



FUEL & FLAVOR

HYDRATION & COOLING FOODS



CUCUMBER GAZPACHO

INGREDIENTS

- 2 large cucumbers (peeled, seeded, chopped)
- 1 cup plain yogurt (Greek or regular)
- 1 clove garlic
- 2 tbsp olive oil
- 1 tbsp lemon juice (or vinegar)
- ¼ cup fresh herbs (dill, mint, or parsley)
- Salt & pepper (to taste)
- Optional: ½ avocado (for extra creaminess) or a slice of bread (for thickness)

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth.
2. Adjust consistency by adding a splash of cold water if it's too thick.
3. Taste and adjust salt and pepper.
4. Refrigerate for at least 1 hour (best served very cold).
5. Drizzle with olive oil and garnish with herbs, diced cucumber, or croutons.
6. Serve and enjoy!

MODIFICATIONS TO MEET YOUR GOALS AND NEEDS:

Boost Calories & Healthy Fats

- Add:
 - Avocado
 - Full-fat Greek yogurt
 - Olive Oil
 - Nuts or Seeds
 - White Beans

Increase Protein

- Add unflavored protein powder