


# Create Your Ultimate Athlete's Kitchen

As athletes, we love to eat. But how many of us are well prepared to create our own healthy snack and meal options? Whether we lack the time, tools or knowledge, keeping our nutrition in top shape can prove challenging. We asked a handful of professional chefs and foodies who double as runners and triathletes to stock the ultimate athlete's kitchen. Here are their picks.



By Holly Bennett  
Photography by Scott Draper  
Food Styling by Julika Kade



► EDITOR'S PICK



**Birdie Bike Tote**  
We love this canvas tote for its large size, long handles and vintage illustration—and that it's made in America.  
[www.shop.giaciniatelier.com](http://www.shop.giaciniatelier.com)

**VITAMIX BLENDER.**

"I use our Vita-mix almost every day to blend soups, make a post-run smoothie or even as a water container to feed the plants. We also love to make baby food in it for Piper."

**CAKE BATTER MUSCLE MILK.**

"For an easy high-protein post-workout drink, I add this to smoothies, milkshakes or just water."

**CASHEWS.** "Blend cashews with broth to make a creamy—but cream-free—broth. Ladle a cup of broth into the Vita-mix with 1/2 cup of cashews, blend and add to remaining soup. Cashews add protein as well as a little sweetness to a dish."

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**Deena Kastor**

Well known in running circles as a foodie, Olympic marathon medalist Deena Kastor regularly contributes recipes to the "Eat Smart" pages of *Competitor* magazine and can be seen making her famous avocado enchiladas in the movie "Spirit of the Marathon." The first American woman to dip under two hours and 20 minutes for the marathon, Kastor earned the American record for 26.2 with her 2:19:36 performance at the 2006 Flora London Marathon. She balances running professionally with motherhood; she gave birth to her daughter, Piper, earlier this year.



► TIP

**CANVAS TOTE.**

"I use canvas totes to transfer recycling and to grocery shop, but we also have a Sierra Bounty tote that we drop off at our local coffee-house on Sunday and pick up on Monday, when it's been filled with farm-fresh local produce and products like eggs, kale, lavender, melon, blue corn flour and much more."

**BALSAMIC VINEGAR.**

"Vinegar adds necessary acidity to dressings, marinades, sauces and soups."

**KNIFE SHARPEN-ER.**

"I sharpen my knives regularly so I can slice TOMATOES thinly to top a pizza or MINCE HERBS in seconds. Sharpen your knives to enjoy the way they were meant to function."

## Ultimate Athlete's Kitchen



### Candy Argondizza

Candy Argondizza is director of culinary arts at the French Culinary Institute in New York City, but her workdays begin at Chelsea Piers, where she trains from 5:30 a.m. to 8 a.m. Argondizza became hooked on triathlon a decade ago after racing an indoor sprint event. Now she tackles half a dozen races each season, ranging from Olympic distance to half-Ironman, as a member of the Full Throttle Endurance racing team.

"I always have **BANANAS** in my home. I love **FRUIT**, and I try to work with what's in season. In winter, I'll have **APPLES** and **PEARS**. In summer, it runs the gamut from **MANGOS** to **PAPAYAS** to **BERRIES**."

