

JUNE  
16  
2014

## FITTER RADIO EPISODE 011:

### 1. WORKOUT OF THE WEEK

Part 1 of a 3 part series in which Bev looks at elite performance and training intensities. Has one particular approach to training been more successful than another? In Part 1 we discuss the spread of training intensity across your week and why it matters.

### 2. ONE STEP AHEAD

Carbohydrate mouth rinses – can they really increase performance.

### 3. HOT PROPERTY INTERVIEW

In this episode we interview kiwi cyclist James Oram. James is a pro rider for the Bontrager Cycling Team and has recently been selected to New Zealand's Commonwealth Games Squad.



### 4. LINKS

Fudgy Protein Bites: <http://iquitsugar.com/need-a-chocolate-hit-try-our-fudgy-protein-bites/>

Mikki's Fudgy bites inspired by above (makes 25-30 bites):

½ cup cacao butter, ½ cup coconut oil, ½ cup protein powder, 2 tspn stevia, pinch of Himalayan salt

Melt the cacao butter and coconut oil, blend all ingredients together. Pop in an ice cube tray and set in fridge/freezer.

No-oatmeal porridge:

1 cup of riced cauliflower (whizz florets in a food processor), ⅓ cup coconut milk, 1 grated apple, 1 tsp cinnamon, ¼ tsp nutmeg, pinch of Himalayan salt, 2 tbsp chopped pecans, 2 eggs beaten, 2 tbsp flaxseed meal.

Put cauliflower, coconut milk, apple, pecans, salt and spice in saucepan. Bring to low boil until tender and liquid almost disappeared (10 mins or so). Remove from heat pour eggs in in steady stream whisking constantly, add flaxseed and whisk again. Serve immediately.

### 5. CONTACT US

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