses the importance of hydration and reminds us that fruit can also be quite hydrating.

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## FOOD FOR THOUGHT

**"I don't know what to do to make them eat vegetables. Just cook them so that they enjoy them. You don't have to serve large portions; rather, what's important is that children eat vegetables daily. You can try cooking them different ways and introducing them into your children's diet little by little, but don't force them to eat them if they don't like them. Awaken their curiosity by letting them help out in the kitchen!"**

### RECETAS:

#### PASTA WITH PESTO SAUCE TOPPED WITH CHICKEN AND VEGETABLES

##### INGREDIENTS

- Chicken cutlet (chopped)
- Zucchini (diced)
- Cherry tomatoes (halved)
- Whole grain pasta (any kind)
- Pepper
- Laurel

##### For the sauce:

- Fresh basil
- 1 garlic clove (peeled)
- Cashews (50 g)
- Almonds (50 g)
- Extra virgin olive oil

##### INSTRUCTIONS

1. Boil a large pot of water with salt and a laurel leaf for the pasta. Once the water comes to a boil, add the pasta and cook for as long as the box indicates.
2. Meanwhile, get started on the sauce. Mash together all the sauce ingredients until a paste-like texture is achieved. For a more liquidly sauce, add more water or olive oil. Set aside.
3. In a frying pan, sauté the chicken. When the chicken is fully cooked, add the zucchini and cherry tomatoes. Salt and pepper to taste.
4. When the pasta is cooked to liking, drain it and pour it into the frying pan. Add the pesto sauce.
5. Mix well and serve. Once plated, add shredded or grated cheese to your taste.

**Note: Good alternatives to chicken include wild salmon or tofu.**

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# VEGGIE BURGER WITH VEGETABLE TEMPURA AND BEETROOT SAUCE

## INGREDIENTS

### For the veggie burger:

- Cooked green beans (from a jar works well)
- Oats
- 2 – 3 cloves of garlic (finely chopped)
- Onion (finely chopped)
- Green pepper (finely chopped)
- Parsley
- Whole wheat flour
- Extra virgin olive oil

### For the beetroot sauce:

- Cooked beetroot
- Onion
- Apple
- Extra virgin olive oil

### For the vegetable tempura:

- Any vegetables (Cut into strips: carrots, zucchini, eggplant, pepper, etc. Sliced: artichokes, onions, etc. Added in pieces: broccoli, cauliflower, etc.)
- Chickpea flour.
- Water
- Extra virgin olive oil

## INSTRUCTIONS

- 1. Veggie burger:** Heat a little bit of olive oil in a frying pan and saute the onion, garlic, and green pepper. Smash the green beans with a fork and add to the stir-fry. Add the oats. The texture shouldn't be excessively moist. Finely, add the chopped parsley and salt and pepper to taste. Add whole wheat flour and shape the mixture into the form of a hamburger. Finish off by baking the burger for 15 to 20 minutes in the oven at 180°C or frying it with a bit of olive.
- 2. Vegetables:** Mix the chickpea flour little by little with very cold water. When the texture is no longer liquidly, add the vegetables to the mixture. Drain the vegetables and fry them in very hot olive oil (hot but not smoking). When cooked, remove and place on absorbent paper to eliminate extra oil. Serve hot.
- 3. Beetroot sauce:** Stir-fry the onion. When golden, add the peeled and diced apple. After a few minutes, add the diced beetroot. Crush/beat/blend until the mixture has a sauce texture. Salt and pepper to taste.

