

SUMMER FITNESS TOOLKIT

FUEL YOUR BODY WITH SMART NUTRITION

- 
- Outdoor exercise & sun safety
 - Best pre- and post-workout snacks
 - Hydration tips
 - Grocery shopping list
 - ... and more!



FRANCES LARGEMAN-ROTH

SUMMER FITNESS TOOLKIT

FUEL YOUR BODY WITH SMART NUTRITION

There are so many things to love about summer — like spending more time outdoors and soaking up that Vitamin D! For many of us, we're more active during the summer and we need to make sure to support our activity with the right food and drinks.

To help you maintain a healthy body on the inside and out, I put together this **Summer Fitness Toolkit** with everything you need to stay nourished, hydrated and safe in the sun.

The bottom line: fueling your body with the right foods will make your workouts better, easier and more effective. This guide will help you figure out when and how much to eat both before and after each sweat session, and what types of fuel will be easy to digest, plus which nutrients are most important and why, such as:

- **Potassium** and **magnesium** to prevent muscle cramps
- **Antioxidants** to combat oxidative damage that comes with intense exercise
- **Protein** to repair muscles and **complex carbs** to prevent a mid-workout crash

Here's to a healthy and happy summer,

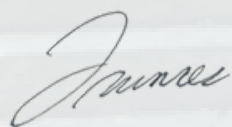


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Outdoor Exercise & Sun Safety

Follow these tips to have healthy and glowing skin all summer long



1. Work out at safer times of the day



Avoid exercising from 10 a.m.-2 p.m., especially on really hot and humid days.

2. Apply sunscreen

Wear sweat-proof sunscreen that offers at least 30 UVA/UVB protection and don't forget your lips! Look for sunscreens that are fast-absorbing and lightweight to allow your skin to breathe. One of my fave sunscreens for my face is [Shiseido Clear Sunscreen Stick SPF 50+](#) - plus it is portable and works for all skin shades. For lips, I recommend [Fresh Sugar Lip Balm sunscreen SPF 15](#).

PRO TIP: To get some vitamin D, don't be afraid to let the sun hit your bare skin for 10 minutes before applying sunscreen. So stretch outside in a sunny spot, then apply your SPF.



3. Cover your skin

Wear a hat and sunglasses, and seek shade as much as possible.

