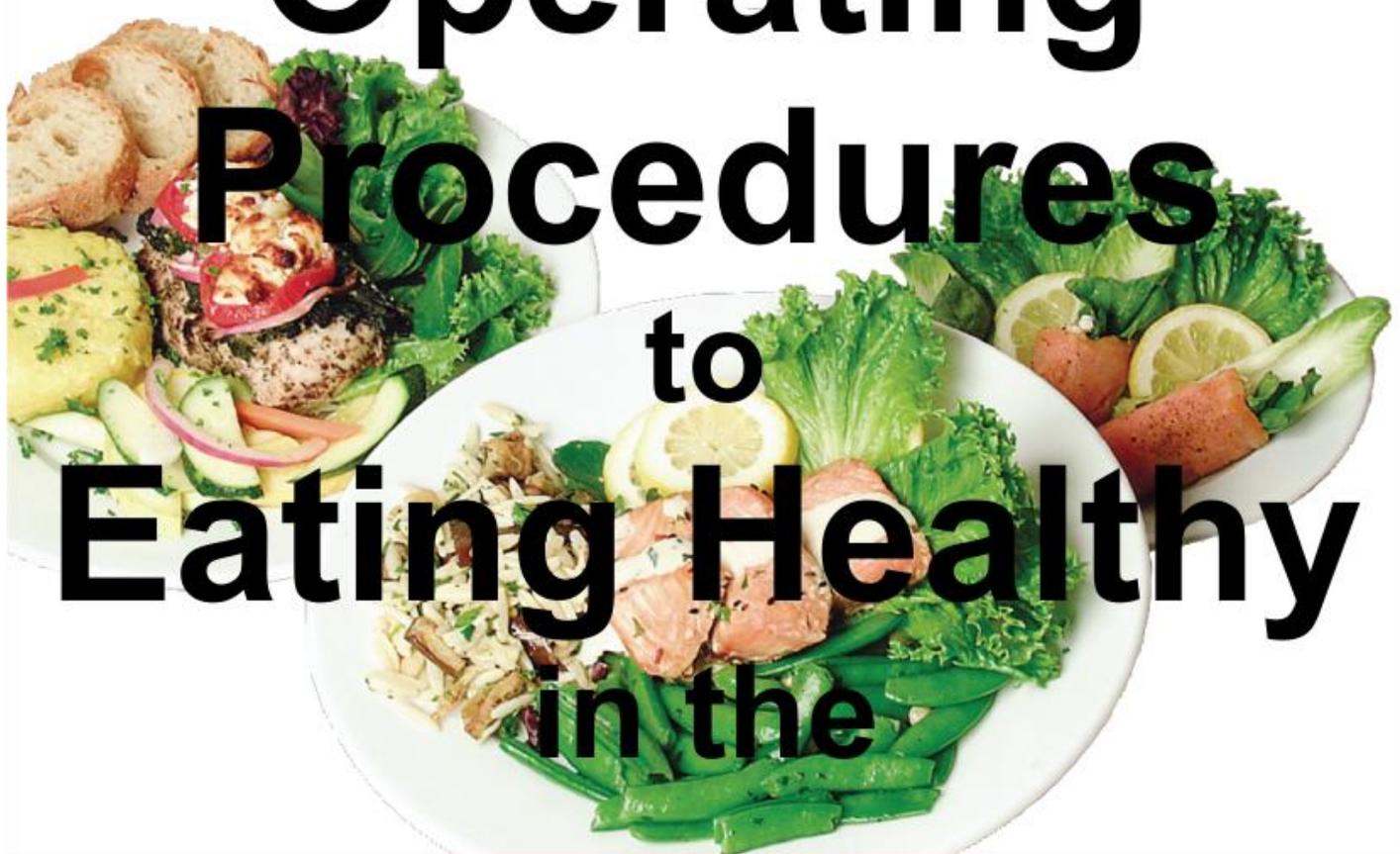


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The image shows three white plates of food. The top-left plate has bread, a salad, and a piece of salmon. The bottom-left plate has a salad, salmon, and green beans. The right plate has a salad with lemon slices and salmon. The text is overlaid on this image.

