

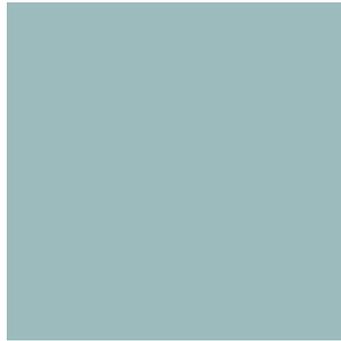
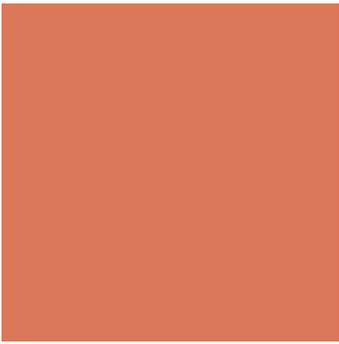


Tailgate Menu



Enjoy Yourself!

It's football season and you deserve to have a good time. Indulge while staying on track with this fun and easy tailgate menu.



Dry Rub Chicken Wings

Combine all the spices for the dry rub in a bowl and mix well.

Place your chicken in a large ziplock bag. Add pre-mixed dry rub to the bag a tablespoon at a time. The amount you add is up to you; add more for a spicier wing, add less for wings that are more mild. You can do these steps ahead of time if you want. Wings can be prepared up to 24 hours in advance and stored in the fridge.

At the tailgate, remove the wings from the bag and put them straight onto the grill. Grill for several minutes on each side, rotating the wings as they cook. Cook at least 10 minutes, or until the internal temperature of the wings is 165 degrees F.

Serves 4: Carbs 26g Fat 19g Protein 22g

Sodium 927mg Sugar 15g

1 lb pasture raised chicken wings

Coconut oil heated to liquid, for brushing

Lime wedges, for serving

Dry Rub

1/8 cup dark brown sugar

2 tablespoons cup raw cane sugar

1/4 cup sweet paprika

1 tablespoon kosher salt

1 tablespoon granulated onion

3/4 tablespoon black pepper

1/2 tablespoon dry sage

1/2 tablespoon dry mustard

1/2 tablespoon ground ginger

1/2 tablespoon cayenne

Cincinnati Chili, Coney Dogs, & Skyline Style 3 Ways

Bison, Sweet Potato Chili

This chili can be made at home in the days before tailgating and you can just reheat on the grill, or make it there with a stock pot or cast iron on the grill.

Brown the buffalo in your pot. Remove the cooked meat from the pot with a slotted spoon so the drippings remain. Add coconut oil and cook the sweet potatoes for 5 minutes. Add in the onion and continue cooking until the sweet potatoes are fork tender. Add the garlic and jalapenos and cook for another 2 minutes. Add remaining ingredients to the pot, except for the cilantro. Simmer for 10-20 minutes. Stir in cilantro right before eating.

Serves 4

Carb 19g Fat 15g Protein 23g Sodium 286mg Sugar 7g

2 Fully Dressed Coney Dogs w/ 1oz cheese per dog:

Carb 76g Fat 49g Protein 48g Sodium 1671mg Sugar 13g

3 Way w/ Squash w/ ¼ cup cheese:

Carb 25g Fat 23g Protein 28g Sodium 438mg Sugar 10g

Make this chili at home, before the tailgate. Then simply reheat on the grill in a medium sized pot. Remember to stir the chili as it reheats!

Cincy Chili

Pour a tablespoon of coconut oil into a large pan over medium heat. Add the ground buffalo (or minced mushrooms) and onions to the pot and cook until the onions start to brown. Stir often, making sure to rub your spoon along the edges of the pan to keep the mixture from burning.

Once the bison (mushrooms) and onions have browned, add the vegetable stock to the pan. Bring to a boil then reduce the heat to a simmer. Simmer 5 minutes.

