

FLEX & FUEL

OH SNAP!

BITE!

**THE
FRESH
FORCE**

**PANTRY
LIST**

GET
READY TO
Stock it Strong!

**HIGH
PROTEIN**

**BOLD
FLAVOR**

**MEAL-PREP
FRIENDLY**

Dre "FreshFlex" Jenkins

STRONG BODY, STRONG PANTRY, STRONG YOU.



Power-Packed Grains and Pasta

The foundation of any high-protein, meal-prep friendly pantry starts with versatile grains and pastas that provide sustained energy and serve as the perfect canvas for bold flavors. Dre "FreshFlex" Jenkins recommends prioritizing nutrient-dense options that can be prepared in batches and repurposed throughout the week.

Protein-rich quinoa stands out as a complete protein source containing all nine essential amino acids, making it ideal for muscle recovery. When sourced from local farmers markets, freshly harvested quinoa offers superior texture and nutty flavor compared to mass-produced varieties. Store in airtight containers in a cool, dry place for up to six months.

Complement your grain selection with whole wheat or legume-based pastas that provide additional protein. Chickpea and lentil pastas deliver 2-3 times the protein of traditional wheat varieties while offering a satisfying al dente texture. These alternatives have come a long way in texture and flavor, especially when paired with robust sauces and fresh vegetables.

FreshFlex Essentials

- Protein-rich quinoa (red, white, and tri-color varieties)
- Farro and barley for hearty salads and grain bowls
- Brown rice (short and long grain varieties)
- Chickpea and lentil pasta for protein-boosted meals
- Steel-cut oats for slow-release energy breakfast prep
- Wild rice blends for texture and nutritional variety
- Ancient grain mixes (amaranth, millet, and teff)





Baking Essentials with Protein Boosters

Traditional baking ingredients get a protein-focused makeover in Dre "FreshFlex" Jenkins' pantry philosophy. By strategically replacing conventional ingredients with nutrient-dense alternatives, even baked goods can support your fitness goals while satisfying cravings for something sweet.

Alternative Flours

Beyond all-purpose flour, stock protein-rich alternatives like almond flour (21g protein per cup), coconut flour, and oat flour. These not only add nutritional value but also create more satisfying textures in baked goods. Keep sprouted whole wheat flour on hand for its higher protein content and improved digestibility compared to conventional wheat flour.

Natural Sweeteners

Replace refined sugars with raw honey from local beekeepers, pure maple syrup (Grade B for more minerals), and date syrup. These natural alternatives provide antioxidants and minerals while sweetening your protein-enhanced recipes. Monk fruit extract and erythritol offer zero-calorie options that don't spike blood sugar.

Protein Enhancers

Integrate unflavored collagen peptides, hemp seeds (10g protein per 3 tablespoons), and chia seeds into your baking pantry. These invisible protein boosters can be incorporated into most recipes without altering taste while significantly increasing nutritional value.

The farmer's market approach to baking ingredients emphasizes minimally processed, whole-food options. Source local honey, which contains regional pollen that may help with seasonal allergies while providing a unique flavor profile that reflects your local ecosystem. Similarly, nut and seed butters from small-batch producers often contain only the nuts or seeds themselves, without added oils, sugars, or stabilizers.

For chocolate lovers, keep high-quality dark chocolate (70% or higher cacao content) on hand, which offers antioxidants along with a satisfying richness that allows you to use less. Cacao nibs provide chocolate flavor with additional protein and fiber, perfect for adding to breakfast bowls and homemade energy bars. When selecting vanilla, choose pure extract rather than imitation varieties for superior flavor and beneficial compounds.

Assemble Your Protein Powerhouses

Grass-Fed Beef

Maryland's pasture-raised beef isn't just delicious—it's nutritionally superior. Opt for specialized grass-fed beef protein powders with organ blends (heart, liver, kidney, spleen, pancreas) for a complete amino acid profile that supports maximum muscle development. These concentrated protein sources contain natural creatine and bioavailable nutrients that synthetic supplements can't match.

Free-Range Chicken

Source 100% Grade-A, USA-grown chicken from local Maryland farms for high-quality lean protein. Beyond its impressive protein content, farm-fresh chicken delivers essential B6, niacin, and selenium—nutrients crucial for energy production and muscle recovery. The difference in taste and texture between fresh local chicken and mass-produced alternatives is immediately noticeable in your meals.

