

*You are a pro athlete of the business world, start eating like one.*

# 3 HIGH-PERFORMANCE RECIPES FOR KICK-A\*\* ENTREPRENEURS



*Stacy and Markus Naugle*

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**Hi! We're Stacy and Markus Naugle**, High-performance Health Coaches for entrepreneurs and other excellence-driven people. We help our clients generate the physical capacity necessary to take their next **BIG Bold** business step with confidence so that they can show up with their A-game every day while not burning out or sacrificing what they love most.

We're thrilled to go down the rabbit hole of scientific journals and texts, researching peak performance strategies for the pro athletes of the business world--you!

Markus earned a degree in molecular biology from the Massachusetts Institute of Technology and Stacy earned a Master of Acupuncture from Northwest Institute of Acupuncture and Asian Medicine. We have 30 years of international experience as coaches, teachers, and consultants that we leverage to elevate your performance, success, and happiness.

We share curated high-performance diet and lifestyle enhancements with our clients and students. Today, we're sharing three high-performance meals with you.



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**You are the engine** that drives your business, purpose, and passion. Studies show that your success (income and well-being) is directly related to both your health and the health of your family. Entrepreneurs who thrive deliberately culture resilience, stamina, and efficient productivity habits.

There's no doubt about it, **unstoppable entrepreneurs leverage smart diets and lifestyle habits** to elevate their success in work and life. But success is hollow if you're too burnt out to enjoy the benefits and feeling guilty about not showing up fully for your friends and family, lacking time and energy to do what you love, or even more importantly, becoming ill when your family and business need you.

We've been there...struggling to balance work and family time while striving to elevate your success without sacrificing our well-being or burning out. We love pouring our hearts and souls into our business *and* we want heaps of energy for our kids when they come home from school. We want to feel motivated and capable of making delicious, healthy meals at the end of the day. We want the energy and resources to adventure through the magnificent beauty of this blue planet.

**We've dedicated thirty years to mastering a high-performance lifestyle.** It's been our foundation to build multiple businesses, raise two adult daughters and two young boys, and feel capable of anything we set our minds to, even as we enter our mid-fifties.

We witness so many entrepreneurs, business owners, thought leaders, and other excellence-driven people give their all to a purpose and passion only to watch their success falter when health issues arise, symptoms of burnout begin to haunt them (brain fog, mid-day energy drops, decreased creativity and enthusiasm, interrupted sleep), or their families suffer under the stress and demands of their work. They do their best, but it never seems to be enough. **They don't need to work harder, they need to work smarter.**

**Over three decades we've helped thousands of people** generate energy, focus, and stamina necessary to skyrocket their businesses AND show up fully for family and friends with the vitality to enjoy the rewards of their work and do more of what they love. Our students:

- Come home after work, walk into their smartly stocked kitchen, and efficiently prepare healthy meals for their families,
- Possess the energy play ball with their kids or go on a bike ride after work,
- Adventure on the weekends rather than recuperate, and
- Enrich their home lives while showing up at work with enthusiasm and creativity to drive the next big, bold business move.

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Deciding what to eat to produce that **edge for success** can be a daunting task when more than 100,000 nutrition scientific articles are published every year. Here's where we Burn Bright to ensure that your body has what it needs to produce the most energy, laser-like focus, and the stamina to go the extra mile. The extra mile is never crowded, and when you are fueled to Burn Bright, your business will truly soar.

**Optimizing your body's capacity to function at its highest level, gives you choices.** You can be limited by 24 hours in a day, but when your energy and focus feel unlimited, you realize you can make your dreams come true.

*YOUR HABITS, STRATEGIES AND WHAT YOU EAT ARE ALL THAT STAND  
BETWEEN DREAMS AND RESULTS.*

Today we are sharing three high-performance meals with you. You must eat, so why not make each bite elevate you towards your goals!

**High-performance meals support your energy, focus, and stamina.** Not only do they help you feel good short term, but also they develop the energy acquisition systems your body needs to extract nutrients from your food to efficiently create energy, enhance your moods and brain function, and increase your physical capacity. It's like giving a car a tune-up, but you get to do it three times per day to keep you running in top form!

Many health coaches and nutritionists break down food into macro and micronutrients such as protein, carbohydrates, fats, fiber, and vitamins and minerals. This provides valuable information to make meal plan recommendations. We study this information then take it further, miles further.