# Standard Operating Procedures to Eating Healthy in the

# FIREHOUSE

By Aaron Zamzow, BS, CPT

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Thanks so much for downloading this free report!

If you're reading this download then you obviously have an interest in being the best FireRescue Athlete you can be. Let's face the facts; eating healthy in the firehouse isn't the easiest thing to do. It takes discipline and an avoidance of the kitchen (or whatever place in the firehouse where all the goodies are). Obviously, it is impossible to avoid the kitchen entirely but it is possible to *lean out* the firehouse.

Cooking for a group of hungry firefighters is not easy-- if you don't cook something tasty you will hear about it from your crew...for a long time. The goal of this e-book is to provide some guidelines (and some recipes) on how to cook and eat healthy in the firehouse (and at your own house) to keep you lean and "fit for duty."

Let's start off with some basic rules. It's important to note that there are other SOP's of healthy eating like [post-workout nutrition](#), the importance of breakfast, and many more which you can learn about in detail from [The Ultimate FireRescue Workout Plan](#). But for now, start with these and be sure to continue to utilize [www.FireRescueFitness.com](http://www.FireRescueFitness.com) for more information on staying "Fit for Duty."

## **The SIX SOPs of eating lean in the firehouse**

**(Always fall back to these Standard Operating Procedures when in doubt)**

1. Limit or eliminate all liquid calories - fruit juices, soda pop, Gatorade, and alcohol. Of course in this day and age you won't be drinking in the firehouse but it is something to minimize when off the job. Alcohol provides nothing but empty calories and provokes bad choices (about food and other things). If you're going to drink beer, wine, or liquor, just keep in mind it will add calories and could keep you further away from getting fit for duty. BUT, we've got to have a little fun now and then right? Moderation in everything is the key. Gatorade and other sports drinks should only be consumed during a fire and after to help rehydrate. Fruit juices, soda pops, and even zero calorie soft drinks should be avoided. They

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provide nothing but empty calories and a ton of extra acids and other chemicals that will hinder the digestive, nervous, and muscular system. There is even new research that correlates diet, zero calorie drinks to overeating. A study published in *Cancer Epidemiology, Biomarkers and Prevention* found that chugging two or more sodas a week could raise risk of pancreatic cancer (in men...of course). An easy choice is to AVOID them at all cost.

The second part of this SOP is to stay hydrated. All of your body's chemical reactions, including your metabolism, depend on water. If you are dehydrated you may be burning up to 2% fewer calories and with as little as a 2% body water shortage, the ability to perform a high intensity activity (like that on the fireground) can be greatly impaired. Here are some great acceptable liquids; bottled water, teas (unsweetened, natural), coffee (hold the sweeteners, except stevia, cream and sugar), coconut milk (plain), and/ or regular almond milk.



\*\*\*\*A little note on energy drinks--They are NO GOOD. Calories or not, these things have tons of chemicals that shouldn't be in your body. If a drink doesn't have calories that once did, it means they stripped them out by replacing it with some man-made chemical. No good to you or your body! Just avoid them! Try green or black teas, eat better and get more sleep to increase your energy.

2. If it grows on a tree, we can eat it. If it grows on or is a plant, eat it. Fruits and veggies should be included in every meal and in as many snacks as possible. They provide the body with muscle and energy promoting nutrients that a firefighter needs to get through the day. By loading your body with the maximum amount of nutrients for the least number of calories, they are a dietary bargain. This does not include vegetable chips or veggie sticks or drinking fruit juice. If the fruit or vegetable in question won't rot after a few days of hanging out on the countertop, then it's a processed food. You should



choose green, leafy, lower starch veggies over starchier types. Some examples of these include broccoli, kale, cauliflower, and spinach, and cabbage. Starchier types include potatoes, yams, and sweet potatoes

3. Add in a LEAN protein at each meal and snack - This is a must! Adding in protein to your meal will help slow down the digestion of food and force the body to burn more calories. You'll also be supplying your body with essential muscle building qualities when you eat more proteins and the more muscle...the better. You should aim at consuming good sources of protein which can include meats, beans, eggs, cheese and/or milk. You need to try to ingest between .8 and 1.0 gram per pound of body weight in order to preserve your calorie-burning muscle mass.