Local Whey Protein

Maryland dairy farms produce exceptional r-BST-free whey protein that delivers 24g+ protein per scoop. Look for varieties with added collagen peptides to support joint health and recovery. Unlike commercial brands with artificial ingredients, local whey contains beneficial immune-boosting compounds naturally present in milk from pasture-raised cows.

Why Local Eggs Are Nutritional Powerhouses

Farm-fresh eggs from Maryland producers contain complete proteins with all nine essential amino acids your body needs but cannot produce. The yolks from pasture-raised chickens feature a more vibrant orange color, indicating higher levels of omega-3 fatty acids and fat-soluble vitamins that support hormone production—critical for muscle growth and recovery.

For maximum nutritional benefit, source eggs from farms where chickens forage naturally on diverse plants and insects. These eggs typically contain up to 2-3 times more vitamin E, beta-carotene, and omega-3s than conventional eggs, making them superior for both performance and overall health.



Knockout Farm-Fresh Flavor Bases

Building extraordinary meals starts with extraordinary foundations. Maryland farms offer exceptional flavor bases that not only taste better but provide superior nutritional profiles to fuel your workouts and recovery.

Natural Sweeteners

Organic maple syrup from local producers and farm-fresh dates provide real-food carbohydrates that support glycogen replenishment after intense training. Unlike refined sugars, these natural sweeteners contain minerals and antioxidants that aid recovery while adding complex flavor dimensions to your meals and shakes.



Maryland Tomatoes

The rich soil of Maryland produces exceptionally flavorful tomatoes that serve as the foundation for nutrient-dense sauces and salsas. These vibrant fruits contain lycopene, a powerful antioxidant that helps reduce exercise-induced inflammation and supports cardiovascular health during intense training periods.



Bone Broth

Locally-produced beef or chicken bone broth serves as a powerful cooking base while delivering collagen, amino acids, and electrolytes. This traditional superfood supports joint health, gut integrity, and hydration—all critical factors for sustained performance and recovery. Use it to cook grains, create sauces, or sip between meals.

Seasonal Corn and Squash

Maryland's corn and squash varieties offer exceptional texture, flavor, and nutritional benefits for athletes. These versatile vegetables provide slow-release carbohydrates that maintain steady energy levels throughout the day and during extended training sessions.



- Silver Queen corn contains natural sugars ideal for post-workout glycogen restoration
- Summer squash delivers potassium to prevent muscle cramps during intense workouts
- Winter squash varieties provide carotenoids that support visual acuity and recovery

Next-Level Muscle-Gain Produce

Maryland's climate and soil create ideal conditions for growing nutrient-dense produce that supports muscle development, workout recovery, and overall athletic performance. Incorporating these powerhouse vegetables into your daily meals provides the micronutrient foundation necessary for maximizing your training results.



Dark, Leafy Greens: Nature's Multivitamin

Maryland-grown kale, spinach, collards, and chard contain exceptional levels of iron, which is crucial for oxygen transport to working muscles during high-intensity training. These leafy powerhouses also deliver a spectrum of B vitamins that support energy metabolism and nervous system function.

The high fiber content in these greens supports digestive health and helps maintain stable blood sugar levels⁴critical for sustained energy during workouts. For maximum nutritional benefit, combine raw and lightly cooked greens in your meals to preserve heat-sensitive nutrients while enhancing the bioavailability of others.



Sweet Potatoes: The Perfect Training Carb

Maryland-grown sweet potatoes provide complex carbohydrates that fuel intense workouts while delivering exceptional nutritional benefits. Their high vitamin A content supports immune function⁴crucial for maintaining consistent training schedules. The fiber-rich nature of sweet potatoes creates a gradual release of energy, preventing the blood sugar spikes and crashes associated with simple carbohydrates.

- One medium sweet potato provides approximately 26g of carbs⁴ideal for pre-workout energy
- Contains manganese, which supports bone health during heavy lifting phases
- Provides potassium to prevent muscle cramping during intense training

Cruciferous Vegetables: Recovery Accelerators

Maryland farmers produce exceptional broccoli and Brussels sprouts that contain sulforaphane⁴a compound that activates detoxification pathways and reduces exercise-induced oxidative stress. These cruciferous powerhouses help neutralize the free radicals produced during intense training, accelerating recovery between workouts.

- High vitamin C content supports collagen synthesis for tendon and ligament health
- Contains indole-3-carbinol, which helps optimize hormone balance for muscle growth
- Fiber content supports gut health, enhancing nutrient absorption and immune function

Incorporate these muscle-building vegetables into at least two meals daily for optimal results. For convenience, prep large batches at the beginning of the week⁴roasting sweet potatoes and steaming cruciferous vegetables maintains their nutritional integrity while creating ready-to-eat components for quick meals.