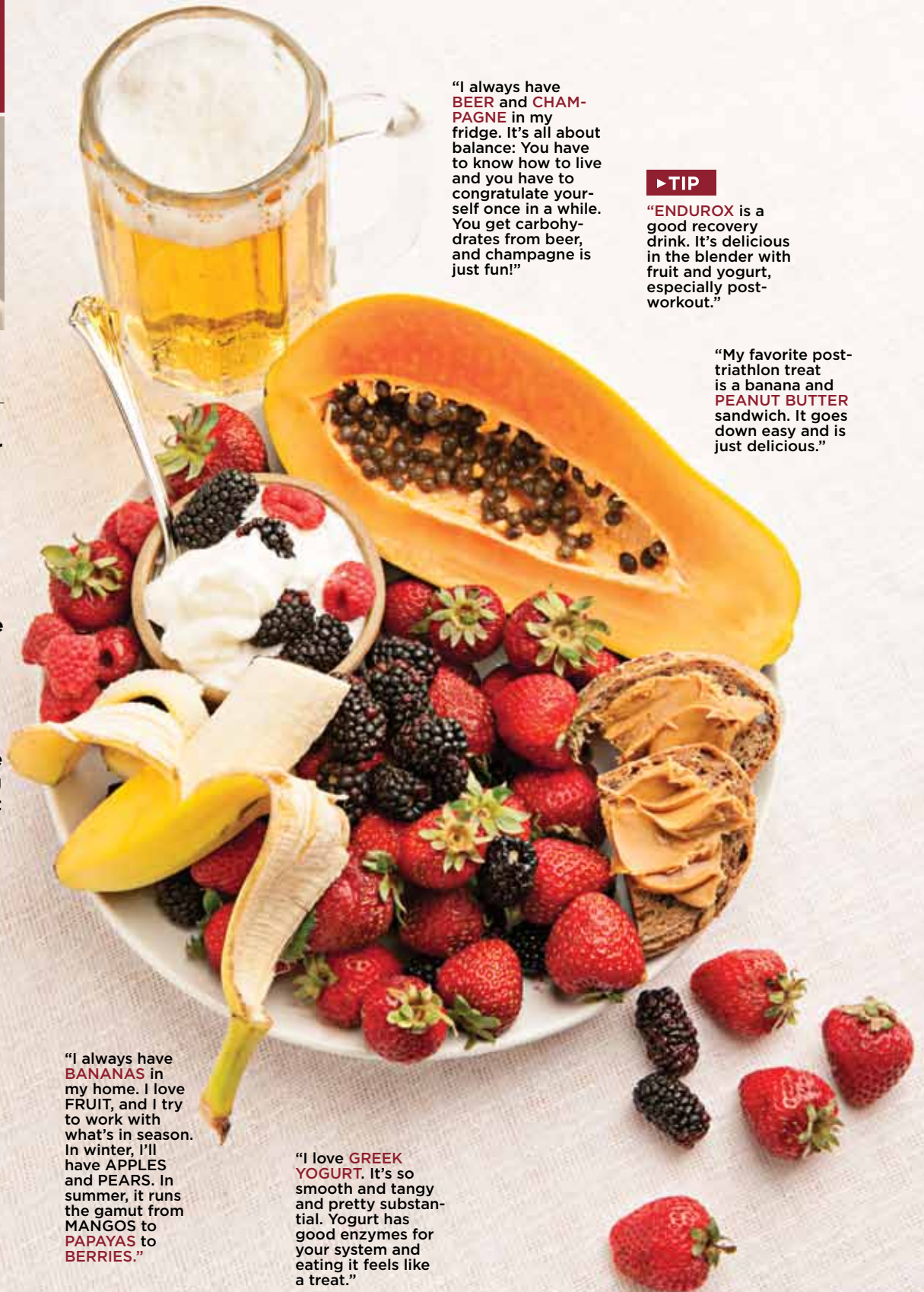
"I love **GREEK YOGURT**. It's so smooth and tangy and pretty substantial. Yogurt has good enzymes for your system and eating it feels like a treat."

"I always have **BEER** and **CHAMPAGNE** in my fridge. It's all about balance: You have to know how to live and you have to congratulate yourself once in a while. You get carbohydrates from beer, and champagne is just fun!"

#### > TIP

"**ENDUROX** is a good recovery drink. It's delicious in the blender with fruit and yogurt, especially post-workout."

"My favorite post-triathlon treat is a banana and **PEANUT BUTTER** sandwich. It goes down easy and is just delicious."



► EDITOR'S PICK



**BEST USE  
OF AVOCADO**

- 4 avocados
- 1 chopped tomato
- Lemon juice
- Worcestershire sauce
- Salt and pepper

Use a **MORTAR AND PESTLE** to mash the guacamole into a chunky texture.

"Every athlete should have **WHOLE-GRAIN PASTA** on hand. You don't need a huge serving—pasta could be a side dish with grilled salmon—but it's a good, simple-to-prepare source of carbohydrates for athletes."

"**AVOCADO** is a quick fix and full of good fat and fiber. It goes with breakfast, lunch or dinner. It's a great natural ingredient to have on hand at all times."

"The whole grains and fiber in **WHOLE-GRAIN BREAD** are much healthier than eating refined white flour. Athletes need quality intake of calories and with whole grains you get more fiber for the same calorie count."



**Giuseppe  
Ciuffa**

Italian-born chef Giuseppe Ciuffa developed an early passion for gastronomy, learning to garden and make olive oil and wine on his family farm. Ciuffa now lives in La Jolla, Calif., where he serves as chief executive officer of Giuseppe Restaurants and Fine Catering. A long-time recreational athlete, Ciuffa found triathlon a few years back and now makes swimming, cycling and running part of his regular routine, along with teaching spin classes at the La Jolla Sports Club.

"**PEANUT BUTTER** has fat, sugar and fiber; it's a quick, quality, high-calorie fix if you need to get some food in. Even just by the spoonful, it's very satisfying."