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## ENERGY COOKIES

### INGREDIENTS

- Oat flour (79 g)
- Ground almonds (40g)
- Hazelnuts (50g)
- Walnuts (50 g)
- Banana (1)
- Dates (10)
- Milk (or vegetable milk)
- Cinnamon (to taste)

### INSTRUCTIONS

1. Grind the hazelnuts and walnuts and mix them with the rest of the dry ingredients in a bowl. Set aside.
2. Mash the banana and the dates with the milk until you get a creamy paste mixture. (Peel the dates beforehand for an even smoother texture.)
3. Combine the two mixtures and knead until all the ingredients are well mixed into smooth and consistent dough.
4. Put the dough in the refrigerator for 10 minutes. Preheat the oven to 170°C.
5. Cover a baking tray with wax paper and start to form the dough into cookies (in the form of a ball, lightly flattened (or however you like them! Let your imagination take over!))
6. Put cookies in the oven for 10 – 15 minutes. If you'd like them crunchier, use less dough for each cookie and flatten them more. Savor the flavor!

**Note: If you're allergic to nuts, you can make them without nuts. Just use oats, bananas, and dates. They're just as tasty!**

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Mª Teresa Hernández García began her career in health and wellness in 2003 when she earned her nursing degree. In 2010, she became a licensed nutritionist at the University of Granada after earning various masters degrees related to obesity and genetics. Since 2011, she's had her own practice in Madrid where she's dedicated to developing personalized, high-quality diet plans. In her own words, Hernández García "believes in nutrition as a way of taking care of ourselves and taking care of the environment."

## MENU

### Breakfast

- Oatmeal made with milk
- Cacao 70% or drinkable yogurt without added sugars
- Toast with olive oil

### Lunch

- Couscous with zucchini and onion.
- 2 tomatoes
- Yogurt

### Dinner

- Potato puree
- Sauteed pees
- Roasted chicken with lettuce
- Fruit

### Snack

- Semicurated cheese sándwich
- Apple
- Oatmeal cookies and a banana

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M<sup>a</sup> Teresa Hernández García doesn't believe that parents should insist that their children eat their food because it could lead to parents simply choosing food that their kids will like and eat. She also doesn't believe that food should be used to reward or punish good or bad behavior.

Hernandez Garcia recommends that children and adults alike drink water with each of the meals above in order to avoid food addictions and extra weight gain from sugary drinks.

## FOOD FOR THOUGHT

**"[We should] eat with our children as much as possible while they're home, and we should include them in the cooking, and even cleaning, process."**

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María Rojo is a Nutrition and Dietetics coach who, in 2011, decided to try her luck and open her own practice in Málaga, Spain called Chatidieta. At Chatidieta, she reeducates her clients about nutrition while specifically teaching them how to combine foods to lose unnecessary weight. Rojo also shares delicious recipes to make dieting and healthy living easy for her clients.

## MENU

### Breakfast

- 2% milk with sugarfree cacao
- Whole wheat roll or soy roll with olive oil, ham, turkey, or fresh cheese.
- Natural juice or fruit

### Lunch

- Salad with roasted peppers
- Grilled blue fish
- Fruit

### Dinner

- Cream of vegetable soup or noodle soup
- Grilled turkey breast
- Fruit

## FOOD FOR THOUGHT

**“A healthy diet results from knowing what we’re eating and knowing how that food affects our metabolism. Even though we might think we know how to eat, we don’t. Certain myths and societal taboos lead us to believe that as long as the food is healthy, it can be part of a healthy diet.”**

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Marta Tejón earned the equivalent of a B.S. in Human Nutrition and Dietetics to support her passion for both science and food. Currently, she is finishing up her doctorate thesis at the University of Almería about Child Nutrition and working at the San Felix physical therapy center in Almería. Tejón also collaborates with food safety organizations including the Hazard Analysis and Critical Control Points (HACCP) which works to reduce physical hazards in food production processes that could cause the final product to be unsafe for consumption.

