***Lean It Out***

80% of weight loss is from what goes in your mouth. As Shocker Track Club Elite Javelin Thrower, Matt Byers, said about his food, he eats a lot of lean protein sources. Protein is the building block for muscle. In general, you should try to ingest 1 gram of protein per 1 pound of body weight. If you have very specific goals or medical nutritional needs, consult a Registered, Licensed Dietitan. Also keep in mind, your body will not utilize more than 25 grams of protein in each setting (i.e. breakfast, lunch, dinner, snacks). If your body can’t utilize all of the protein, the excess will be excreted through urine.

Below are a few lean protein recipes. Enjoy!

**Slow Cooker Turkey Meatballs**

**Total Time:** 6 hrs. 22 min.  
**Prep Time:** 20 min.  
**Cooking Time:** 6 hrs. 2 min.  
**Yield:** 6 servings, 3 meatballs each

**Ingredients:**  
1 lb. raw 93% lean ground turkey  
½ tsp. sea salt (or Himalayan salt), divided use  
½ tsp. ground black pepper  
1 large egg, lightly beaten  
½ cup whole grain panko (Japanese-style breadcrumbs)  
2 cloves garlic, finely chopped  
2 Tbsp. finely chopped fresh parsley  
2 Tbsp. grated Parmesan cheese  
2 tsp. olive oil  
1 medium onion, chopped  
1 (28-oz.) can whole tomatoes, crushed  
1 tsp. dried oregano leaves

**Preparation:**  
1. Combine turkey, ¼ tsp. salt, pepper, egg, breadcrumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.  
2. Roll mixture into eighteen 1½-inch meatballs. Set aside.  
3. Heat oil in large nonstick skillet over medium-high heat.  
Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.  
4. Repeat with the remaining meatballs. Set aside.  
5. Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.  
6. Top meatballs with cooked onion, tomatoes, oregano, and remaining ¼ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.

Calories: 212 calories; Fat: 9g; Carbohydrate: 13g; Sugar: 6g; Protein: 19g (per serving)

**Herb Roasted Turkey**

**Total Time:** 4 hrs. 35 min.  
**Prep Time:** 15 min.  
**Cooking Time:** 4 hrs.  
**Yield:** 24 servings, 4 oz. each

**Ingredients:**  
1 (18 lb.) raw whole turkey  
1½ tsp. sea salt  
2 Tbsp. coarsely ground black pepper  
1½ tsp. dried thyme leaves  
1½ tsp. dried ground sage  
1½ tsp. dried oregano leaves  
1½ tsp. dried basil leaves  
6 cups low-sodium organic chicken (or turkey) broth, divided use  
2 cloves garlic, finely chopped  
18 fresh marjoram sprigs, leaves removed and finely chopped, stems discarded  
18 fresh parsley sprigs, finely chopped  
2 medium onions, cut into ¼-inch slices  
2 medium carrots, cut into ¼-inch slices  
2 medium celery stalks, cut into ¼-inch slices  
2 medium leeks, cut into ¼-inch slices  
1 garlic head, halved crosswise

**Preparation:**  
1. Preheat oven to 450° F. Place rack in lowest position in oven.  
2. Remove turkey neck and giblets from inside turkey; rinse turkey and pat dry with paper towels. Set aside.  
3. Combine salt, pepper, thyme, sage, oregano, and basil in a small bowl; mix well.  
4. Slide your hand under the skin of the turkey breast to loosen. Rub the pepper mixture inside turkey cavity, under skin, and on skin.  
5. Pour ¼ cup broth into turkey cavity.  
6. Combine ¾ cup broth and chopped garlic in a small bowl; pour over turkey.  
7. Combine marjoram, parsley, onions, carrots, celery, and leeks in a large bowl; mix well. Place in turkey cavity with garlic head.  
8. Tie turkey legs together with cooking string. Place turkey breast side up on cooking rack set in a large, heavy roasting pan. Pour 2 cups broth into bottom of roasting pan. Tent aluminum foil over turkey and sides of the pan. Bake for 30 minutes.  
9. Reduce heat to 325° F. Bake for an additional 3 to 3½ hours, basting with remaining 3 cups broth and pan juices every 20 minutes. Remove aluminum foil after 2½ hours. Bake until a meat thermometer inserted in the thickest part of the thigh reads 180° F, and juices run clear.  
10. Let sit for 20 minutes before carving. Discard skin before serving.

Calories: 219; Fat: 6g; Carbohydrate: 3g; Sugar: 1g; Protein: 35g

**Turkey Waldorf Salad**

**Total Time:** 20 min.  
**Prep Time:** 20 min.  
**Cooking Time:** None  
**Yield:** 4 servings, about 1¼ cups each

**Ingredients:**  
½ cup low-fat (1%) plain yogurt  
4 tsp. olive oil mayonnaise  
1 Tbsp. fresh lemon juice  
1 tsp. raw honey  
½ tsp. sea salt (or Himalayan salt)  
½ tsp. ground black pepper  
2½ cups shredded roasted turkey breast (approximately 12 oz.)  
2 medium celery stalks, sliced  
1 medium Granny Smith apple, chopped  
¼ cup chopped raw walnuts  
1 cup halved red grapes  
8 Boston (or Bibb) lettuce leaves

**Preparation:**  
1. Combine yogurt, mayonnaise, lemon juice, honey, salt, and pepper in a medium bowl; mix well. Set aside.  
2. Combine turkey, celery, apple, walnuts, and grapes in a medium serving bowl; mix well.  
3. Add yogurt mixture; toss gently to blend.  
4. Serve on top of lettuce.

Calories: 295; Fat: 11g; Carbohydrate: 19g; Sugar: 15g; Protein: 30g

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

***Laura Markuly, MSE, ACSM HFS, NASM CES/PES/GFS, is an Exercise Physiologist and the owner of Bodyology Sports Performance, LLC. She also serves as the Futurist and Volunteers Chair for Shocker Track Club.***