Next, add the tomato paste and stir until totally combined. Add the remaining ingredients. Turn the heat to low and let simmer for at least 1 hour. If the chili begins to look dry add a cup of water and continue to reduce. The longer you let the chili cook the better the flavor. Remove the bay leaf and refrigerate the night before the tailgate.

Serves 4

With Mushrooms: Carb 71g Fat 3g Protein 22g Sodium 1036mg Sugar 39g

With bison: Carb 42g Fat 19g Protein 27g Sodium 1043mg Sugar 20g

1 Fully Dressed Coney Dog w/ buffalo & 1 oz cheese: Carb 65g Fat 30g Protein 38g Sodium 1433mg Sugar 23g

1 Fully Dressed Coney Dog w/ mush & 1oz cheese: Carb 94g Fat 15g Protein 33g Sodium 1426mg Sugar 42g

3 Way w/ cheese (Mushroom): Carb 79g Fat 13g Protein 30g Sodium 1233mg Sugar 41g

3 Way w/ cheese (Bison): Carb 50g Fat 28g Protein 35g Sodium 1240mg Sugar 23g

What you need:

-Nitrate free hotdogs -Buns of choice
-1/2 lb aged cheddar, shredded -
Yellow mustard -Raw onion, diced

Bison, Sweet Potato Chili

-1 lb ground buffalo

-1 large sweet potato- peeled & cubed into ½ inch pieces

-1 medium red onion, diced

-3 garlic cloves, minced

-1 jalapeño, seeded & diced

-1 28oz can organic fire roasted tomatoes

-1 & 1/2 tablespoon cumin

-½ tsp paprika

-1 tsp white pepper

-1 tablespoon chili powder

-Dash of cinnamon

-¼ cup fresh cilantro, chopped

-1 tablespoon coconut oil for cooking

Cincy Chili (Bison or mushroom)

-lbs ground bison or chanterelle/
baby portabella mushrooms,
cleaned and minced in food
processor

-2 cups yellow onion chopped

-1 quart vegetable stock

-16 oz of tomato paste

-3 tablespoons chili powder

-1 tablespoon cinnamon

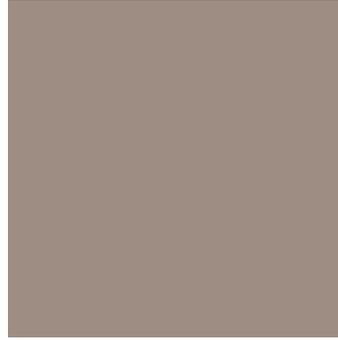
-2 tsp Worcestershire sauce

-½ oz unsweetened cocoa powder

-2 tsp minced garlic

-1 tsp cumin -½ tsp salt -½ tsp
cayenne

-¼ tsp all spice -¼ tsp cloves -1 bay
leaf



Grilling Spaghetti Squash

For A Healthier Version Of The 3 Way!

Step 1

Heat the grill to medium-high. If your grill has temperature settings, put them on 400 degrees Fahrenheit.

Step 2

Cut the spaghetti squash in half lengthwise and turn both pieces flesh side up. Use a spoon to scoop out the seeds and either dispose of the seeds or set them aside to roast later if desired.

Step 3

Brush melted butter on the flesh of the spaghetti squash. You'll need one to two tablespoons of butter for each side of the squash. Once the butter is added, season the spaghetti squash with salt and pepper if desired.

Step 4

Wrap the spaghetti squash in foil and place on the grill. Roast for 30 to 40 minutes and remove carefully from the grill when finished. If you want a slightly charred grill taste to your squash, grill flesh side down for five minutes before wrapping in foil, then continue to grill for another 30 minutes.

Step 5

Use a fork to cut the spaghetti squash flesh into strings, then scoop out with a spoon. Season if desired and serve, or continue with your recipe using the freshly grilled spaghetti squash.

+ Sloppy Joe. A Healthier Take on a Classic.

