

Power Plays on the Plate!



A NUTRITION & RECIPE PLAYBOOK
FOR HOCKEY FAMILIES



FUELLED BY COMMUNITY



Created by Emily Mardell, Registered Dietitian
Hockey Parent and Founder FuellingFamilies.com

Welcome

As hockey parents, we know how challenging it can be to feed an active, busy family. We also understand the importance of high-energy, high-quality foods for growing athletes. There's no doubt, fuelling a hockey family feels like a sport itself at times!

That's why the team at FuellingFamilies.com decided to get in game and help! First, we launched the "Face-Off Against Hunger" Challenge in support of local food banks, and families in need. Second, as a heartfelt thanks to YOU for donating, "Power Plays on the Plate: A Nutrition & Recipe Playbook for Hockey Families!"

With Dietitian tips, and nutritious recipes inspired by Alberta farms, our goal is to help every hockey family power through a healthier, happier hockey season!

Get ready to sharpen your skills on the ice and in the kitchen!

Emily Mardell, RD
Hockey Parent and Founder
FuellingFamilies.com



Young athlete need support to build a positive relationship with food and their bodies.

Nurturing the mindset, "Athletes fuel & train, they don't diet & exercise" is a great place to start.

Remember, eating well is a team sport. Be sure to keep family meals, flavourful, flexible, and above all, fun!



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jasonstrudwick.com



chicken.ab.ca



getjoyfull.com

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P1: BREAKAWAY BITES

Enticing recipes that help athletes break-the-fast and fuel-up for fun!

The "Go-Getter"

"Playmaker's Pineapple-Mango Smoothie" with Spinach & Avocado

Playmaker's Pineapple-Mango Smoothie

Yield 1 smoothie **Prep** 5 minutes **Cook** N/A

Ingredients

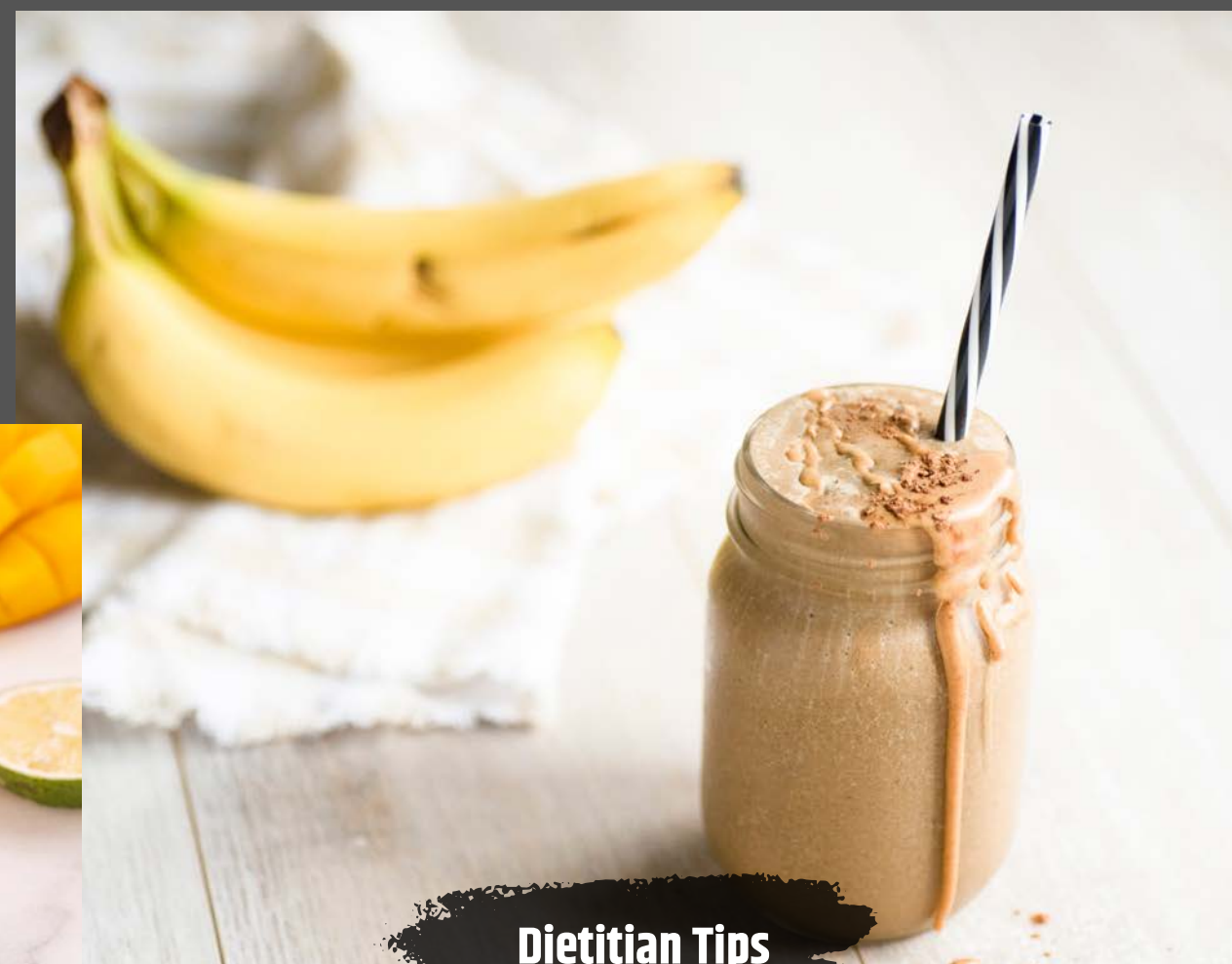
- 1 cup milk
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1/2 frozen banana
- 1/2 cup vanilla Greek yogurt

