

# California Classic Grilled Cheese

Makes 2 Servings

## Ingredients

- 1 tablespoon **Cabot Salted Butter**
- 4 slices sourdough bread
- 1/2 avocado, sliced
- 4 ounces **Cabot Pepper Jack**, sliced
- About 6 slices large vine-ripened tomato

## Directions

Melt butter in large skillet over medium-low heat. Top two bread slices with cheese, tomato and avocado. Place remaining bread slices on top. Transfer to skillet and cook slowly until golden on underside, reducing heat if needed. Turn and cook until sandwiches are golden on second side and cheese is melted.



# Grilled Vegetable Mac & Cheese

Makes 12 Servings

## Ingredients

- 1 summer squash
- 1 zucchini
- 1 red bell pepper
- 1 green bell pepper
- 1 portobello mushroom
- 1 vidalia onion
- 1 lb. penne, large elbows or shells
- 4 cups milk
- 16 ounces **Cabot Extra Sharp Cheddar**, grated (about 4 cups)
- 8 tablespoons (1 stick) **Cabot Salted Butter**
- 1 cup of Panko bread crumbs
- 8 tablespoons King Arthur Unbleached All-Purpose Flour
- 1 teaspoon dried basil
- 1 teaspoon dried thyme



## Directions

Please visit [cabotcheese.coop/recipes](http://cabotcheese.coop/recipes) for directions.

# Power of Protein

At any age protein is an important building block of strong muscles and bones. Milk, yogurt, and cheese are rich in high-quality protein and contain many essential nutrients for building muscle and bones. Enjoy protein-rich foods throughout the day for more energy, appetite control, stronger bones, and muscle maintenance.

## • EASY WAYS TO ADD PROTEIN •

- Guacamole or hummus + Greek-Style Yogurt like our yummy Avocado Yogurt Spread.
- Hard-boiled or Deviled Eggs with Avocado.
- A smoothie with berries, Greek-Style Yogurt and juice (add kale or spinach for an extra boost of nutrients).
- A breakfast burrito or egg white and veggie omelet with cheese.
- Oatmeal with milk, topped with nuts or nutbutter or Overnight Yogurt Muesli with oats and fruit.
- Cheese and whole grain crackers.

## ABOUT CABOT CREAMERY COOPERATIVE

Cabot Creamery Cooperative has been in continuous operation in Vermont since 1919, and makes a full line of cheeses, yogurt, sour cream, cottage cheese and butter. Widely known as makers of “The World’s Best Cheddar,” Cabot is owned by the 1200 dairy farm families of Agri-Mark, the Northeast’s premier dairy cooperative, with farms located throughout New England and upstate New York. Visit [cabotcheese.coop](http://cabotcheese.coop) to learn more.



# Fuel Up For Fitness

Tips for how to best fuel your body to maximize the benefits of physical activity.



# Food is Fuel

Proper nutrition is key to helping you achieve your personal fitness goals. Proper hydration and the right combination of carbohydrates and protein can aid in recovery and prevent you from being “sidelined.”

Plan your meals and snacks wisely using our guide below.

Find more here:

[cabotcheese.coop/blog/greek-yogurt](http://cabotcheese.coop/blog/greek-yogurt)



**7g**  
PROTEIN

*Protein packed & lactose-free. A great go-to for snacking.*



**22g**  
PROTEIN

*More high-quality protein than traditional yogurt and a source of leucine - an essential amino acid for building and maintaining muscle strength.*

PRE-FUEL (3-4 HR BEFORE)	1 HR BEFORE	DURING	AFTER
<p><b>PROTEIN/CARBS</b></p> <p><i>High in carbs to fuel activity with protein for “staying power,” and low in fat and fiber.</i></p> <ul style="list-style-type: none"> <li>• Egg Sandwich</li> <li>• Overnight Yogurt Museli</li> <li>• Mini Bagel with Peanut Butter</li> </ul>	<p><b>CARBS</b></p> <p><i>Foods high in carbs and lower in protein will provide energy and digest quickly to fuel muscles.</i></p> <ul style="list-style-type: none"> <li>• Handful of Grapes</li> <li>• Small Banana</li> <li>• 100-calorie Granola or Energy Bar</li> <li>• English Muffin with Jelly</li> </ul>	<p><b>CARBS</b></p> <p><i>Aim for 30 – 90 grams of carbohydrates every hour after the first hour of exercise.</i></p> <ul style="list-style-type: none"> <li>• Sports Gel/Gummies</li> <li>• Dried Fruit</li> </ul>	<p><b>PROTEIN/CARBS</b></p> <p><i>Consume a higher carbohydrate meal afterwards that also contains some protein.</i></p> <ul style="list-style-type: none"> <li>• Peach Recovery Smoothie</li> <li>• California Classic Grilled Cheese</li> <li>• Bagel and Glass of Chocolate Milk</li> <li>• Juice with 1 Scoop of Whey Protein</li> </ul>
<ul style="list-style-type: none"> <li>• 8-16 ounces of water</li> </ul>	<ul style="list-style-type: none"> <li>• 8-16 ounces of water</li> </ul>	<ul style="list-style-type: none"> <li>• 3-8 ounces of water or sports drink every 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• 8-16 ounces of water</li> </ul>



## EVERYDAY

It is critical to eat a diet full of high quality complex carbohydrates such as **fruits, vegetables, whole grains, healthy fats, and lean proteins** every single day. Try our Grilled Veggie Mac & Cheese with some farmers market or garden fresh vegetables for a healthier twist.

# Peach Recovery Smoothie

Makes 2 Smoothies

## Ingredients

- 1 cup **Cabot 2% Plain Greek-Style Yogurt**
- 1 cup pure coconut water
- 2 peaches, pitted and quartered
- 1 banana, peeled and broken in half
- 1/2 cup ice cubes

## Directions

Combine yogurt, coconut water, peaches, banana and ice in a blender. Puree until smooth, 30 to 45 seconds.



# Overnight Yogurt Muesli

Makes 3 Servings

## Ingredients

- 1 cup **Cabot 2% Plain Greek-Style Yogurt**
- 1/2 cup uncooked old fashioned oats
- 1 1/2 tablespoons pure maple syrup
- 1/2 teaspoon vanilla extract
- 3/4 cup walnut pieces (or other nuts/seeds)
- 3/4 cup raisins (or other dried fruit)

## Directions

In medium bowl, combine yogurt, oats, maple syrup and vanilla. Cover and let sit in refrigerator overnight. For each serving, top 1/2 cup muesli with 1/4 cup walnuts and 1/4 cup raisins.