1 lb grass fed ground beef or 1 cup uncooked lentils

4 cups water (only if making lentil version)

1 tablespoon evoo

1 medium yellow onion, diced

1 bell pepper, diced

2 cloves garlic, minced

3 tablespoons chili powder

2 tsp dried oregano
salt to taste

1 8oz can of organic tomato sauce

¼ cup organic tomato paste

2-3 tablespoons maple syrup

1 tablespoon prepared yellow mustard

bun of choice

Serves 4

No Bun

lentils: Carb 24g Fat 4g Protein 4g Sodium 828mg Sugar 13g

ground beef: Carb 19g Fat 16g Protein 24g Sodium 899mg Sugar 13g

With Bun

Ground Beef: Carb 40g Fat 17g Protein 28g Sodium 1110mg Sugar 16g

Lentils: Carb 45g Fat 5g Protein 8g Sodium 1039mg Sugar

This recipe can be made into a vegetarian/vegan option if you substitute lentils for the ground meat.

Start by browning your meat in a stock pot or a large cast iron skill. Remove the meat with a slotted spoon so the drippings remain in the pan. Use this to sauté your onion and pepper.

* If you are using lentils, bring them to boil, cover them, and lower the temperature. Simmer for 20 minutes. Drain and set aside

Sauté onion and pepper for about 7 minutes. Add garlic and continue to cook for another minute. Add the browned beef or lentils, chili powder, and oregano to the pot. Cook for 10 minutes. Add the maple syrup, mustard, and salt to taste.

Let it rest for at least 10 minutes before serving.

Tips for Staying Healthy While Partying Hard.

-Don't eat anything you wouldn't want your trainer to know about. Keep a food journal to keep you honest or take a picture of everything you eat that day. Instagram it!

-Fill up on healthy options before allowing yourself to try some of the unhealthy dishes.

-Stay away from anything highly processed, it may be full of sodium and chemicals.

-Drink a glass of water after every alcoholic drink. This helps you stay hydrated and slows down your alcohol consumption. Don't forget all the carbs you may be drinking!



Sides:

Quick – Healthy – Tasty

Sweet Potato Chips

2 medium sweet potatoes

5 tablespoons coconut oil

Try adding 1 tablespoon of curry powder for some extra flavor!

Make these at home in your oven before heading out to tailgate.

Preheat oven to 400 degrees.

Thinly slice sweet potatoes into rounds and place them in a large shallow dish.

Warm the coconut oil in a pan or the microwave until liquefied (it doesn't take long).

Remove from heat and stir in curry powder or seasoning of your choice.

Pour the heated mixture over the sweet potato rounds, carefully toss to coat the slices, and then place them on a cookie sheet covered with parchment paper.

Bake for 22 minutes or until completely crisp.

-check half way through cooking and turn over if necessary.

Serves 4

14.2g fat 1.2g protein 16.8g carbs 4.4g sugar 0.1g salt

Roasted Red Pepper Dip

¼ cup fresh basil

1 can (16oz) Cannellini beans

2 garlic cloves

1 jar (7oz) roasted red peppers

2 tablespoons fresh squeezed lemon juice

3 tablespoons Parmesan cheese

2 tablespoons good quality extra virgin olive oil

½ tsp fresh ground pepper

salt to taste

Prepare this dip at home before the big game. It saves incredibly well so make it a few days ahead and store in the refrigerator to help save on time! It will stay fresh for 5-7 days.

Place the first 6 ingredients in a food processor or blender, process until smooth. Turn processor on low and slowly pour in evoo until it's nice and mixed.

Add salt and pepper.

Serves 8:

Fat 4g Protein 4g Carbohydrate 12g Sodium 136mg Sugar 2g

Grilled Corn

4 ears of corn, shucked and cut in half

2 tablespoons coconut oil

course sea salt to taste

2 limes, zest

Place the corn in their husks directly on the hot grill, and cover. Turn the corn occasionally until the husk are completely blackened and charred on all sides, about 15 minutes.

Remove corn from the grill and let cool for 5 minutes or until cool enough to handle. Remove the silk and charred husks.

