



THE FUELING GUIDE
GLOBAL WELLNESS RECIPES FOR THE GET ACTIVE CHALLENGE

GET ACTIVE 2026
GLOBAL COOKBOOK

CULINARY TIPS

SAFE COOKING TEMPERATURES

- COOK POULTRY TO 165°F (74°C).
- REHEAT LEFTOVERS TO 165°F (74°C) BEFORE SERVING.
- KEEP COLD FOODS REFRIGERATED BELOW 40°F (4°C).

MEASURING MATTERS

- LEVEL DRY INGREDIENTS FOR ACCURATE MEASUREMENTS.
- PACK BROWN SUGAR WHEN MEASURING.
- SPOON FLOUR INTO MEASURING CUPS RATHER THAN SCOOPING DIRECTLY FROM BAG.

KNIFE SKILLS

- USE A SHARP KNIFE FOR SAFER, MORE PRECISE CUTS.
- CUT VEGETABLES INTO SIMILAR-SIZED PIECES FOR EVEN COOKING.
- ALWAYS USE A STABLE CUTTING BOARD.

PRODUCE PREP

- WASH ALL FRUITS AND VEGETABLES THOROUGHLY BEFORE USE.
- PAT LEAFY GREENS DRY TO HELP DRESSINGS ADHERE BETTER.
- STORE HERBS WRAPPED IN A DAMP PAPER TOWEL FOR FRESHNESS.

PREP & STORAGE TIPS

- PREP FRUITS AND VEGETABLES AHEAD OF TIME FOR QUICKER MEALS.
- STORE DRESSINGS AND TOPPINGS SEPARATELY UNTIL READY TO SERVE.
- KEEP PREPARED FOODS CHILLED UNTIL SERVING.

CONVERSIONS

LIQUID MEASUREMENTS

U.S. MEASURE	MILLILITERS
1 tsp	5 mL
1 tbsp	15 mL
$\frac{1}{4}$ cup	60 mL
$\frac{1}{3}$ cup	80 mL
$\frac{1}{2}$ cup	120 mL
1 cup	240 mL

DRY MEASUREMENTS

U.S. MEASURE	GRAMS
1 oz	28 g
2 oz	57 g
4 oz	113 g
8 oz	227 g
16 oz (1 lb)	454 g

TEMPERATURE

FAHRENHEIT	CELSIUS
350°F	180°C
375°F	190°C
400°F	205°C
425°F	220°C

SMOOTHIE BOWL



UNITED STATES



VEGETARIAN



4 SERVINGS



10 MINUTES

INGREDIENTS

SMOOTHIE BASE

- 2 CUPS BABY KALE
- 1 CUP COLD WATER
- 2 TBSP GROUND FLAXSEED
- ½ CUP SPICED ALMOND BUTTER
- ½ CUP FROZEN STRAWBERRIES
- ½ CUP FROZEN BLUEBERRIES
- ½ CUP FROZEN BLACKBERRIES
- 2 MEDIUM BANANAS

TOPPINGS

- ¼ CUP TOASTED SHREDDED COCONUT
- ¼ CUP SLICED ALMONDS
- 4 TSP CHIA SEEDS
- ¼ CUP FRESH RASPBERRIES

SPICED ALMOND BUTTER

- ½ CUP ALMOND BUTTER
- 1 TSP HONEY
- 1 TSP GROUND CINNAMON
- PINCH GROUND ALLSPICE
- PINCH GROUND CLOVES

HIT PLAY AND WATCH REGISTERED DIETITIAN KELSEY AND REGIONAL CHEF SCOTT SHARE HOW TO MAKE THIS DELICIOUS SMOOTHIE BOWL.



INSTRUCTIONS

1. COMBINE ALMOND BUTTER, HONEY, CINNAMON, ALLSPICE, AND CLOVES IN A SMALL BOWL. MIX UNTIL SMOOTH.
2. ADD KALE, WATER, AND FLAXSEED TO A BLENDER AND BLEND UNTIL SMOOTH.
3. ADD THE SPICED ALMOND BUTTER, BANANAS, STRAWBERRIES, BLUEBERRIES, AND BLACKBERRIES. BLEND UNTIL CREAMY AND FULLY COMBINED.
4. DIVIDE EVENLY AMONG FOUR BOWLS.
5. TOP EACH BOWL WITH TOASTED COCONUT, SLICED ALMONDS, CHIA SEEDS, AND FRESH RASPBERRIES.