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**Kevin Nashan**

Kevin Nashan studied at the Culinary Institute of America in New York and now co-owns Sidney Street Café in St. Louis, Mo., with his wife, Mina. Avid triathletes, they enjoy how therapeutic endurance sports are when compared to their hectic schedules as restaurateurs and parents to two young boys. With five Ironman triathlons and numerous half-Ironmans and marathons under his belt, Nashan has a keen eye toward healthy and time-efficient nutrition.

"**QUINOA** is a really good grain. It's high in protein and rich in vitamins and key minerals."

"I love my **EX-CALIBUR DEHYDRATOR**. It gives food longevity, concentrates the flavors and creates different textures. You can dehydrate seasonal fruits and vegetables and turn them into healthy snacks like veggie chips and fruit roll-ups."

**TIP**



"The **CHAMPION JUICER** is amazing for juices and vinaigrettes—take **BEET VINAIGRETTE**, for example: you juice the **BEETS**, reduce the liquid on the stove and add vinegar. Then put the beet pulp in your dehydrator and make beet croutons, which add texture to salads."



"One of the most important things for any kitchen is a good blender for purees and smoothies. I like the **VITA-MIX BLENDER**. It will last forever."



**Jamie  
Gulden**

**"FRESH SPINACH** is such a power food. Add it to smoothies (you'll never know it's there, except for the color) or use it in sandwiches instead of lettuce. Spinach is high in protein, aids in skin health and has cancer-fighting and anti-inflammatory properties."

"I add **GROUND FLAXSEEDS** to my oatmeal and smoothies. They contain heart-healthy omega-3 fatty acids, antioxidant lignans and both soluble and insoluble fiber."

**"A GOOD WOK** is great for whipping up vegetable stir fry. A wok cooks fast, one-pot meals—always a plus when you're busy with work and training."

**► TIP**

← **WOKS** require special care and seasoning when you buy them new. First, clean the new wok with a heavy-duty soap and dry. Heat the clean, empty wok on high until the bottom of the wok becomes a dark bluish color. Carefully rotate the wok over the heat to get the same effect on the sides. Cool the wok to room temperature and soak the inside with peanut or vegetable oil. It's now ready to use. Never use soap to clean a seasoned wok.

In addition to cooking up wholesome breakfast and lunch fare, Jamie Gulden also provides personal chef services, catering and cooking classes from her quaint café, *Set the Table*, in Boca Raton, Fla. Gulden was an avid volleyball and lacrosse player in high school and college. She took up triathlon in 2007 and has covered the distance from sprint to half-Ironman.

"Everyone needs a sweet treat now and then, so why not reach for one with many great attributes such as **DARK CHOCOLATE**. My favorite is Lindt's A Touch of Sea Salt bar. Dark chocolate contains antioxidants and has been shown to lower blood pressure."

## Ultimate Athlete's Kitchen



**Ryan Hutmacher**

Ryan Hutmacher is the owner and executive chef at Chicago-based Centered Chef, a niche culinary company formed to educate, entertain and inspire wellness through cooking classes and educational programming. Hutmacher is heavily involved in Fit City Chicago, a campaign that encourages local restaurants to offer "fresh, innovative and tasty" menu options. Hutmacher's own life underwent a dramatic change: He lost 50 pounds and overcame several health issues through clean cooking and endurance training, ultimately finishing Ironman Cozumel in 2009.

"SESMARK BROWN RICE CRACKERS feed my craving for crunch. Perfect with peanut butter or hummus, rice crackers provide an ideal gluten-free snack."

"I'm a sucker for DIANA'S BANANAS DARK CHOCOLATE; they have almost half the calories and one-third the fat of regular ice cream bars."

"The KITCHENAID MINI CHEF'S CHOPPER is space-saving, easy to clean and doesn't overwhelm you with all the attachments most food processors entail. I use it for small batches of everything from hummus to vinaigrettes."

"ALMOND BREEZE ORIGINAL ALMOND MILK is my go-to smoothie base. It's a versatile dairy substitute that blends well with everything."



"SAMBAL OELEK CHILI PASTE is a must-have condiment if you love garlic and spice. When I'm not spooning it directly into my mouth, I put it on pizza, fish tacos and stir fries, or use it in soups, marinades and dips."

### ► DID YOU KNOW?

DIANA'S BANANAS is primarily sold in stores in the Midwest, but you can get these tasty treats delivered to your door by ordering online at [www.dianasbananas.com](http://www.dianasbananas.com). The company guarantees the product will arrive frozen.