We continually comb scientific articles and studies to determine what foods and nutrients increase your performance, looking for synergistic effects where the sum is greater than the individual parts. We study the diets and lifestyles of the most successful, healthy, productive, and longest-lived people in the world and the ancient medicine systems of Asian and Ayurvedic medicine. We interview people all over the world to discover secrets of their success. This is the information we share with our students.

Remember, you are a pro athlete of the business world. To skyrocket your success, make a bigger impact, and serve more people, you must function at your best. We want you to take what you already do (eat, drink, sleep, breathe, move, think, and socialize) and do it better for that edge needed to thrive in work and your personal life.

Today, we're sharing three recipes with you. Each has been evaluated to meet our requirements as a high-performance meal.

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## What is a high-performance meal?

A high-performance meal must meet strict qualifications with high scores in at least 10 key areas that include but are not limited to:

- Whole, unprocessed foods,
- High fiber content,
- Abundant antioxidants,
- Rich in omega-3 fatty acids,
- Nutrient-dense (robust nutrition per calorie, no empty calories!),
- High enzyme content,
- Promotes a robust gut biome,
- Supports specific, critical energy acquisition systems,
- Stimulates positive effects on brain function (focus, memory, learning, decision making),
- Promotes positive moods,
- Mitigates stress, anxiety, or depression,
- Promotes cellular longevity, reversing or slowing aging,
- Prevents degenerative disease,
- Provides consistent energy,
- Builds stamina, the capacity to be resilient and focus intensely for long periods of time, and
- Has minimal environmental cost.

These three High-performance recipes were chosen for you because they score at the top of the charts in all three categories of energy, focus, and stamina, and they are flexible recipes that you can adjust to your personal preferences.

Your recipes contain instructions, Chef's Notes for variation and cooking suggestions, a high-performance explanation, and a nutritional analysis. Enjoy!

The big recipe reveal...

- 1. Raspberry Overnight Oatmeal,**
- 2. Loaded Tabouli, and**
- 3. Black Bean Vegetable Chili.**

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Burn Bright  
not out

## RECIPE

# Raspberry Lemon Overnight Oats

### High-performance scale:

Energy: 10/10

Focus: 10/10

Stamina: 10/10

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## Prep

- 5 minutes
- Serves 1
- Suggested equipment: 1-pint jar with lid, small bowl, spoon

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## Ingredients

- 4 Tbsp fresh or frozen raspberries
- 5 Tbsp rolled oats (aka old-fashioned oats)
- 1 Tbsp ground or whole flax seeds
- ½ cup plant milk (we like unsweetened soymilk)
- 1 tsp lemon zest
- 1 Tbsp maple syrup or another sweetener (optional)
- 1 Tbsp almond butter
- 1 Tbsp chopped almonds

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## Instructions

1. Place half the raspberries in your jar.
  2. Add oats, lemon zest, and flax. Stir with a spoon to mix these together.
  3. In a bowl, mix milk, maple syrup, and almond butter until smooth.
  4. Pour the liquid mixture over the oats and gently stir. You're not really mixing it, just helping the mixture absorb the milk.
  5. Top with chopped almonds and remaining raspberries.
  6. Place a lid on the jar and refrigerate overnight.
  7. Enjoy in the morning!
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## Chef's Notes

Like many of our family-friendly recipes, this one is flexible, too. You can swap fruit, nut butter, nuts, and types of milk.

Non-organic lemons concentrate pesticides in their peels, so consider organic lemons for this recipe.

Juice the remaining lemon, add hot water, and a bit of sweetener for a morning energy elixir!

If almonds irritate your digestive tract, the peels may be the cause. You can blanch them in boiling water and easily remove the peels or purchase them pre-peeled in the baking section of your store.

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## What makes this a High-Performance recipe?

This overnight oatmeal is a nutrient-dense (high number of nutrients per calorie or volume) meal. Science shows that the ingredients in this recipe may:

1. Support robust gut biome through its high prebiotic fiber content,
2. Promote healthy cholesterol levels (7 point drop in those who regularly eat oatmeal!),
3. Repair cell damage and slow aging due to high antioxidant levels
4. Build sustained energy and stamina,
5. Improve memory and attention,
6. Heart-healthy,
7. Lower cancer risk,
8. Support strong bones,

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9. Promote healthy weight,
10. Provide high in iron and protein, and
11. Act as an anti-inflammatory.