FUNCTIONAL FOCUS | KALE, BERRIES, AND FLAXSEED PROVIDE FIBER AND ANTIOXIDANTS THAT SUPPORT OVERALL WELLNESS. ALMOND BUTTER, CHIA SEEDS, AND ALMONDS CONTRIBUTE PLANT-BASED PROTEIN AND HEALTHY FATS FOR LASTING ENERGY.

CHIA PUDDING



FRANCE



VEGETARIAN



1 SERVING



2 HOURS 30 MINUTES

INGREDIENTS

CHIA PUDDING

- 11G CHIA SEEDS
- 80ML COCONUT MILK
- 8G HONEY

RHUBARB COMPOTE

- 25G RHUBARB
- 3G BUTTER
- 5G SUGAR

COCONUT CRUMBLE

- 3G BUTTER
- 3G FLOUR
- 3G GRATED COCONUT
- 3G CASTER SUGAR



INSTRUCTIONS

CHIA PUDDING

1. COMBINE COCONUT MILK, HONEY, AND CHIA SEEDS IN A MIXING BOWL.
2. STIR WELL, COVER, AND REFRIGERATE FOR AT LEAST 2 HOURS UNTIL THICKENED.

COCONUT CRUMBLE

1. CUT COLD BUTTER INTO SMALL CUBES.
2. MIX BUTTER, FLOUR, GRATED COCONUT, AND SUGAR UNTIL A CRUMBLY TEXTURE FORMS.
3. SPREAD EVENLY ON A BAKING TRAY.
4. BAKE AT 350°F (180°C) FOR 10–12 MINUTES, OR UNTIL GOLDEN BROWN.

RHUBARB COMPOTE

1. COMBINE RHUBARB, BUTTER, AND SUGAR IN A SAUCEPAN.
2. COOK OVER MEDIUM HEAT UNTIL SOFTENED AND REDUCED TO A COMPOTE CONSISTENCY.

ASSEMBLY

1. SPOON 100G OF CHIA PUDDING INTO A PARFAIT GLASS.
2. LAYER WITH RHUBARB COMPOTE AND TOP WITH COCONUT CRUMBLE.
3. SERVE CHILLED.

FUNCTIONAL FOCUS | CHIA SEEDS PROVIDE FIBER, OMEGA-3 FATTY ACIDS, AND PLANT-BASED PROTEIN TO SUPPORT DIGESTION AND BALANCED BLOOD SUGAR LEVELS. RHUBARB CONTRIBUTES FIBER AND ANTIOXIDANTS FOR ADDED WELLNESS BENEFITS.

GRANOLA BAR



UNITED STATES



VEGAN



6 SERVINGS



55 MINUTES

INGREDIENTS

- 1½ CUPS OLD-FASHIONED ROLLED OATS
- ¼ CUP RAW PUMPKIN SEEDS
- ¼ CUP ROASTED UNSALTED SUNFLOWER SEEDS
- ¼ CUP GOLDEN RAISINS
- 2 TBSP DRIED CRANBERRIES
- 3 TBSP PURE MAPLE SYRUP
- 3 TBSP LIGHT BROWN SUGAR
- ¼ TSP VANILLA EXTRACT
- ½ TSP GROUND CINNAMON
- PINCH KOSHER SALT
- 1½ TBSP CHIA SEEDS
- ¼ TSP CANOLA OIL



INSTRUCTIONS

1. PREHEAT OVEN TO 350°F (180°C) AND SPREAD THE OATS ON A SHEET PAN AND TOAST FOR ABOUT 15 MINUTES UNTIL LIGHTLY GOLDEN. SET ASIDE TO COOL.
2. ROAST THE PUMPKIN SEEDS AND SUNFLOWER SEEDS FOR 15–20 MINUTES UNTIL FRAGRANT AND LIGHTLY BROWNED. ALLOW TO COOL, THEN PULSE BRIEFLY IN A FOOD PROCESSOR UNTIL COARSELY CHOPPED.
3. COMBINE THE TOASTED OATS, CHOPPED SEEDS, RAISINS, AND DRIED CRANBERRIES IN A LARGE MIXING BOWL.
4. IN A SAUCEPAN, COMBINE MAPLE SYRUP AND BROWN SUGAR. BRING TO A SIMMER, STIRRING UNTIL THE SUGAR DISSOLVES. REMOVE FROM HEAT AND STIR IN THE VANILLA AND CINNAMON.
5. POUR THE WARM SYRUP MIXTURE OVER THE OAT MIXTURE. ADD THE SALT AND CHIA SEEDS AND MIX UNTIL EVENLY COMBINED.
6. LIGHTLY OIL A SHEET PAN OR LINE WITH PARCHMENT PAPER. TRANSFER THE MIXTURE TO THE PAN AND PRESS FIRMLY INTO AN EVEN LAYER.
7. ALLOW TO COOL COMPLETELY, THEN CUT INTO 6 BARS.