## MENU

### Breakfast

- Milk (without sugar)
- Whole wheat toast with extra virgen olive oil
- A piece of seasonal fruit

### Lunch

- Complete salad (lettuce, tomato, carrot, etc.)
- Whole grain rice with sautéed vegetables and a fried egg
- Seasonal fruit

### Dinner

- Eggplant stuffed with chicken and vegetables
- Whole milk yogurt (no added sugars) with strawberries

### Snack

- Yogurt with fruit and nuts
- Oatmeal cookies, a banana, and cinnamon

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Antonio Ballesteros is licensed in Pharmacy and has the equivalent of a B.S. in Nutrition and Dietetics. Because Ballesteros struggled with his weight as a child, he felt inclined to share his knowledge about nutrition with others who suffered from the same condition. To fulfill this need, Ballesteros opened his own practice called Nutriendo-te with offices in Sevilla and Cádiz. Impressively, he has also been the dietician for Cádiz FC and Real Jaén FC. Thanks to his experience working with these football clubs, he collaborates with some radio stations and TV channels where he gives advice regarding sports nutrition.

## MENU

### Breakfast

- Whole wheat toast with tomato, olive oil, and avocado.
- Fruit smoothie with milk

### Lunch

- Calabrese salad (tomato, fresh cheese, basil)
- Pasta with salmon and broccoli

### Dinner

- Quinoa or rice and vegetable stir fry
- Scrambled eggs with shrimp and asparagus
- Seasonal fruit

### Snack

- Oat pancakes with a banana
- Tuna fish sandwich with tomato
- Quark (or Greek yogurt), oats, and fresh fruit

## FOOD FOR THOUGHT

**"A healthy diet doesn't prohibit some excess every once in a while, but when actively trying to improve your health, healthy habits are more important than those excesses."**

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## FOOD FOR THOUGHT

**"I am dedicated to helping people achieve their health goals through natural, balanced and flexible feeding".**

## MENU

### Breakfast

- Oatmeal
- Spanish omelette (eggs and potatoes)
- Fruit

### Lunch

- Chicken cutlet
- Whole grain rice
- Steamed vegetables

### Dinner

- Egg whites with vegetables and avocado

### Snack

- Banana peanut butter
- Natural Greek yogurt (no sugar added)

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As she comments on her blog, Yo Isasi has considered herself a nutritionist since 1994 when she was studying naturopathy, diet therapy, and phytotherapy (the use of plant extracts for medical purposes) at la Escuela Sintagma de Valencia. With her business, nutrición en casa (nutrition at home) she has managed to dedicate herself to doing what she loves – offering one on one sessions where she offers nutritional advice to clients both online and in the comforts of their own homes. She also teaches yoga classes, pilates, and gives talks about nutrition. In 2012, she published her first book: Nutrition at home. Everything you should know about natural and altered nutrition.

## MENU

### Breakfast

- Spanish omelette (eggs and potatoes) with pieces of rye or spelt toast
- Fruit

### Lunch

- Whole grain rice with vegetables
- Grilled organic chicken

### Dinner

- Whole grain pasta (spelt) with vegetables

### Snack

- Piece of fruit
- Dehydrated fruit
- Natural fruit smoothie

## FOOD FOR THOUGHT

**“How we feed our child affects their physical and mental state and even more so when we feed them the same foods daily during the school year.”**

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Settled in Ibiza, Jordi Costa graduated with the equivalent of a B.S. in Human Nutrition and Dietetics from the University of Barcelona. He's a member of the official association for dietitians and nutritionists of the Balearic Islands. To learn more about sports nutrition, he earned his Master's degree in Nutrition in Physical Activity and Sport. Furthermore, he collaborates with many organizations dedicated to promoting health and has participated in many conferences and broadcasts with the objective of educating society about health and nutrition.

## MENU

### Breakfast

- Oatmeal with a banana and nuts

### Lunch

- Soft sprout salad with peanuts and avocado
- Grilled chicken breast
- Whole grain rice
- Fruit and water

### Dinner

- Cream of zucchini and potato soup
- Spanish omelette (eggs and potatoes)
- Natural whole milk yogurt

### Snack

- Nuts and dates from the vine

## FOOD FOR THOUGHT

**"The diet of young athletes shouldn't be too different from that of adults: it should be based on minimally processed foods and based primarily on fresh produce."**

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Natalia Calvet has been interested in health and nutrition since she was a child. Such interest led her to study Science and Food Technology and train to become a fitness and aerobics instructor during her time at the university. At 20 years old, she was diagnosed with type 1 diabetes which only reconfirmed her belief that nutrition is extremely important to health and overall well-being. Currently, she's works mostly with women who need to lose weight but have little time for self-care.