4. Minimize ALL sugars and processed foods. Cakes, candies, breads, crackers, pastas, etc. all have high amounts of processed starches and sugars (and yes, I know they are usually around the firehouse). Here's why sugary foods are bad for you. First of all, if you eat a little sugar, you crave a bunch more. Sugar also triggers the body to store more fat.



There has been lots of research coming out lately that has linked most of the illnesses we see today (including cancer, disease, etc.) to excessive sugar intake. Try to minimize anything food sources that are white. Choose foods with the least amount of sugar, if a product has more than 10 grams per serving and no fiber, put it back.

5. Get to know Your Carbohydrates. Seek out foods containing complex carbohydrates and fiber, like those found in fruits, vegetables and whole grains. There are two kinds of carbohydrates: starchy ones found in potatoes and whole grains, and non-starchy ones found in fruits and vegetables. The basic rule is to focus on fruits and vegetables as your main source of carbohydrates and limit the starchy ones. Keep in mind that you should try to eat five fruits and vegetables a day. Fruits and vegetables are high in fiber, low in fat, and contain plenty of

water. So they have a low-caloric density (see SOP #3) than other foods, and they make you feel full. Starchy, whole-grain carbohydrates are also rich in fiber, so they make you feel full and help you reduce total food intake. Refined grains, like those found in white bread, won't give you the same benefits.

Avoid processed carbohydrates. These include grains whose high-fiber shells have been stripped away. Think of white flour or white rice. The calories are the same, but without the fiber, you lose the metabolic satisfaction of eating a grain. Also stay away from carbs that are combined with white sugar (sucrose) and/or fat. White bread, doughnuts, cake, and pasta contain white flour and should be avoided.

Also try to avoid low-carb pasta and breads. These products are made with soy flour (protein flour), have a chewy consistency and don't taste anything like their whole grain counterparts. You're better consuming smaller amounts of a fiber-rich product, like whole wheat pasta or whole wheat bread. Also many breads and cakes made with protein flour have a lot of added fat — and more calories.

6. Eat your healthy fats —Here is a nutritional statement worth remembering: Eating fat won't make you fat any more than eating money will make you rich. Actually eating the right kind of fats can make you leaner. The healthy fats that you want to focus on are monosaturated fats, nuts, seeds, healthy oils found in olives, avocados, omega-3 fatty acids (found in cold water fish), grass-fed meats, some fruits and even chocolate. These fats can lower risks of heart disease, protect the cells from damage, encourage muscle growth and increase the amount of valuable nutrients available for other foods.

You have to remember that these are guidelines. I encourage you to follow them, and if you do, I guarantee you will lean out, feel better and ultimately be more "fit for duty." Please use the following shopping list, recipes and a sample daily plan to help you gain an understanding how to apply these SOP's.

## Items to put on your Firehouse shopping list

### **Lean meats and fish**

Chicken  
Ground beef (preferably 15% fat or less)  
Sirloin steak  
Top round pork  
Turkey  
Turkey sausage  
Tuna  
Salmon  
Sea bass  
Tilapia  
Trout  
Cod  
Flounder  
Halibut  
Grouper  
Mahi mahi  
Orange roughy  
Shrimp  
Scallops  
Lobster  
Crab

[Whey protein powder](#)

### **Legumes**

Black beans  
Pinto beans  
Black-eyed peas  
Kidney beans  
Red lentils  
Edamame