FUNCTIONAL FOCUS | PACKED WITH WHOLE GRAINS AND SEEDS, THESE GRANOLA BARS DELIVER FIBER, PLANT-BASED PROTEIN, AND HEALTHY FATS FOR LASTING ENERGY. DRIED FRUIT ADDS NATURAL SWEETNESS AND ADDITIONAL NUTRIENTS AND ANTIOXIDANTS.

PROTEIN BALLS



UNITED KINGDOM



VEGAN



10 SERVINGS



45 MINUTES

INGREDIENTS

- 150G PITTED DATES
- 100G CASHEW NUTS
- 80G GRATED CARROT
- 60G DESICCATED COCONUT, DIVIDED
- 5G GROUND CINNAMON
- 3G GROUND GINGER
- 1G GROUND NUTMEG
- 5ML VANILLA EXTRACT



INSTRUCTIONS

1. SOAK DATES IN WARM WATER FOR 10 MINUTES. DRAIN AND BLEND IN A FOOD PROCESSOR UNTIL A SMOOTH PASTE FORMS.
2. ADD CASHEWS AND PROCESS UNTIL FINELY CHOPPED AND INCORPORATED INTO THE DATE MIXTURE.
3. ADD CINNAMON, GINGER, NUTMEG, AND VANILLA. PULSE UNTIL COMBINED.
4. TRANSFER MIXTURE TO A BOWL AND FOLD IN GRATED CARROT AND 40G OF THE DESICCATED COCONUT.
5. REFRIGERATE FOR 30 MINUTES TO FIRM UP.
6. DIVIDE MIXTURE INTO 10 EQUAL PORTIONS AND ROLL INTO BALLS.
7. COAT EACH BALL WITH THE REMAINING COCONUT.
8. SERVE IMMEDIATELY OR STORE REFRIGERATED UNTIL READY TO ENJOY.

ENJOY WITH FRESH FRUIT, GREEK YOGURT, OR YOUR FAVORITE COFFEE OR TEA FOR A BALANCED SNACK OR QUICK BREAKFAST.

FUNCTIONAL FOCUS | DATES PROVIDE NATURAL ENERGY AND FIBER, WHILE CASHEWS DELIVER PLANT-BASED PROTEIN AND HEALTHY FATS TO HELP KEEP YOU SATISFIED. GINGER ACTS LIKE A PREBIOTIC—HELPING BENEFICIAL GUT BACTERIA THRIVE WHILE KEEPING HARMFUL MICROBES IN CHECK TO SUPPORT OVERALL DIGESTIVE HEALTH

POTATO HASH



UNITED STATES



VEGAN



6 SERVINGS



35 MINUTES

INGREDIENTS

- 2 CUPS BRUSSELS SPROUTS, SHREDDED
- ¼ CUP ONION, DICED
- 1 TSP GARLIC, MINCED
- 1½ TBSP CANOLA OIL
- 2 CUPS POTATOES, SHREDDED
- ¼ TSP BLACK PEPPER
- ¼ TSP KOSHER SALT
- ¼ TSP FRESH ROSEMARY, CHOPPED



INSTRUCTIONS

1. THINLY SLICE OR SHRED THE BRUSSELS SPROUTS.
2. HEAT THE OIL IN A LARGE SAUTÉ PAN OVER MEDIUM HEAT.
3. ADD THE ONION, GARLIC, AND ROSEMARY AND COOK UNTIL FRAGRANT AND LIGHTLY BROWNED.
4. ADD THE SHREDDED POTATOES, SALT, AND PEPPER. SPREAD INTO AN EVEN LAYER AND COOK UNDISTURBED FOR 4 MINUTES.
5. ADD THE BRUSSELS SPROUTS AND STIR TO COMBINE.
6. CONTINUE COOKING, STIRRING EVERY FEW MINUTES, UNTIL THE POTATOES ARE TENDER AND THE BRUSSELS SPROUTS ARE LIGHTLY CARAMELIZED, ABOUT 12–14 MINUTES.
7. SERVE WARM.