4. Hydrate

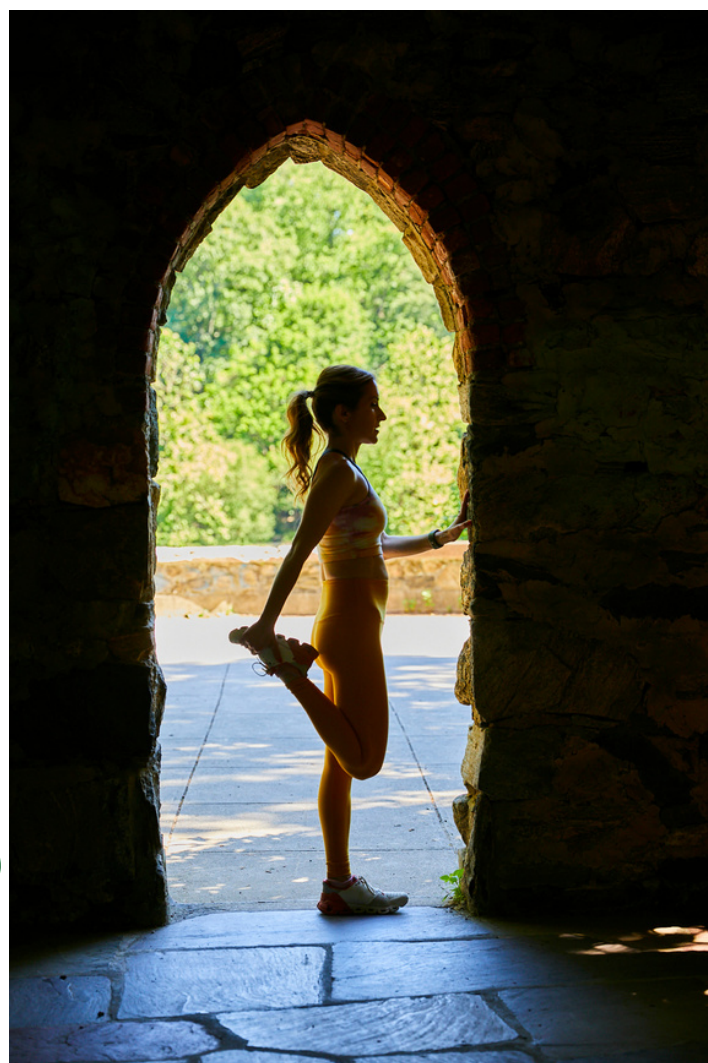


Make sure to drink up before and after your run or bike ride, and always bring a full water bottle with you. You can also keep hydrating foods on hand to snack on post-workout.

5. Eat 'internal sunscreen' foods



Before heading outside, focus on eating foods that offer key nutrients (like lycopene, flavanols, polyphenols, fatty acids, and antioxidants) that boost your skin's natural defense against sun damage. These foods include grapes, iced coffee, iced green tea, almonds, and watermelon.



Best Pre-Workout Snacks

The key to fueling up before a workout is to aim for simple foods that are easy to digest, like carbs and protein totaling 200-250 calories. Plan to eat about 1 hour before your workout (but if you're in a time crunch, grab a 🍌 as you're heading out the door).



Rainbow Toast

Fuel up with a slice of my Rainbow Toast, which boasts fiber, vitamin C, potassium, and prebiotics — plus a ton of delicious flavor. Yum!

- Start with your base of choice. I recommend sourdough or a toasted waffle.
- 1 T natural nut butter
- 1/2 cup sliced fruit. I love mango, kiwi, blackberries, strawberries and banana.



Ultimate Power Bites

These tasty energy bites are my go-to on busy mornings when I want an easy snack before a morning workout. They offer the perfect amount of energy to fuel a run or exercise class.

- 1/2 cup puffed millet
- 1 cup puffed rice
- 1/2 cup diced pitted prunes
- 1/3 cup semisweet chocolate chips
- 1/4 cup sesame seeds
- 1/3 cup sunflower butter, at room temperature
- 1/3 cup honey
- 3/4 cup shredded unsweetened coconut



Toss together the puffed millet and puffed rice. Add the diced prunes, chocolate chips and sesame seeds. Stir in the sunflower butter and honey. Cover the bowl with plastic wrap and refrigerate for 30 minutes. Place the coconut in a small bowl. Using a tablespoon, scoop the mixture and form it into 1-inch balls with your hands. Roll the balls in the coconut and transfer to a container. You can store the bites in the refrigerator for up to 1 week.

Best Pre-Workout Snacks (cont.)

Cold Brew Overnight Oats

Overnight oats are my go-to for effortless breakfasts - and they are great for heart health, lowering your cholesterol and boosting satiety. 🍕

- 2 cups of rolled oats
- 1/2 cup flax seeds
- 1 teaspoon ground cinnamon
- pinch of sea salt
- 1 1/4 cup cold brew coffee (not concentrate)
- 1 1/4 cup unsweetened almond, coconut or oat milk
- 10 teaspoons mini semi-sweet chocolate chips
- 5 tablespoons peanut butter



Place the oats, flax seeds, cinnamon and salt in a large bowl and combine. Transfer 1/2 cup of the mixture into lidded containers. Combine the milk and the cold brew in a liquid measuring cup. Pour 1/2 cup of the cold brew mixture over the oats in each jar. Add 2 teaspoons of chocolate chips to each jar and gently stir in 1 tablespoon of peanut butter. Cover and refrigerate overnight. Add a little maple syrup or honey, if desired.

More Pre-Workout Recipes 🍓

Yogurt & Muesli: 1 cup yogurt with 1 teaspoon honey and 2 tablespoons muesli

Cottage Cheese & Granola: 1 cup cottage cheese with 1/2 cup cubed cantaloupe or watermelon and 2 tablespoons of granola

Waffles & Nut Butter: 1 frozen waffle, toasted, with 1 tablespoon of natural nut butter and 1/2 cup sliced grapes

Mini Frittatas: Grab the recipe for my Mini Corn, Cheese and Basil Frittatas [here](#)

PRO TIP: Meal Prep Snacks

Prepare healthy snacks for a few days in advance to save heaps of time during the week - plus it makes it easier to stick to nutritious snacking options!