## MENU

### Breakfast

- Spanish omelette (eggs and potatoes)
- Cherry tomatoes
- Hazelnuts
- Fruit

### Lunch

- Salad topped with chicken and olives
- Chickpeas and spinach
- Banana

### Dinner

- Cream of vegetable soup
- Salmon with carrot chips and a potato

### Snack

- Greek yogurt with walnuts and strawberries

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To help mothers and fathers feed their children, Natalia Calvet has put together 10 pieces of the best advice:

- 1.** Set an example. If you want your children to eat healthy, the first step is for you to eat healthy. They'll follow your lead.
- 2.** Don't force your children to eat. Always offer them a variety of healthy options and let them decide. Try to try new things, but don't force it.
- 3.** Don't use food as a privilege or punishment. It creates an unhealthy relationship with food.
- 4.** Base their diet on real food (without tags). Highly processed foods are a sugar bomb, refined flours, low quality fats, high in salt: pastries, including those labels as whole wheat or 0%, soft drinks, yogurts (except natural and without added sugars), chocolate (except with 80% cacao or more), snacks, pre-prepared plates, juices, bread (except high quality whole wheat bread)... those foods shouldn't be a part of our daily diet.
- 5.** The foundation of a proper diet for children, adolescents, and adults should be greens and vegetables.
- 6.** Consume enough protein and healthy fats at every meal: eggs, fish, meat, legumes, nuts, avocado, olives, seeds...
- 7.** Grains and cereals should always be used as a side dish and not the main dish. They should make up a maximum of 25% of our diets. In general, we eat too many grains and cereals.
- 8.** Involve your children in the kitchen and explain to them the importance of a healthy diet.

## FOOD FOR THOUGHT

**"Eating is necessary and can be pleasurable. Exercising is also necessary and can be pleasurable. Let's teach our children to do both calmly and healthily."**

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Natalia Moragues first earned a degree in Pharmacy from the University of Sevilla. Later, she completed a University Expert program in Nutrition and Dietetics and, soon after, opened her own private practice. She continued her education to receive a certificate of advanced study in Human Nutrition and Dietetics from la Universidad CEU San Pablo de Madrid. Her greatest accomplishment has been creating Alvida, a center for medicine and nutrition in Sevilla, which she founded alongside her mother, Dr. Ana Fernández de la Carrera.

## MENU

### Breakfast

- Milk with a pinch of sugar free cacao powder
- Whole wheat toast with tomato

### Lunch

- Salad topped with chicken, cheese, nuts, and tomato
- Chickpea soup

### Dinner

- Roasted vegetables
- Scrambled eggs with mushroom and potato

### Snack

- Fruit
- Natural (raw) or toasted nuts

## FOOD FOR THOUGHT

**"A healthy diet, free of processed and sugary foods, etc... is important for all members of the family, not just the little ones."**

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Sara Jiménez is a dietitian/nutritionist who graduated from the University of Alicante. Her mission is to educate the general public about nutrition. She's against all maintenance diets and believes that a correct nutrition plan that teaches us how to eat right is the key to healthy living. She offers consultations both online and in-person which focus first on nutritional education and also on meeting the objective of maintaining the clients' health in terms of food.

## MENU

### Breakfast

- Oatmeal with 2% milk, cinnamon, hazelnuts, and fruit

### Lunch

- Lentil stew with vegetables
- Chicken strips
- Fruit

### Dinner

- Grilled salmon
- Baked potato with vegetables
- Apple

### Snack

- Mashed banana with chocolate (80%) and hazelnuts.
- Soft cheese with natural yogurt

## FOOD FOR THOUGHT

**"A healthy diet with real food can help our children better appreciate the real flavor of food and ensure that they don't grow accustomed to the powerful flavors of highly processed foods."**

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Silvia Gutiérrez, also known as Silvia Diets on her blog, earned her degree in Human Nutrition and Dietetics at the University of Barcelona. After this great accomplishment, she earned a title as an expert in Nutritional Coaching. After working for five years creating menus for institutions and communities, she opened her own private practice where she helps her clients eat healthy and meet their nutritional goals.