SERVE HOT WITH

- FRIED EGG
- SLICED AVOCADO
- TURKEY SAUSAGE

FUNCTIONAL FOCUS | BRUSSELS SPROUTS PROVIDE FIBER AND ANTIOXIDANTS THAT SUPPORT DIGESTIVE HEALTH AND OVERALL WELLNESS. COMBINED WITH POTATOES FOR SUSTAINED ENERGY, THIS HEARTY HASH MAKES A SATISFYING ADDITION TO ANY MEAL.

THINAI PONGAL



INDIA



VEGETARIAN



4-6 SERVINGS



40 MINUTES

INGREDIENTS

- 180G FOXTAIL MILLET
- 50G YELLOW MOONG DAL
- 50G MIXED VEGETABLES (CARROT, PEAS, BEANS)
- 15G GINGER, FINELY CHOPPED
- 2G BLACK PEPPER
- 2G CUMIN SEED
- FEW CURRY LEAVES
- 8-10 CASHEW NUTS
- 15G GHEE
- SALT, TO TASTE
- 1-1.2 LITERS WATER



INSTRUCTIONS

1. WASH MILLET AND MOONG DAL SEPARATELY.
2. DRY ROAST MOONG DAL FOR 2-3 MINUTES UNTIL AROMATIC.
3. ADD MILLET, ROASTED DAL, VEGETABLES, SALT, AND WATER TO A PRESSURE COOKER.
4. COOK FOR 4-5 WHISTLES, OR UNTIL SOFT AND CREAMY.
5. HEAT GHEE IN A SMALL PAN AND ROAST CASHEWS UNTIL GOLDEN.
6. ADD CUMIN SEEDS, BLACK PEPPER, GINGER, AND CURRY LEAVES. SAUTÉ FOR 30 SECONDS UNTIL FRAGRANT.
7. POUR THE TEMPERING OVER THE COOKED PONGAL AND MIX GENTLY UNTIL CREAMY.
8. ADJUST CONSISTENCY WITH HOT WATER IF NEEDED

SERVE HOT WITH

- COCONUT CHUTNEY
- MINT YOGURT DIP
- LIGHT VEGETABLE STEW

FUNCTIONAL FOCUS | FOXTAIL MILLET DELIVERS SLOW-RELEASING CARBOHYDRATES AND FIBER FOR SUSTAINED ENERGY, WHILE PROTEIN-RICH MOONG DAL HELPS SUPPORT SATIETY. GINGER, BLACK PEPPER, AND VEGETABLES ADD NUTRIENTS AND ANTIOXIDANTS THAT CONTRIBUTE TO OVERALL WELLNESS AND DIGESTIVE HEALTH.

BEET HUMMUS



UNITED STATES



VEGAN



6 SERVINGS



55 MINUTES

INGREDIENTS

- 1 CUP ROASTED BEETS, PEELED AND CUBED
- 1 CUP CHICKPEAS, DRAINED AND RINSED
- 1 TBSP + 2 TSP TAHINI
- 1 GARLIC CLOVE
- 1 ½ TSP FRESH LEMON JUICE
- ⅛ TSP KOSHER SALT
- ⅛ TSP BLACK PEPPER
- 1 TBSP + 2 TSP COLD WATER
- 2 TSP EXTRA VIRGIN OLIVE OIL
- 2 TSP FRESH PARSLEY, CHOPPED



INSTRUCTIONS

1. PREHEAT OVEN TO 350°F (180°C). ROAST BEETS FOR 30–45 MINUTES, OR UNTIL TENDER. ALLOW TO COOL SLIGHTLY, THEN PEEL AND CUBE.
2. PUREE THE ROASTED BEETS IN A FOOD PROCESSOR UNTIL SMOOTH.
3. ADD CHICKPEAS AND PULSE UNTIL COMBINED.
4. ADD TAHINI, GARLIC, LEMON JUICE, SALT, AND BLACK PEPPER. PROCESS UNTIL SMOOTH.
5. ADD COLD WATER AS NEEDED TO ACHIEVE THE DESIRED CONSISTENCY.
6. TRANSFER TO A SERVING BOWL AND DRIZZLE WITH OLIVE OIL.
7. GARNISH WITH CHOPPED PARSLEY AND SERVE CHILLED.