Try a batch of my [Cherry-Walnut-Oat muffins](#) . Adding rolled oats is great for satiety, energy and healthy digestion.



Best Post-Workout Snacks

It's important to restore your body 15-20 minutes after working out with foods that provide a combo of carbs, protein, healthy fats and antioxidants. This is very similar to a pre-workout snack, but since you'll have more time to digest after you exercise, you can be more adventurous with your ingredients.

Blueberry Cobbler Bowl



For Smoothie:

- 1 cup frozen blueberries
- 1/2 cup unsweetened almond milk
- 1.5 scoops protein powder
- 2 T almond butter
- 1 tsp vanilla extract

For Topping: 1/2 cup fresh berries, 1/4 cup vanilla granola, 2T sliced almonds, 2 tsp hemp seeds, 1 tsp ground cinnamon

Blend smoothie ingredients until smooth, divide between two bowls and add half toppings to each.

Cherry-Almond Smoothie



- 1 cup 2% Greek yogurt
- 1/2 cup frozen Bing cherries
- 1/2 cup tart cherry juice
- 2 T almond butter
- 1-2 T collagen powder

Combine all ingredients in a blender and blend until smooth. Serve in a tall glass.

For more tasty post-workout ideas, check out my book, [*Smoothies & Juices: Prevention Healing Kitchen!*](#)

Workout Recovery Smoothie



- 3/4 cup ice
- 1/4 cup fresh or frozen pitted tart cherries
- 1/4 cup pomegranate juice
- 1 scoop vanilla protein powder
- 1 tablespoon chopped walnuts
- 1 small cooked, peeled beet (or raw beet)

Combine all ingredients in a blender and blend until smooth. Serve in a tall glass.

Banana Almond Protein Smoothie



- 1/2 cup coconut water
- 1/2 cup plain Greek yogurt
- 3 tablespoons almond butter
- 1 scoop whey protein powder
- 1 tablespoon hulled hemp seeds
- 1 frozen banana
- 1 cup ice

In a blender, combine all of the ingredients and blend until smooth. Pour into 2 glasses over additional ice, if desired, and serve.

Best Post-Workout Snacks (cont.)

Other Restorative Snacks



- Enjoy half of a bagel with cream cheese and lox
- Toasted whole-wheat English muffin with avocado
- 2 scrambled eggs on pita with 1 TBSP grated cheese and 1 cup baby spinach
- 1 cheese stick or mini cheese round, 1 orange, 1 energy bar
- 2 hardboiled eggs
- Overnight oats with fruit
- Yogurt bowl with nuts and fruit



Meal vs. Snack

When my workout is closer to meal time, one of my go-to's is a nourishing and delicious grain bowl that has a good balance of carbs, protein, healthy fats and antioxidants.

Grain Bowls



Grain bowls can be made with so many different bases (like rice or quinoa) and toppings.



My go-tos include tuna, avocado, Brussels sprouts, cucumber, pistachios and asparagus.

Other favorites: feta, beets, egg, tomatoes, salmon, manchego, almonds, walnuts.

Grab my Gut Health Grain Bowl recipe [here](#).

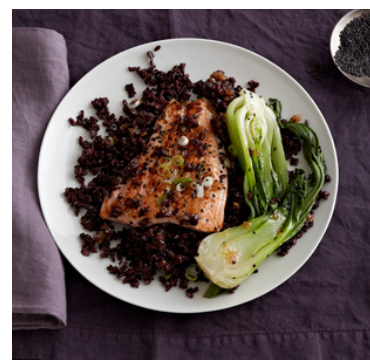
This is a great post-workout recovery bowl for a good balance of protein, carbs and healthy fats - with the added benefit of prebiotics and probiotics for gut health and a boosted immunity.

Gingered Salmon over Black Rice with Bok Choy



Black rice is a grain I like to add to my bowls for its nutty taste, and high-fiber content. Post-workout is the perfect time to include a variety of carb-rich foods to replenish your energy stores and promote muscle growth and recovery.

Find the full recipe [here](#).