## MENU

### Breakfast

- Oatmeal with milk, nuts, and raisins

### Lunch

- Lentil stew with rice
- Grilled hake fish with zucchini
- Whole wheat bread
- Seasonal fruit

### Dinner

- Rice soup
- Spanish omelette (eggs and potatoes) with onion
- Classic salad
- Yogurt with chopped fruit

### Snack

- Toast with avocado and seeds
- Whole wheat bread with olive oil, tomato, and cheese
- Seasonal fruit

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Thanks to her experience creating menus for school cafeterias, Silvia Diets has put together 5 pieces of advice for parents of young athletes:

1. Use extra virgin olive oil to cook and marinate whenever possible. Other acceptable fat sources include: avocado, and nuts and seeds.
2. Consume fresh produce in abundance: fruits, vegetables (seasonal), legumes, nuts and seeds.
3. Consume wheat and whole grain products to avoid refined grains.
4. Limit consumption of highly processed foods such as: pizzas, processed meats, soft drinks, white bread, store bought juice, potato chips, cookies, pastries, sugary cereals and cereal bars, ice cream, sugary dairy products, etc.)
5. The main drink so be water. Drink according to thirst. Natural fruit juices should be consumed occasionally.

## FOOD FOR THOUGHT

**"In general, there shouldn't be a big difference between the diet of an infant and that of an adult. Every day, I see families that cook different foods because they adapt the preparation of the food to different family members. They believe that children should eat differently just because they're children."**

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With two degrees, one from the superior school of Dietetics and Nutrition and another from the superior school of Pharmacy, Sara Garcés is an expert in nutrition. She describes herself as a fan of all things science and nutrition. In fact, this great interest in science and nutrition led her to publish her first book *Eat, Live, or Die*, a novel about nutrition that invites us to participate in the lives of eight very different characters.

## MENU

### Breakfast

- A glass of milk with cinnamon
- Whole wheat toast with homemade hazelnut butter

### Lunch

- Chickpea salad with tomato, cucumber, red pepper, corn, avocado, and olive oil
- Piece of fruit

### Dinner

- Grilled wild asparagus and zucchini
- Two fried eggs (free range)

### Snack

- Natural yogurt with nuts and fruit
- Whole wheat sandwich with hummus and pepper

According to Sara Garcés, a child's diet should be based on the daily consumption of vegetables and fruits. Young children need a lot of energy to get through the day, and Garcés recommends feeding children nuts and legumes to provide them with high quantities of fiber and vegetable protein they need to stay energized and alert in school and at practice. She also recommends that young athletes consume whole grain foods rather than white, refined grains, and that they consume plenty of fish, eggs, and lean meat as all three foods are great sources of animal protein.

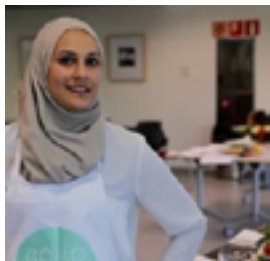
## FOOD FOR THOUGHT

**"There are plenty of reasons to teach young children about the importance of eating correctly and to steer them away from bad habits - the most important being that eating poorly could lead to serious health problems in the future."**

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The project "Cómo como School" (How do I eat school) came about thanks to Nur Al Ali who has a degree in Nutrition and Dietetics from la Universidad Complutense de Madrid and a doctorate in Health Science and Biomedicine from la Universidad Europea. Nur Al Ali works alongside collaborators Carlota Martínez (co-author of the menu below) and Ana Tarín, to improve the diets of young children by incorporating simple concepts children can understand and practice every day. They also prepare recipes that come from all natural products.