### **Nuts and Seeds (GOOD FATS)**

Almonds  
Brazil nuts  
Cashews  
Hazelnuts (filberts)  
Macadamia nuts  
Pecans  
Pine nuts  
Pistachios (unsalted)



Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

**Fiber rich grains**

Fresh or whole wheat pasta  
Whole-grain breads (make sure the label reads WHOLE GRAIN)  
Long grain brown rice  
Quinoa

**Vegetables** (Green, Leafy Veggies)

Artichoke  
Asparagus  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Garlic  
Green onions  
Green beans  
Kale  
Lettuce  
Mushrooms  
Onions  
Peas  
Parsley  
Parsnip  
Peppers (all kinds)  
Pumpkin  
Radish  
Romaine lettuce  
Rutabaga  
Spinach  
Squash (all kinds)  
Tomato (actually a fruit, but most people think of it as a vegetable)  
Turnips



**Eggs and dairy foods**

Eggs or Omega-3 eggs

Cheese

Frozen yogurt (preferably Greek)

Ice cream

Ice milk

Whole, 1% or 2% milk and or Chocolate milk

Cheddar cheese

Mozzarella cheese, feta cheese, goat cheese string cheese sticks, cottage cheese

\*\*Try to go for Organic when possible

### **Fruit**

Apple

Apricots

Avocado (More of a Fat)

Banana

Blackberries

Blueberries (also can use frozen)

Cantaloupe

Cherries

Cranberries

Figs

Grapes

Honeydew melon

Kiwi

Lemon

Lime

Mango

Orange

Pineapple

Pomegranate

Prunes

Raisins

Raspberries (also can use frozen)

Rhubarb

Strawberries (also can use frozen)



### **Spreads**

Almond butter, cashew butter, peanut butter (organic), black currant jam, black bean dip, hummus

### **Seasonings**

Basil, parsley, cilantro, cayenne, watercress, cumin, curry powder, chili powder, cinnamon, red-pepper flakes, reduced sodium soy sauce, red-wine vinegar, cider vinegar

## Using the SIX SOPs of eating lean in the firehouse

Here is a sample daily menu and eating plan using the six SOP's as a guide

Food Breakdown	Actual Application
<p style="text-align: center;">Breakfast:</p> <p>Quick Option - Protein Shake OR                      Lean Protein Source (Eggs)                      Non Starchy Veggies Source (spinach)                      Starchy Carb Choice (oatmeal best choice)                      Fruit Source (berries, apple, banana)</p>	<p>Sausage and Cheese Muffins                      Oatmeal                      Blueberries</p>
<p style="text-align: center;">Mid Morning Snack:</p> <p>Lean Protein Source (slices of turkey, low sodium beef jerky or Greek yogurt)                      Fruit Source (Apple, Berries)</p>	<p>Greek Yogurt                      Apple                      OR  <a href="#">Snack Bar</a></p>
<p style="text-align: center;">Lunch:</p> <p>Lean Protein Source (turkey, chicken, salmon)                      Non Starchy Carb (Bowl of Lettuce, Spinach, etc.)                      Grain Source (Whole grain bread, rye, or Ezekiel Bread)</p>	<p>Healthy Sloppy Joes                      Whole Grain Bun                      Broccoli (steamed with a little butter)                      Whole grain pretzels                      Glass of 1% Milk</p>
<p style="text-align: center;">Mid Afternoon Snack:</p> <p>Lean protein Source (Protein Shake)                      OR Healthy Fat Source (Nuts, seeds)</p>	<p>Turkey Avocado Wraps</p>
<p style="text-align: center;">Dinner:</p> <p>Lean Protein Source (Lean Meat Choice)                      Starchy Carb Choice</p>	<p>Healthy Turkey Loaf                      Greens and Spinach Salad</p>
<p style="text-align: center;">Evening Snack:</p> <p>Lean Protein Source</p>	<p>½ cup 1% cottage cheese</p>

\*\*\* The FireRescue Athlete should aim to drink half of their body weight in ounces of water each day. So if you weigh 180 pounds, try to get 90 ounces of water.