Hydration 101

Staying hydrated during the summer is so important, especially when it comes to exercising. Being properly hydrated allows your body to regulate its temperature and cool down without elevating your heart rate. The key to hydration is replenishing both the water and electrolytes that you lose during a sweat session. Here are three simple ways to stay hydrated:



Water

Aim for 3 liters of water each day, the equivalent of about 12.5 cups.

Invest in a large reusable water bottle and refill it 3-4 times a day to ensure you get the H2O you need.



Electrolytes

Electrolyte mixes and sports drinks can help you replenish your electrolytes after exercise. You don't necessarily need them unless you're exercising for more than 1 hour or sweating profusely, but they may help you feel better during your workout.

My favorite electrolyte mix is [Lemon Lime-ade Clif Hydration Electrolyte Drink](#).



Hydrating Foods

There are several foods that are high in water, so if drinking 12.5 cups sounds like overkill, you can replace a few glasses with a serving of hydrating foods (see box) or add chia seeds ([a hydrating powerhouse](#)) to your meals.

Signs and Symptoms of Dehydration



Here are a few easy ways to monitor your hydration status:

- The color of your urine: It should be a light yellow. A darker yellow is a sign that you're dehydrated.
- Excessive thirst
- A dry mouth
- Headache
- Tiredness
- Low amounts of urine being passed, and needing to use the restroom less frequently

Did you know that some foods are naturally high in electrolytes? And the best part is that you're probably eating many of these foods already!

Here are foods rich in electrolytes:

- **Potassium:** Sweet potato, avocado, banana and coconut water
- **Sodium:** Celery, tomatoes and olives
- **Calcium:** Almonds, leafy greens and cheese
- **Magnesium:** Spinach, cashews and whole wheat bread



Hydration 101 (cont.)

Top 10 Hydrating Foods

Up your hydration game with these delicious foods that have high water content and happen to be in season over the summer!



CUCUMBER
96% water



ICEBERG LETTUCE
96% water



ZUCCHINI
95% water



RADISHES
95% water



TOMATOES
94% water



CABBAGE
93% water



STRAWBERRIES
92% water



WATERMELON
92% water

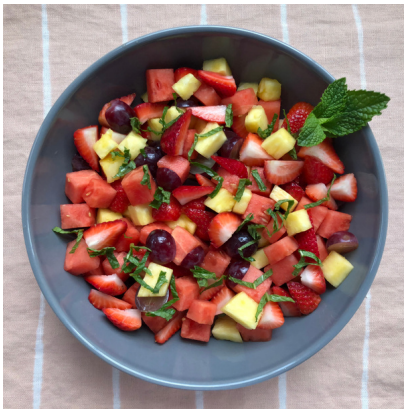


SWEET PEPPERS
92% water



CANTALOUPE
90% water

Hydrating Summer Recipes



Minty Fruit Salad



- 2 chamomile tea bags
- 3 cups cubed watermelon
- 2 cups cubed pineapple
- 1 cup red or green grapes, halved
- 2 cups hulled and sliced strawberries
- 1 teaspoon honey
- 1 tablespoon fresh mint leaves, sliced into ribbons

1. Place the tea bags into a mug or heat-safe measuring cup. Pour 1/3 cup boiling water over tea bags and let steep for 10 minutes.
2. In a large bowl, combine the watermelon, pineapple, grapes and strawberries. Toss gently to combine.
3. Remove the tea bags. To the chamomile tea, add the honey and whisk. Stir in the mint. Drizzle over the fruit and enjoy!

More hydrating recipes:



Red, White & Blue Rocket Pops - I like this recipe because it has no artificial flavors or colorings - just fresh fruit and veggies to get that gorgeous vibrant color. Grab the full recipe [here](#).

Cantaloupe Coco-Mango Smoothie: A tropical mix of cantaloupe, mango, banana and coconut - with the added benefit of a Vitamin C boost! Find the full recipe [here](#).