Carlota Martínez (co-author of the menu) is a dietitian-nutritionist who graduated from the Universidad Complutense de Madrid. She's a fan of healthy cooking and is highly interested in the world of food.

## MENU

### Breakfast

- Milk with sugarfree granola
- Strawberries

### Lunch

- Baked salmon and roasted asparagus
- Whole grain rice

### Dinner

- Salad with oven-baked pumpkin and yogurt-based dressing
- Turkey breast

### Snack

- Whole wheat toast with a Tbsp of butter and natural nuts.
- Whole wheat sandwich with tuna fish
- Smoothie (made with Greek yogurt)

## FOOD FOR THOUGHT

**"From our point of view, the school cafeteria isn't only a service that schools offer. It's also an experience that truly affects our children, and it's an ideal time to teach them to eat healthy."**

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Silvana Vigo considers herself an active person with many passions. She centers her work around nutrition, sports, and hiking. She even organizes different hiking routes so that clients can get to know all the hidden beauties of Spain.

## MENU

### Breakfast

- Smoothie with vegetable protein and nuts
- Sandwich with lunch meat

### Lunch

- Hake fish with steamed vegetables
- Fruit

### Dinner

- Steamed vegetables with potato

### Snack

- Tuna sandwich

A sandwich as a snack is a tradition that some have condemned in recent years. However, Silvana Vigo supports the great number of nutritionists that hold the belief that a low calorie sandwich with lunch meat is exactly what children need to face the afternoon full of energy. Vigo says 15% of the energy of a child's complete diet should come from the snack.

## FOOD FOR THOUGHT

**"Each person is their own unique world, and each personal nutritional plan should be just as unique. It's important to adapt these plans to the person, not the other way around. The ideal would be to get to know a person's background and history including their previous diets and problems that have occurred while dieting, then to use that information to create a personalized plan."**

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Antonio graduated from Florida International University in Miami with a B.S. in Biology, a B.A. in Chemistry, and an M.S. degree in Nutrition and Dietetics. His passion is to teach others how healthy lifestyle modifications can optimize performance in ALL areas of life. Antonio is one of the founders of Nutrition for Performance in Miami, Florida where he works hard to enhance overall performance through nutrition and other lifestyle modifications.

## MENU

### Breakfast

- Whole wheat tortilla with 2 scrambled eggs and avocado
- Mixed berries
- Glass of skim milk

### Lunch

- Turkey sandwich on whole wheat bread with provolone cheese (optional), lettuce (or spinach) and tomato
- Small apple, sliced

### Dinner

- Whole wheat personal pita pizza made with low fat mozzarella cheese and vegetables

### Snack

- Whole wheat pita bread with hummus and nuts

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### WHOLE WHEAT PERSONAL PITA PIZZA

#### INGREDIENTS

- 1 whole wheat pita
- 1-2 tablespoons of pizza sauce (we use Classico Tomato Basil)
- 1-2 tablespoons pesto (Classico has a pesto as well)
- 1-2 oz reduced fat mozzarella cheese

#### Toppings

- Broccoli
- Onion, diced
- Bell peppers, diced
- Black olives
- White mushrooms
- Pepperoni
- Oregano

#### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Option #1: Place tomato sauce in center of pita and use the pesto for the crust or Option #2: Do a tomato and pesto swirl.
3. Sprinkle some of the peppers and onion onto the sauce. This will allow the sauce and crust get a little more flavor.
4. Sprinkle cheese evenly on your pizza and add toppings.
5. Cook pizza for 15-20 minutes, or when pizza is cooked through.

#### → CONTACT INFORMATION



Nathan graduated from The University of Central Florida with a B.S. in Biology. Later, he attended Florida International University and received an M.S. degree in Dietetics and Nutrition. His mission is to help others understand that BALANCE is key to living a healthy life, both physically and mentally. Nathan is one of the founders of Nutrition for Performance in Miami, Florida where he works hard to enhance overall performance through nutrition and other lifestyle modifications.