Serve drizzled with coconut oil, lime zest and salt.

Serves 8:

Carb 13g Fat 4g Protein 2g

Sodium 120mg Sugar 2g



Carmel Apple Mug Pie

Don't forget to bring the mugs!

Crust

2oz Paleokrunch Grainless Granola (any flavor), pack down

-Buy Paleokrunch at Whole Foods or online at www.stevespaleogoods.com

Filling

2 honeycrisp apples, cored and sliced

2 tablespoon butter

2 tablespoons coconut sugar or maple syrup or raw sugar (some kind of natural sweetener)

½ tsp cinnamon

Faux Caramel Sauce

¾ cup fresh, pitted dates (you can also use dried dates but soak in water for at least 2 hrs, then drain)

½ cup almond milk

1tablespoon coconut oil

This "pie" features a fresh apple filling, heated on the grill and served parfait-style in a mug over a delicious paleo granola "crust". The perfect compliment to a brisk fall tailgate!

To prepare the caramel sauce:

Places dates and coconut oil in a food processor or blender and pulse until completely smooth.

Pour in ½ almond milk and blend again. Add as much of the remaining almond milk as you like until the desired consistency is reached.

Transfer to a small pot and heat on low until warm.

To prepare the pie:

Combine the sliced apples with the sugar and cinnamon and put on a large square of aluminum foil. Cut the butter into small cubes and place those cubes evenly on top of the filling. Fold the foil over, covering the butter and filling, and crimp the edges closed. You should have a tightly sealed packet.

At the tailgate, heat the packet on the grill for 5 minutes. Flip the packet over and heat for another five minutes. By this time the butter should be melted and incorporated with the apples, which should have just started to soften.

To assemble the pies, place a 1/8 cup of granola on the bottom of each mug, pressing lightly with your fingers to create a smooth layer. Spoon half of the apple filling into each mug and drizzle with caramel sauce. Enjoy!

Serves 2: Carb 81g Fat 28g Protein 6g Sodium 76mg Sugar 62g

Without the caramel sauce: Carb 45g Fat 20g Protein 5g Sodium 38g Sugar 33g

Bloody Mary Healthy Style

- 4 ounces fresh tomato juice
- 2 ounces fresh carrot juice
- 2 tablespoons lemon or lime juice
- ½ tablespoon cracked black pepper
- 1-2 teaspoon turmeric, to taste
- 1 tablespoon finely chopped basil, parsley or cilantro (optional)
- ½ tablespoon worcestershire sauce
- 3-4 drops olive oil
- Lime or lemon wedge, sea salt (or celery salt) and black pepper, for rimming the glass
- Garnish of choice
- 2 ounces Watershed vodka, it's made here in Columbus. Another great liquor to try with fewer calories than vodka is shochu, a distilled liquor from Japan. If you are gluten free grab a bottle of Hendrick's Gin. Cheers!



Drinks

MOVES AT THE SPEED OF ITSELF

PHOTON
LIGHT LAGER

A WAVE OF GOLDEN FLAVOR ENTANGLED WITH A QUANTUM OF NOBLE HOPS

UNFILTERED

NATURALLY BRIGHT

BREWERY LABORATORY TAP ROOM MARIOKART TOURS

BREWED WITH

96 CALORIES PER CAN

NO RICE NO CORN

ALL BARLEY

MASHED BY HAND

LOCATED AT AIRPORT PLAZA BUILDING ONE 655 N. JAMES RD. COLUMBUS OHIO

TENDER LOVING SCIENCE



Actual Brewing Company's Photon Light Lager!

Locally Made and Owned
Incredibly Flavorful Light Lager
Only 96 Calories Per Can
Not Made with Rice or Corn

Pick up a six pack at The Andersons, Northwest Wine & Spirits, Tutto Vino, Lucky's Market, & soon Whole Foods!

Nutritionish

Julia Hypes

Nutrition Expert & Student

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