Grocery Shopping List



Here is a list of everything you need to stock your pantry and fridge:

GRAINS

- ☐ Quinoa
- ☐ Rice
- ☐ Puffed millet
- ☐ Puffed rice
- ☐ Rolled oats

FRUIT

- ☐ Berries
- ☐ Bananas
- ☐ Watermelon
- ☐ Cantaloupe
- ☐ Mango
- ☐ Kiwi
- ☐ Pineapple
- ☐ Orange
- ☐ Grapes
- ☐ Pomegranate seeds
- ☐ Frozen blueberries
- ☐ Frozen cherries
- ☐ Limes



VEGGIES

- ☐ Avocado
- ☐ Asparagus
- ☐ Cucumber
- ☐ Iceberg Lettuce
- ☐ Baby spinach
- ☐ Tomatoes
- ☐ Radishes
- ☐ Zucchini
- ☐ Cabbage
- ☐ Sweet peppers
- ☐ Beets
- ☐ Brussels sprouts
- ☐ Sweet Potatoes
- ☐ Mushrooms (like Crimini or Shiitake)
- ☐ Kimchi
- ☐ Ginger
- ☐ Baby Bok Choy
- ☐ Scallions
- ☐ Shallots



PANTRY

- ☐ Natural nut butters (like peanut, almond and coconut)
- ☐ Sunflower butter
- ☐ Nuts (like sliced almonds, walnuts and pistachios)
- ☐ Muesli
- ☐ Granola
- ☐ Seeds (like hemp, chia, sesame and flax)
- ☐ Goji berries
- ☐ Shredded unsweetened coconut
- ☐ Honey and Maple Syrup
- ☐ Semisweet chocolate chips
- ☐ Pitted prunes
- ☐ Whole-wheat english muffins
- ☐ Ground cinnamon
- ☐ Canned legumes (like chickpeas & black beans)
- ☐ Canned coconut milk
- ☐ Soy sauce
- ☐ Rice Vinegar
- ☐ Mirin

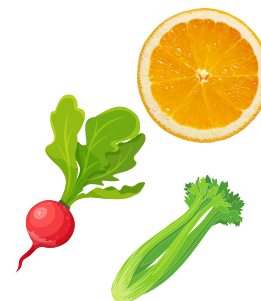


FISH

- ☐ Canned tuna
- ☐ Fresh or smoked salmon (lox)

OTHER

- ☐ Frozen whole grain waffles
- ☐ Coconut water
- ☐ Unsweetened almond milk
- ☐ Protein powder
- ☐ Collagen powder
- ☐ Pomegranate Juice
- ☐ Tart cherry juice
- ☐ Cacao powder
- ☐ Cold Brew coffee



DAIRY

- ☐ 2% Greek yogurt
- ☐ Cheese of choice, including shredded, sticks and/or mini rounds. Feta and Manchego recommended.
- ☐ Eggs
- ☐ Low-fat cottage cheese
- ☐ Cream cheese



Feel-Good Planner 🥰

Now that you've read all my tips and tricks for a healthy summer, write down some of the things you would like to try over the next few sunny months to feel your best! This could be anything from daily brisk walks to eating 2 or more servings each of hydrating fruits and veggies each day.

5 healthy habits I want to achieve this summer 🌈

1.
2.
3.
4.
5.



Self-care Reflections ❤️

😊 What I enjoyed most

😞 What I found challenging

💕 A health goal I want to work on



Ready to have the healthiest summer yet?



I challenge you to try some of these tips and tricks this summer — whether it be to practice better sun safety habits or to incorporate more hydrating foods into your summer regime. And don't forget to eat the right pre- and post-workout snacks so you'll feel your best during and after each sweat session.

For more healthy living inspo and real food recipes, follow me on Instagram at [@franceslrothrd](https://www.instagram.com/franceslrothrd). 🥰



About the Author

Frances Largeman-Roth, RDN, is a *New York Times* best selling author and nationally recognized nutrition expert. Frances is the author of *Feed the Belly: The Pregnant Mom's Healthy Eating Guide* and *Eating In Color: Delicious, Healthy Recipes for You and Your Family*. She is also the co-author of the bestselling *The CarbLovers Diet*. You can find her latest book, *Smoothies & Juices: Prevention Healing Kitchen*, [here](#).

Frances is a freelance writer and recipe developer for numerous publications, including *Today.com*, *Parents*, *MindBodyGreen*, & *Parade*.

Frances and her family live in the New York City area.