

## What is REVIVE RECOMMENDS?

A list of foods recommended by Revive trainers and dietitians. The list will consist of foods that will help you on your health and wellness journey.



- 1 Bolthouse Farms Salad Dressing
- 1 Laughing Cow Cheese
- 1 Sweet Potato
- 4 Brown Rice
- 6 SMART Chicken Breasts (in back cooler)
- 8 Cashews
- 8 Coconut Oil
- 9 Better Oats RAW - pre packaged servings
- 11 Chobani Greek Yogurt (in cooler)
- 11 Country Hearth 12 Grain Bread

\*\*\*See individual item for serving size suggestion.



"Working together for a HEALTHIER community."



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## "YOU CAN'T OUT RUN THE KITCHEN"

It's true ... whether you run 5 miles a day or spend hours on the elliptical, if you do not change your habits in the kitchen you will only see minimal results over time. And while regular exercise is vital for long term health and wellness, the formula for becoming a healthier version of yourself is 75% diet related and 25 % exercise. When you put the two together that equates to a **100% healthier YOU!!!!**

County Fair has partnered with Revive Fitness to help promote health and wellness to our community. Our goal is to help you better understand how food acts as fuel for your body. Please keep an eye out for our periodic health and wellness education that will be written by Revive Fitness trainers, dietitians and other Revive wellness expert partners. The periodic informational package will include information such as new recipes, healthy grocery lists and specialty 'Revive

Recommends' items for healthier and easier shopping. Our vision is to work together to promote healthy information, choices and options for the families in this community in which we **serve and love so much!**



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### REVIVE PROTEIN BITES

- 1 Jar Justin's Almond Butter {aisle #11}
- 1 cup of honey {aisle #11}
- 2 cups protein powder (your choice)
- 3 cups oatmeal {aisle #9}
- 1/4 Cup Flaxseed or Chia Seed {aisle #8}
- 1/4 C Ghiradelli Cocoa Dark Chocolate Chips {aisle #8}

**\*\*Find aisle numbers & location for all ingredients on the back\*\***

- Heat the almond butter & honey for 45 seconds.
- Food process or break up chocolate chips into flakes.
- Mix in oats, flaxseed, chocolate chip flakes & protein.
- Makes 36 balls. - Refrigerate to store

calories: 170 carbs: 19g fiber: 3g protein: 9g sugar:10g fat: 10g

[www.revivedellrapids.com](http://www.revivedellrapids.com)