# 10 Healthy Firehouse Recipes

Here are 10 great options for cooking at the firehouse (or your own house). Please note the serving sizes; you may have to adjust the ingredient amounts to fit the size of your crew. ENJOY!

## Breakfast/ Brunch Recipes

### **Broccoli Spears Omelet**

Ingredients (makes 2 servings)

- 5 eggs
- ½ fistful of parsley
- Splash of soy sauce
- 2 tsp of olive oil
- 2 Tbsp broccoli florets
- 5 asparagus spears (chopped)
- ¼ string beans, halved
- ½ cup spinach
- 1 glove of garlic, chopped
- Dash of black pepper

Directions

1. Mix the eggs, parsley and soy sauce in a bowl.
2. Coat a skillet with the olive oil and sauté the broccoli, asparagus, beans, spinach, garlic, and black pepper for 5 minutes.
3. Pour the egg mixture over the vegetables. Stir it for about 30 seconds and then let it sit for a minute. Stir it again until the eggs firm up and then let it sit for another minute. Then fold it and remove from pan. Enjoy.

### **Sausage & Cheese “Muffins”**

Ingredients (makes 4-5 servings)

- 4 ounces turkey sausage or crumbled turkey bacon
- 5 large eggs
- ½ cup (2---oz.) shredded reduced---fat cheddar cheese
- ½ green bell pepper, chopped
- ¼ onion, chopped
- 1 can (12---oz.) sliced mushrooms, drained

Directions:

1. Preheat the oven to 350°F.

2. Coat a 6---cup nonstick muffin pan with cooking spray, or line with paper baking cups.
3. In a medium nonstick skillet over medium---high heat, cook the sausage, pepper, and onion for 5 minutes or until the sausage is no longer pink.
4. Spoon the mixture into a bowl and cool slightly. Stir in the eggs and mushrooms.
5. Evenly divide the mixture among the prepared muffin cups. Sprinkle with the cheese.
6. Bake for 20 minutes or until the egg is set.

## Healthy Snack Recipes

### **Holy Granoly**

(Here is a great option for a healthy snack. It takes a little time to cook so I recommend cooking a bunch, storing and using for a snack all week long.)

Ingredients (4-6 servings)

- 3 cups oats
- ½ cup unsalted almonds, roasted
- 3 Tbsp whole flaxseeds
- 1 tsp ground cinnamon
- 1 cup toasted wheat germ
- 4 scoops vanilla whey protein powder
- 2 Tbsp brown sugar
- 3 Tbsp honey
- 3 Tbsp dried cranberries
- 3 Tbsp dates, chopped
- 2 Tbsp raisins
- 1 cup water

Directions

1. Preheat the oven to 350
2. In a large bowl, mix together the oats, almonds, flaxseeds, cinnamon, wheat germ, protein powder, brown sugar, honey and water.
3. Coat a large baking pan with cooking spray. Add the mixture and spread it from edge to edge to create an even layer.
4. Bake for 90 minutes, stirring every 15 minutes, until all the granola is browned and crunchy. If it's not crunchy after 90 minutes, bake for 15 minutes longer while watching to make sure that it doesn't get too dark.
5. Remove from the oven and allow it to cool completely.
6. Add the cranberries, dates, and raisins. Stir to mix.

### **Avocado Wraps**

(This is an easy, healthy snack.)