Homegrown Heroic Seasonings & Sauces

Elevate your muscle-building meals from bland to extraordinary with Maryland's signature seasonings and farm-fresh herbs. These flavor enhancers not only make healthy eating more enjoyable but also provide additional nutritional benefits that support your fitness goals.

Maryland's Signature Seasonings

The Chesapeake region produces distinctive seasoning blends that have become legendary for their ability to transform simple proteins into culinary masterpieces. Chesapeake Bay sea salt contains naturally occurring trace minerals that support electrolyte balance during intense training, while the iconic Old Bay seasoning combines paprika, black pepper, crushed red pepper flakes, and other spices that enhance metabolism and circulation.



"The right seasonings can transform your meal prep from a chore into a flavor adventure, making it easier to stick with your nutrition plan and achieve your physique goals." - Maryland Farm & Fitness Collaborative



Fresh Herbs

Maryland farm herbs like basil, parsley, and cilantro contain powerful phytochemicals that reduce inflammation and support recovery. Basil contains essential oils that have been shown to reduce muscle soreness, while parsley provides natural diuretic properties that help eliminate toxins produced during intense training.

Artisanal Vinegars

Local cider vinegar from Maryland orchards contains acetic acid that improves nutrient absorption and helps stabilize blood sugar levels. This traditional ingredient adds brightness to marinades and dressings while supporting digestive health and metabolic function.

Cold-Pressed Oils

Maryland-produced cold-pressed sunflower oil delivers vitamin E and essential fatty acids that support hormone production and reduce inflammation. Unlike highly processed oils, these local, minimal-heat extracted oils retain their beneficial compounds and contribute to overall health.

Create your own signature blends by combining these local seasonings with fresh herbs. Store herb-infused oils and vinegars in glass containers for quick flavor additions to proteins and vegetables. Pre-mix dry herb blends in small batches to maintain freshness and potency, ensuring maximum flavor and nutritional benefit in every meal.

Meal Prep Tactics: Bulk Up, Power On

Strategic meal preparation is the secret weapon that turns your Maryland farm pantry into sustainable fitness fuel. By implementing these efficient prep techniques, you'll ensure that nutritious, muscle-building meals are always ready when you need them, eliminating the temptation of convenient but less nutritious alternatives.

Sunday: Protein Power Prep

Dedicate 2-3 hours to batch cooking your primary proteins for the week. Slow-cook grass-fed beef roasts until tender, then shred for versatile meal components. Simultaneously, roast or poach several pounds of local chicken breasts, allowing you to quickly assemble protein-forward meals throughout the week.

- Portion proteins into 6-8oz servings in glass containers for easy access
- Create varied flavor profiles by dividing and seasoning differently (Chesapeake, herb-garlic, smoky paprika)
- Reserve bones and trimmings for weekly bone broth production

Wednesday: Mid-Week Vegetable Refresh

Implement a strategic mid-week produce preparation session to maintain freshness and variety. Pre-chop hearty vegetables like sweet potatoes, broccoli, and Brussels sprouts, then store them in water-filled containers to maintain crispness. This 30-minute investment enables quick sheet pan roasting or stir-frying when time is limited.

- Wash and dry leafy greens, then store with paper towels to absorb excess moisture
- Prepare vegetable "base mixes" for quick cooking (onions, carrots, celery)
- Roast a tray of mixed vegetables to revitalize meals in the second half of the week

Daily: Super Shake Station

Create a dedicated "shake station" with pre-measured protein components and add-ins. Prepare grab-and-go containers with single-serving amounts of grass-fed beef protein, collagen peptides, and superfood add-ins. Stock frozen portions of local berries and pre-washed greens for instant nutrient density.

- Blend beef protein with raw milk or whey, egg yolks, and local honey for complete nutrition
- Add 1-2 tablespoons of local bee pollen for natural B-vitamins and immune support
- Incorporate 1/4 cup frozen spinach or kale for phytonutrients without affecting flavor

For maximum efficiency, invest in high-quality glass storage containers in various sizes. Dedicate specific refrigerator shelves to prepared proteins, chopped vegetables, and pre-portioned ingredients. This visual organization system makes it effortless to assemble balanced meals even when time is limited or fatigue sets in after intense training sessions.