SERVE CHILLED WITH

- FRESH VEGETABLE STICKS – CARROTS, CUCUMBER, BELL PEPPERS
- WARM PITA BREAD
- PRETZELS
- CROSTINI

FUNCTIONAL FOCUS | BEETS ARE RICH IN ANTIOXIDANTS AND NATURALLY OCCURRING NITRATES THAT SUPPORT OVERALL WELLNESS. COMBINED WITH FIBER-RICH CHICKPEAS AND HEART-HEALTHY TAHINI, THIS VIBRANT DIP IS BOTH NOURISHING AND SATISFYING.

CHICKEN SALAD



AUSTRALIA



CHICKEN



4 SERVINGS



40 MINUTES

INGREDIENTS

- 1 LB CHICKEN BREAST
- 4 CUPS MIXED LETTUCE
- 1 SMALL CUCUMBER, SLICED
- 1 CUP CHERRY TOMATOES, HALVED
- ½ AVOCADO, SLICED
- ½ CUP BROWN RICE
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- 1 TBSP LEMON JUICE AND ZEST
- 1 TBSP SEEDED MUSTARD
- PINCH OF SALT
- PINCH OF BLACK PEPPER



INSTRUCTIONS

1. RINSE 1/2 CUP OF BROWN RICE UNDER COLD WATER.
2. ADD THE RICE TO A POT WITH 1-1 1/2 CUPS OF WATER AND A SMALL PINCH OF SALT.
3. BRING TO THE BOIL, THEN REDUCE TO LOW HEAT AND COVER WITH A LID.
4. COOK FOR 22-25 MINUTES UNTIL THE WATER IS ABSORBED OR DESIRED TEXTURE IS ACHIEVED.
5. REMOVE FROM HEAT AND LET STAND COVERED FOR 5 MINUTES, THEN FLUFF WITH A FORK.
6. SEASON CHICKEN WITH SALT AND PEPPER.
7. COOK CHICKEN IN A PAN WITH A SMALL AMOUNT OF OLIVE OIL UNTIL GOLDEN AND COOKED THROUGH.
8. SLICE THE CHICKEN AND CHOP SALAD INGREDIENTS.
9. MIX OLIVE OIL, LEMON JUICE+ZEST, SEEDED MUSTARD SALT, AND PEPPER FOR THE DRESSING.
10. ASSEMBLE SALAD WITH BROWN RICE, SALAD VEGETABLES, AND SLICED CHICKEN.
11. DRIZZLE WITH DRESSING AND SERVE.

FUNCTIONAL FOCUS | LEAN CHICKEN PROVIDES PROTEIN FOR SATIETY, WHILE BROWN RICE OFFERS FIBER AND COMPLEX CARBOHYDRATES FOR SUSTAINED ENERGY. AVOCADO AND OLIVE OIL ADD HEART-HEALTHY FATS FOR A BALANCED MEAL.

RAGI AMBALI



INDIA



VEGETARIAN



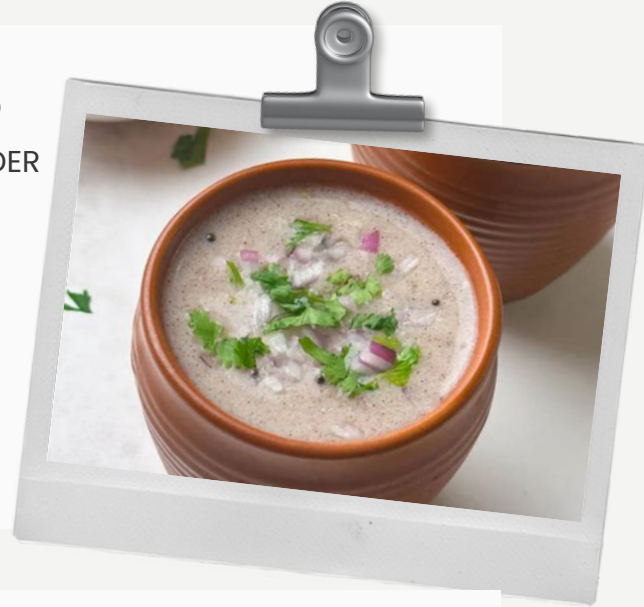
20 SERVINGS



OVERNIGHT

INGREDIENTS

- 500G RAGI FLOUR
- 4 LITERS WATER
- SALT, TO TASTE
- 2 LITERS THIN BUTTERMILK
- 40G GINGER, FINELY CHOPPED
- 20G GREEN CHILI, FINELY CHOPPED
- 200G ONION, FINELY CHOPPED
- FEW CURRY LEAVES, CHOPPED
- 15G ROASTED CUMIN POWDER
- CORIANDER LEAVES, FOR GARNISH