Ingredients (serves 4-6 per avocado)

- Avocado, sliced lengthwise (make sure to peel skin and de-pit)

8 deli turkey slices  
Toothpicks

Directions

1. Take slice of avocado and wrap with a slice of turkey.
2. Use toothpicks to keep wrap sealed.

## Lunch Recipes

### **Sunrise Casserole**

Ingredients (serves 4)

1 large onion, chopped  
1 green or red bell pepper, chopped  
6 ounces low-fat turkey sausage, cut into bite-size pieces  
¼ teaspoon ground sage  
2 ½ cups 1% milk  
¾ cup liquid egg substitute  
½ cup (2 ounces) cubed low-fat cheddar cheese  
¼ teaspoon salt  
4 cups bread cubes, crusts removed

Directions

1. Preheat the oven to 350°F. Coat an 8" x 8" baking dish with nonstick spray.
2. Coat a large nonstick skillet with nonstick spray. Set over medium-high heat. Add the onion and bell pepper. Cook for 3 to 4 minutes, or until almost soft. Add the sausage and sage. Cook, stirring often, for 5 minutes, or until the sausage is no longer pink.
3. Meanwhile, in a large bowl, combine the milk, egg substitute, Cheddar, and salt. Add the bread cubes and the sausage mixture. Stir to mix, making sure that the bread cubes are moistened. Pour into the prepared baking dish. Press with the back of a spoon to pack the mixture.
4. Bake for 35 to 40 minutes, or until browned and slightly puffed.

### **Heart Healthy Chicken Sandwich**

Ingredients (serves 4)

2 tablespoons nonfat plain yogurt  
2 tablespoons light mayonnaise  
1/3 cup chopped celery  
2 tablespoons finely chopped onions  
1 (9.75 ounce) can Swanson® Premium Chunk Chicken Breast in Water, drained  
8 slices Pepperidge Farm® Whole Grain 100% Whole Wheat Bread

8 slices tomatoes  
4 lettuce leaves

#### Directions

1. Stir the yogurt, mayonnaise, celery, onion and chicken in a medium bowl.
2. Divide the chicken mixture among 4 bread slices.
3. Top with the tomato, lettuce and remaining bread slices

### **Healthy Sloppy Joes**

#### Ingredients (serves 4)

Pound of meat (turkey or beef)  
2 cloves of garlic  
1 medium onion shredded  
1 cup of Ketchup (organic)  
1 tablespoon YELLOW mustard  
1 tablespoon brown sugar  
Couple dashes of hot sauce  
1 diced green pepper

#### Directions

1. Brown meet in a large skillet, add onions and peppers, continue to stir on medium heat.
2. Add sugar and garlic and mustard...stir well. Enjoy.

## Dinner Recipes

### **Healthy Turkey Loaf**

#### Ingredients (serves 4)

½ pound ground turkey  
1 egg  
¼ cup salsa  
1/8 cup chopped red bell pepper  
1/8 cup chopped yellow bell pepper  
¼ cup chopped onion  
¼ cup dry bread crumbs  
Lemon pepper to taste

#### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl combine the turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended. Press mixture into a loaf pan.
3. Bake in the preheated oven for 25 minutes.

## **Grilled Fish with Asparagus**

Ingredients (serves 4)

- 5 medium lemons, divided
- ½ cup Sun---Dried Tomato Dressing
- 4 firm---textured fish fillets (1 lb.), such as cod, tilapia or salmon
- 1 lb. asparagus, trimmed

Directions:

1. Squeeze juice from 1 of the lemons; mix with the dressing. Pour half of the dressing mixture into large re-sealable plastic bag. Add fish fillets; seal bag. Marinate in refrigerator at least 15 min. Cover and refrigerate remaining dressing mixture for later use.
2. Meanwhile, preheat grill to medium heat. Cut each of the remaining lemons into 4 slices. Remove fish from marinade; discard bag and marinade. Place 8 of the lemon slices on grill grate; top with the fish. Brush with some of the reserved dressing mixture. Cover grill with lid. Grill fish 5 min.; turn over. Add remaining 8 lemon slices and the asparagus to grill.
3. Grill an additional 5 min. or until fish flakes easily with fork and asparagus is crisp--tender, brushing with the reserved dressing mixture.
4. Remove fish, lemon slices and asparagus from grill. Discard lemon slices under fish. Serve remaining lemon slices with fish and asparagus.