## MENU

### Breakfast

- 1 Hardboiled egg
- Small bowl of strawberries
- Small bowl of oatmeal
- Glass of skim milk

### Lunch

- Teraki chicken breast
- Cilantro rice
- Roasted broccoli

### Dinner

- Oven roasted salmon
- Small bowl of whole grain penne pasta
- Roasted green beans

### Snack

- Greek yogurt
- Small bowl of blueberries

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### CHICKEN TERIYAKI

#### INGREDIENTS

- Yield: 4 servings
- 4 chicken thighs with skin
- 1/2 bottle Lawry's Teriyaki Marinade (12 oz bottle)
- 3 garlic cloves, diced
- 1 pineapple, sliced or chopped
- Salt, to taste
- Pepper, to taste



#### INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Season chicken thighs with salt and pepper.
3. Cover chicken with teriyaki marinade.
4. Add garlic and sliced pineapple (you can squeeze the juice from a couple of slices of pineapple to add an extra burst of pineapple flavor).
5. Let marinade for 30 minutes.
6. Heat pan to medium-high heat. Once hot, place thighs on pan (skin-side down). This will allow you to get a nice crispy skin.
7. Once the skin is crispy (about 3-5 minutes), flip thighs over (2-3 minutes).
8. Place thighs on a non-stick baking sheet and bake for about 10 minutes or until chicken is well done

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## CILANTRO RICE

### INGREDIENTS

- Yield: 2-4 servings
- 1 cup brown or white rice
- 2 cups chicken stock
- Salt, pinch
- 1/2 cup cilantro, chopped

### INSTRUCTIONS

- 1.** Place rice, salt, and stock into rice cooker.
- 2.** Once rice is cooked, mix in cilantro.

## ROASTED BROCCOLI

### INGREDIENTS

- Yield: 4 servings
- 2 heads of broccoli, chopped into florets
- Olive Oil
- Salt, to taste
- Pepper, to taste
- Garlic powder

### INSTRUCTIONS

- 1.** Preheat oven to 400 degrees F.
- 2.** Place florets of broccoli onto baking sheet.
- 3.** Drizzle with olive oil. Be sure each floret has olive oil to hold seasoning.
- 4.** Sprinkle on salt, pepper and garlic powder.
- 5.** Place in oven for 5-10 minutes, or until broccoli is nice and crispy.

### → CONTACT INFORMATION

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Tlf.(+34) 902 750 359  
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Allison Troft earned her B.S. in Dietetics at Michigan State University and her M.S. in Exercise Physiology at Eastern Michigan University. As an avid body builder, a marathon runner, and an ex-collegiate gymnast and diver, Allison specializes in educating athletes about nutrition strategies to reach their unique goals. She's the founder of Alt Performance Nutrition in Michigan USA where she provides group education, individual athlete counseling, supplement guidance, meal ideas, and more.

## MENU

### Breakfast

- 2 whole wheat toaster waffles with 2 tablespoons vanilla Greek yogurt, 1 tablespoon peanut butter
- 1 small bowl of berries of choice

### Lunch

- Tuna salad: can tuna, Greek yogurt, mustard, 1 pickle
- Whole wheat cracker or tortilla
- Small bowl of raw veggie of choice with hummus

### Dinner

- Roast chicken breast
- Roasted sweet potato (cubed, steamed, or mashed)
- Broccoli
- Small bowl of pineapple

### Snack

- Turkey and cheese roll ups
- 1 banana or apple

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Kylene holds a B.S. in Nutrition and Dietetics, an M.S. in Exercise Physiology and is board certified in sports nutrition. As a former Division I Track and Field athlete, she specializes in nutrition for performance while taking into account food sensitivities, gut health, and nutrient deficiencies. By creating personalized fueling strategies, she has helped to improve the health and performance of thousands of athletes. Kylene is currently the dietitian for the Cleveland Cavaliers.