Combo Recipes: Marvelous Muscle Fuel

Transform your Maryland farmpantry ingredients into extraordinary muscle-building meals with these signature recipes. Each combines optimal macronutrient ratios with exceptional flavor profiles, proving that nutritious food can taste as heroic as its results.

Maryland Hero Bowl

This perfectly balanced post-workout meal delivers rapid glycogen replenishment while providing the complete amino acid profile needed for muscle repair and growth.

- 6oz grass-fed ground beef, seasoned with garlic and herbs
- 1 cup roasted sweet potatoes with Chesapeake Bay sea salt
- 2 cups local sautéed kale or spinach with olive oil
- 1/4 cup fresh Maryland tomato salsa with cilantro and lime

Optional: 1 farm-fresh egg with runny yolk for added nutrients



Assemble components in a wide bowl, starting with greens as the base, then adding sweet potatoes and beef. Top with salsa and egg if using. This meal provides approximately 35g protein, 45g carbohydrates, and 15g healthy fats.

Protein Super Shake

This liquid nutrition powerhouse delivers fast-absorbing and sustained-release proteins alongside micronutrients essential for recovery and growth. Perfect for immediately after training or as a nutrient-dense breakfast.

- 2 scoops grass-fed beef protein powder (approximately 40g protein)
- 1 cup raw milk from local dairies or 1 scoop whey protein
- 1/2 cup mixed berries (preferably Maryland-grown blackberries and blueberries)
- 1 tablespoon local honey or maple syrup
- 1 raw egg yolk from pasture-raised chickens
- Handful of spinach or kale (flavor masked by berries)
- 1 tablespoon collagen peptides for joint support

Chesapeake Chicken Meal Prep

This versatile protein-centered meal prep can be prepared in large batches and enjoyed throughout the week. The Old Bay seasoning provides a distinctive Maryland flavor profile while supporting metabolic function.

- 1.5 lbs grilled chicken breasts, sliced and seasoned with Old Bay
- 2 cups fresh corn kernels, lightly charred
- 1 large sweet potato, cubed and roasted
- 2 cups seasonal vegetables (Brussels sprouts, broccoli, or green beans)
- Homemade dressing: 2 tbsp apple cider vinegar, 2 tbsp olive oil, 1 tsp Dijon
-

Conclusion: Unleash Your Inner Farm-Fueled Hero

Your journey to extraordinary physical transformation begins not in the gym, but in your kitchen—specifically, with the strategic assembly of your Maryland farm pantry. By prioritizing local, minimally processed foods, you're not just building a better body; you're supporting regional agriculture, enhancing your performance, and elevating your culinary experience to heroic levels.

Local Sourcing

Commit to sourcing at least 80% of your weekly groceries from Maryland farms and producers. This practice ensures maximum nutrient density while supporting sustainable agricultural systems. Establish relationships with farmers at local markets to gain access to the freshest seasonal produce and highest-quality proteins.

Strategic Preparation

Implement consistent meal preparation routines that transform raw ingredients into ready-to-consume fuel for your training. This systematic approach eliminates decision fatigue and ensures that nutrition never becomes the weak link in your performance chain.

Muscle Gains

Recognize that sustained muscle development requires consistent nutritional support. By maintaining a well-stocked pantry of quality proteins, complex carbohydrates, and nutrient-dense vegetables, you provide your body with the building blocks needed for continuous improvement.

Heroic Mindset

Approach each meal as an opportunity to fuel extraordinary performance. This mindset shift transforms routine eating into a purposeful activity directly connected to your goals and aspirations. You're not just consuming calories; you're providing your body with the specific nutrients needed to exceed your previous limitations.



"The extraordinary body you're building deserves extraordinary fuel. When you combine the power of Maryland's farm-fresh ingredients with strategic preparation and consistent implementation, you transform ordinary nutrition into the foundation of heroic results."

As you integrate these principles and practices into your daily routine, remember that true transformation is not about quick fixes or extreme measures. It's about sustainable systems that align with your long-term vision. Your Maryland farm pantry is more than just a collection of ingredients—it's the arsenal that powers your ongoing evolution into the strongest, most capable version of yourself.

Now go forth and conquer your fitness goals, one farm-fresh meal at a time. The hero's journey awaits, fueled by the finest ingredients Maryland has to offer.



Visit
www.ohsnap-maryland.org

Brought to you by..

**The Collaborative
KAUSE Marketing
The People's Market
Dr. Heather Knows**

Everyone deserves access to fresh, local food — and farmers deserve support for the essential work they do. This platform helps bring those two communities together.

2025