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## Raspberry Lemon Overnight Oatmeal Recipe Nutritional Analysis

*The information shown is an estimate provided by an online nutritional calculator. It should not be considered a substitute for a professional nutritionist's advice. When exact ingredients are not available, the closest substitution is made.*

Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>325</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 17.2g	<b>22%</b>
Saturated Fat 1.6g	<b>8%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 48mg	<b>2%</b>
<b>Total Carbohydrate</b> 34.1g	<b>12%</b>
Dietary Fiber 8.2g	<b>29%</b>
Total Sugars 15g	
<b>Protein</b> 11.5g	
Vitamin D 1mcg	4%
Calcium 203mg	16%
Iron 7mg	38%
Potassium 506mg	11%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.</small>	
<small>Recipe analyzed by <b>verywell</b></small>	

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## Loaded Tabouli

### High-performance scale:

Energy: 10/10

Focus: 8/10

Stamina: 8/10

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### Prep

- 35 minutes
- Serves 6
- Suggested equipment: cutting board, knife, mixing bowl

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### Ingredients

- 1½ cups bulgur wheat
- ¼ tsp salt
  
- 1 cup tomato, diced
- 1 cup cucumber, diced
- ½ cup carrot, halved and sliced thin
- 1 cup bell peppers, diced
- 4 scallions, sliced in thin rounds
- 2 cups flat-leaf parsley, minced
- ½ cup fresh mint, minced
- 1 can drained and rinsed garbanzo beans
  
- ½ cup lemon juice
- ½ cup olive oil
- ½ tsp salt

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## Instructions

1. Place bulgur in a pot with 3 cups of water and ¼ tsp salt.
  2. Bring to a boil. Cover and reduce the heat to low.
    - a. For medium-coarse bulgur, cooking time should be about 12 minutes
    - b. For coarse bulgur, cooking time should be 12-14 minutes
    - c. For extra coarse bulgur, cooking time should be 15 minutes
  3. Once cooked, fluff with a fork and place in a large mixing bowl.
  4. Dice and slice all vegetables while the bulgur is cooking.
  5. Make the dressing by mixing the lemon juice, olive oil, and salt.
  6. When the bulgur cools slightly, add the remaining ingredients. Let it sit 10 or more minutes before serving so the bulgur absorbs the delicious lemon flavor.
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## Chef's Notes

Like many of our family-friendly recipes, this one is flexible. You can swap in different vegetables and/or add beans, tofu, or nuts.

This goes great with hummus and pita, kalamata olives, and falafel!

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## What makes this a High-Performance recipe?

This Loaded Tabouli is a nutrient-dense (high number of nutrients per calorie or volume) meal. Science shows that the ingredients in this recipe may:

1. Support a robust gut biome through high prebiotic fiber content,
  2. Promote healthy cholesterol levels,
  3. Repair cell damage and slow aging through high antioxidant content,
  4. Build sustained energy and stamina,
  5. Improve memory and attention,
  6. Provide high iron and protein levels,
  7. Have anti-inflammatory effects
  8. Promote a strong immune system,
  9. Promote eye/vision health, and
  10. Contribute to bone health.
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# Loaded Tabouli Recipe Nutritional Analysis

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Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>367</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 18.3g	<b>23%</b>
Saturated Fat 2.6g	<b>13%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 500mg	<b>22%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 11.4g	<b>41%</b>
Total Sugars 3.1g	
<b>Protein</b> 8.9g	
Vitamin D 0mcg	0%
Calcium 92mg	7%
Iron 4mg	23%
Potassium 603mg	13%

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Recipe analyzed by **verywell**

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## Black Bean and Vegetable Chili

### High-performance scale:

Energy: 10/10

Focus: 8/10

Stamina: 10/10

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### Prep

- For a pressure cooker: 10 minutes prep, 40 minutes cooking the dry beans
- For stovetop cooking: 10 minutes prep, 20 minutes cooking
- Serves: 8
- Recommended equipment: pressure cooker or one large soup pot

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### Ingredients

- 1 Tbs olive oil
- 1½ cups onion, chopped
- 6 cloves garlic, minced
- 1-2 jalapeno peppers, diced
- 2 cups bell peppers, diced
- 1 cup carrots, diced
- 1 cup sweet corn
- 1½ cups tomatoes diced or 2 cans petite diced tomatoes
- 1½ tsp cumin
- 1 Tbs chili powder
- 1½ tsp salt
- 2 Tbs white vinegar

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- Four, 15 oz cans of black beans (approximately 8 cups) or 2 cups rinsed dry black beans if using a pressure cooker (see below for instructions)
- 1½ cups water
- ½ cup cilantro, chopped
- One piece kombu seaweed (optional, but recommended if using a pressure cooker)
- ½ cup pumpkin seeds