## MENU

### Breakfast

- Oatmeal with ½ banana and 2 tsp of peanut butter
- 2 scrambled eggs
- Lemon water

### Lunch

- Grilled chicken
- Baked sweet potato
- Side salad with olive oil and vinegar dressing
- Sports drink if lunch is before practice

### Dinner

- Salmon + brown rice + cooked green veggies
- Baked apple slices sautéed in 1 teaspoon of coconut oil and sprinkled with cinnamon
- Water or milk

### Snack

- Smoothie with: almond milk (or coconut milk), frozen pineapple, frozen strawberry, spinach + 1 Tbsp chia seeds

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## FOOD FOR THOUGHT

1. Always listen to your body. If you experience fatigue, gas, bloating, joint pain, sinus congestion etc. after eating, it's time to re-evaluate your diet.
2. Always purchase organic when it comes to "The Dirty Dozen" produce. Check out ewg.org for more information.
3. Optimal health means having a daily bowel movement each day! No success? Let's dive deeper into diet.
4. If you experience trouble recovering from workouts, an injury that just won't heal, or chronic colds/flu that seem to be more frequent than what your teammates experience, it's time to use food to boost the immune system!
5. Only focus on sports drinks when you are participating in moderate to intense activity for 45-60 minutes or more. Sipping sports drinks in school all day will cause more harm than good.

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Andrea Sorinas earned her degree in Human Nutrition and Dietetics and specialized in obesity, clinical nutrition, and food science. She currently runs her own online private practice where she advises her clients via telephone and/or Skype or video calls. She's dedicated to offering her clients expert advice in terms of nutrition and lifestyle choices so they can live healthier and happier lives. Andrea is a strong supporter of individualization in diet. That is, she adapts her advice to each of her clients according to their unique characteristics. In doing so, her clients are able to make long term changes.

## MENU

### Breakfast

- Whole milk with pure cacao powder (unsweetened)
- Homemade cookies
- 1 piece of fruit

### Lunch

- Salad with lentils and whole grain rice
- Baked white fish with roasted onion, carrot, and leek
- Fruit or whole milk natural yogurt

### Dinner

- Vegetable stew with potatoes, peas, and carrots
- Scrambled eggs with mushroom and shrimp
- Fruit or natural whole milk yogurt

### Snack

- Fruit or natural whole milk yogurt + homemade granola (without added sugar)

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## RECIPES:

### HOMEMADE COOKIES

#### INGREDIENTS (20 COOKIES)

- 200 g of hazelnuts
- 100 g of raisins
- 50 g of dark chocolate (>70% cacao)
- a splash of milk or vegetable/nut milk
- 2 Tbsp of pure cacao powder (unsweetened)
- 1 Tbsp of flax seeds
- 1 Tbsp of chia seeds
- 1/2 tsp of baking soda
- 1 tsp of cinnamon
- 1/2 tsp of salt

#### INSTRUCIONS

1. First, let the raisins soak in water for 30 minutes.
2. Soak the flax and chia seeds in 4 Tbsp of water for 15 minutes until they acquire a jelly-like consistency.
3. Preheat the oven to 180°C.
4. I carried out the entire recipe with a food processor which meant I was able to have the dough ready in just a few minutes.
5. Chop the chocolate and set it aside to be incorporated at the end.
6. Chop the hazelnuts with a splash of milk and add the cacao powder, baking soda, cinnamon, and salt.
7. Drain the raisins and pour them into the jelly-like seed mixture. Add this paste to the other mixture and mix well.
8. Add the chocolate and mix again.
9. Form the dough into cookie balls and place on a greased oven tray.
10. Place in oven for about 10 minutes. Time is adjustable. Adapt the baking time to your liking and watch closely to make sure they don't burn.
11. Let cool so they acquire a crispy texture and ENJOY!

### FOOD FOR THOUGHT

**"One of the foundations of a healthy diet is avoiding processed products. This can be quite difficult when we're craving sweets. Luckily, with one trip to the grocery store and a little creativity, we can make our own sweets from all natural products."**

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