INSTRUCTIONS

1. MIX THE RAGI FLOUR WITH WATER TO FORM A SMOOTH, LUMP-FREE SLURRY.
2. BRING WATER TO A BOIL IN A LARGE POT.
3. GRADUALLY ADD THE SLURRY, STIRRING CONTINUOUSLY TO PREVENT LUMPS.
4. COOK OVER LOW HEAT UNTIL SLIGHTLY THICKENED AND GLOSSY, AND THE RAW FLAVOR DISAPPEARS.
5. REMOVE FROM HEAT AND ALLOW TO COOL COMPLETELY.
6. ADD WATER AS NEEDED TO ACHIEVE A POURABLE CONSISTENCY, THEN COVER AND FERMENT FOR 8–10 HOURS OR OVERNIGHT.
7. WHISK THE FERMENTED MIXTURE UNTIL SMOOTH.
8. STIR IN BUTTERMILK, SALT, GINGER, ONION, GREEN CHILI, CURRY LEAVES, AND ROASTED CUMIN POWDER.
9. GARNISH WITH CORIANDER LEAVES AND SERVE CHILLED.

FUNCTIONAL FOCUS | RAGI IS A FIBER-RICH ANCIENT GRAIN THAT PROVIDES SLOW-RELEASING CARBOHYDRATES TO SUPPORT SUSTAINED ENERGY THROUGHOUT THE DAY. FERMENTATION AND BUTTERMILK ADD PROBIOTICS THAT HELP PROMOTE GUT HEALTH, WHILE GINGER AND CUMIN SUPPORT DIGESTION AND OVERALL WELLNESS.

JUICE SHOTS



UNITED STATES



VEGAN



4 SERVINGS



10 MINUTES

INGREDIENTS

EVERYTHING GREEN

- 1 GRANNY SMITH APPLE
- ½ ENGLISH CUCUMBER
- 2 CELERY STALKS
- ⅓ CUP BABY SPINACH
- ⅓ CUP FRESH PARSLEY
- ½ CUP WATER
- ⅛ TSP KOSHER SALT

LEMON GINGER

- 1 LEMON, PEELED
- 1 ORANGE, PEELED
- 2 TBSP FRESH GINGER
- ¾ TSP TURMERIC
- ⅛ TSP GROUND PEPPER
- ⅔ CUP COCONUT WATER



INSTRUCTIONS

EVERYTHING GREEN

1. WASH ALL PRODUCE THOROUGHLY.
2. CORE THE APPLE AND ROUGHLY CHOP THE APPLE, CUCUMBER, AND CELERY.
3. ADD THE APPLE, CUCUMBER, CELERY, SPINACH, PARSLEY, WATER, AND SALT TO A BLENDER. BLEND UNTIL SMOOTH, ADDING INGREDIENTS GRADUALLY IF NEEDED.
4. STRAIN THROUGH A FINE MESH SIEVE, PRESSING TO EXTRACT AS MUCH LIQUID AS POSSIBLE. FOR A SMOOTHER TEXTURE, STRAIN A SECOND TIME. SERVE CHILLED.

LEMON GINGER

1. WASH ALL PRODUCE THOROUGHLY.
2. PEEL THE LEMON AND ORANGE AND ROUGHLY CHOP INTO LARGE PIECES.
3. ROUGHLY CHOP THE GINGER INTO 1-INCH PIECES.
4. ADD THE LEMON, ORANGE, GINGER, TURMERIC, BLACK PEPPER, AND COCONUT WATER TO A BLENDER. BLEND UNTIL SMOOTH.
5. STRAIN THROUGH A FINE MESH SIEVE, PRESSING TO EXTRACT AS MUCH LIQUID AS POSSIBLE. FOR A SMOOTHER TEXTURE, STRAIN A SECOND TIME. SERVE CHILLED.

FUNCTIONAL FOCUS | GINGER IS RICH IN ANTIOXIDANTS AND NATURALLY OCCURRING COMPOUNDS THAT SUPPORT OVERALL WELLNESS. A STAPLE IN MANY WELLNESS BEVERAGES, GINGER PROVIDES ANTIOXIDANTS AND A DISTINCTIVE WARMING FLAVOR.