### **Garnish suggestions:**

- green onions, chopped
- fresh cilantro, chopped
- sour cream
- shredded cheddar cheese
- salsa
- warmed tortillas
- warmed corn chips

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## **Instructions**

### **Stovetop cooking**

1. In a large soup pot, sauté the onion, garlic, jalapeño, bell pepper, and carrot with cumin, chili powder, and salt until the onions are translucent (about 10 minutes).
2. Add diced tomato or 2 cans of petite diced tomatoes, black beans, 1½ cups of water, vinegar, sweet corn, and cilantro. Simmer, covered for 10 minutes, stirring occasionally. Add additional water if needed.
3. Add pumpkin seeds and serve with your favorite garnishes.

### **Pressure cooker (dry black beans)**

1. In the pressure cooker, sauté the onion, garlic, jalapeño, bell pepper, and carrot with cumin, chili powder, and salt until the onions are translucent (about 10 minutes).
2. Add the diced tomato or 2 cans of petite diced tomatoes, 2 cups dry rinsed, black beans, 3½ cups water, vinegar, kombu, and cilantro. Cook for 30 minutes at high pressure. Release pressure or allow to release naturally.
3. Add pumpkin seeds and sweet corn. Stir and let sit until fully heated.
4. Serve with your favorite garnishes.

## Chef's Notes

Add additional vegetables as you like. Kombu makes beans more easily digested and increases available minerals. It takes a bit to cook and break down, so use it with the pressure cooker or if you are slow-cooking your chili for at least an hour. Stir in the kombu to break up any pieces. It's flavorless in this amount.

## What makes this a High-Performance recipe?

This Black Bean Vegetable Chili is a nutrient-dense (high number of nutrients per calorie or volume) meal. Science shows that the ingredients in this recipe may:

1. Support robust gut biome through prebiotic fiber content,
2. Provide positive food-mood support,
3. Maintain level blood sugar through a low glycemic index,
4. Build blood through complex carbohydrates, iron, folate, vitamin C, and manganese,
5. Lower anxiety and improves sleep (cilantro),
6. Support healthy bones with its high mineral content,
7. Inhibit cancer,
8. Promote longevity,
9. Support eye health, and
10. Provide anti-inflammatory effects.

## Black Bean Vegetable Chili Nutritional Analysis

The information shown is an estimate provided by an online nutritional calculator. It should not be considered a substitute for a professional nutritionist's advice. When exact ingredients are not available in this database, the closest substitution is made.

Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>230</b>
	% Daily Value*
Total Fat 7.4g	9%
Saturated Fat 1.1g	5%
Cholesterol 0mg	0%
Sodium 549mg	24%
Total Carbohydrate 32.3g	12%
Dietary Fiber 9g	32%
Total Sugars 5g	
Protein 11.1g	
Vitamin D 0mcg	0%
Calcium 95mg	7%
Iron 4mg	25%
Potassium 710mg	15%

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## **Your success is our success.**

For excellence-driven people like you, there's no worse feeling than letting your customers, your family, or yourself down because you can't keep your promises.

When you have energy, focus, and stamina you can count on, you feel confident to take that next BOLD business step and still nurture yourself and your friends/family. You know you can show up with your A-game and follow through to realize and enjoy your success because you can **rely on your health to carry you through**.

This is the secret of successful entrepreneurs. They've cultured the physical capacity necessary to reach great heights and continue to expand their wins. No self-sacrifice. They put on their oxygen mask before helping other passengers.

You've already taken one step towards your next BIG, bold business move by reading this book. Congratulations!

### **Here are your next steps:**

1. Put these recipes on your calendar, shop for the ingredients and make them. They will only nourish you when you eat them!
2. **Claim your ticket for our FREE online Workshop: *The Millionaire Health Formula***. We'll share the powerful diet and lifestyle secrets of unstoppable entrepreneurs. Claim your ticket and join our next workshop!  
<https://www.yourveganfamily.com/millionaire-health-formula>
3. If you like to take immediate action, set up a **High-performance Health Audit** with us. In this 15-minute consultation, we'll examine your current diet and lifestyle habits and zero in on needle-moving strategies necessary to generate the energy, focus, and stamina you need to fuel your next level of success. Schedule here:  
<https://calendly.com/yourveganfamily/high-performance-health-audit>

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