Directions

1. Add ingredients to blender. Blitz until smooth.
2. Enjoy as a beverage or freeze into smoothie pops.
3. **Power Play:** Revamp the Playmaker into **The "Go-Getter."** Add 2 handfuls spinach. Swap 1/2 frozen banana for 1/2 avocado.



Playmaker's Pineapple-Mango Pops



Dietitian Tips

Hockey is a whirlwind of early practices, training days and multi-game weekends. As hockey parents, we're busy all season as caregivers, chefs, chauffeurs, pep-talkers, role-models and fans. It's imperative that we create time to prioritize personal nutrition. What can you accomplish with just seconds on the clock?!

Nutrition STATS: (per 1 Playmaker smoothie)

Energy 357 Cal | Pro 20 g | Fat 4 g | Carb 64 g | Fibre 4.5 g | Sugar 52 g | Sodium 135 mg

No ripe avocado? Check the freezer aisle!

Find frozen avocado chunks in the grocery store freezer section. They're always ripe and ready for smoothie recipes!

On a mission to gain muscle? Boost energy for the build!

Add 2 Tbsp nut or seed butter.

Pondering a protein powder? Shop smart!

Opt for protein powders that are 3rd-party tested for safety and quality. Look for the "Informed-Sport," or "NSF Certified for Sport" logo on the product label.



Certified for Sport

Dietitian Tips

"Hockey Mom's Mocha Moment"

"Hands-down my favourite weekend breakfast smoothie. For any hockey parent who's also a big fan of chocolate, coffee and courage i.e., caffeine. Enjoy, friends!" - Emily

Ingredients

- 1 cup milk
- 1/4 cup strong brewed coffee or espresso
- 1 banana
- 1 scoop NSF vanilla protein powder
- 1 Tbsp unsweetened cocoa powder

Directions

1. Add ingredients to blender. Blitz until smooth and creamy.
2. Pour into to insulated cup to go. Enjoy!

Nutrition STATS: (per 1 Mocha Moment)

Energy 345 Cal | Pro 36 g | Fat 5 g | Carb 42 g | Fibre 6 g | Sugar 26 g | Sodium 265 mg

Face-off Flapjacks

Loaded with whole-grains, essential electrolytes and complete proteins, these flapjacks serve-up a strong stride and fast feet all game long!

Ingredients

- 1 cup cottage cheese
- 4 large eggs
- 1 cup rolled oats
- 1 Tbsp oil



Yield
8 flapjacks



Prep
5 minutes



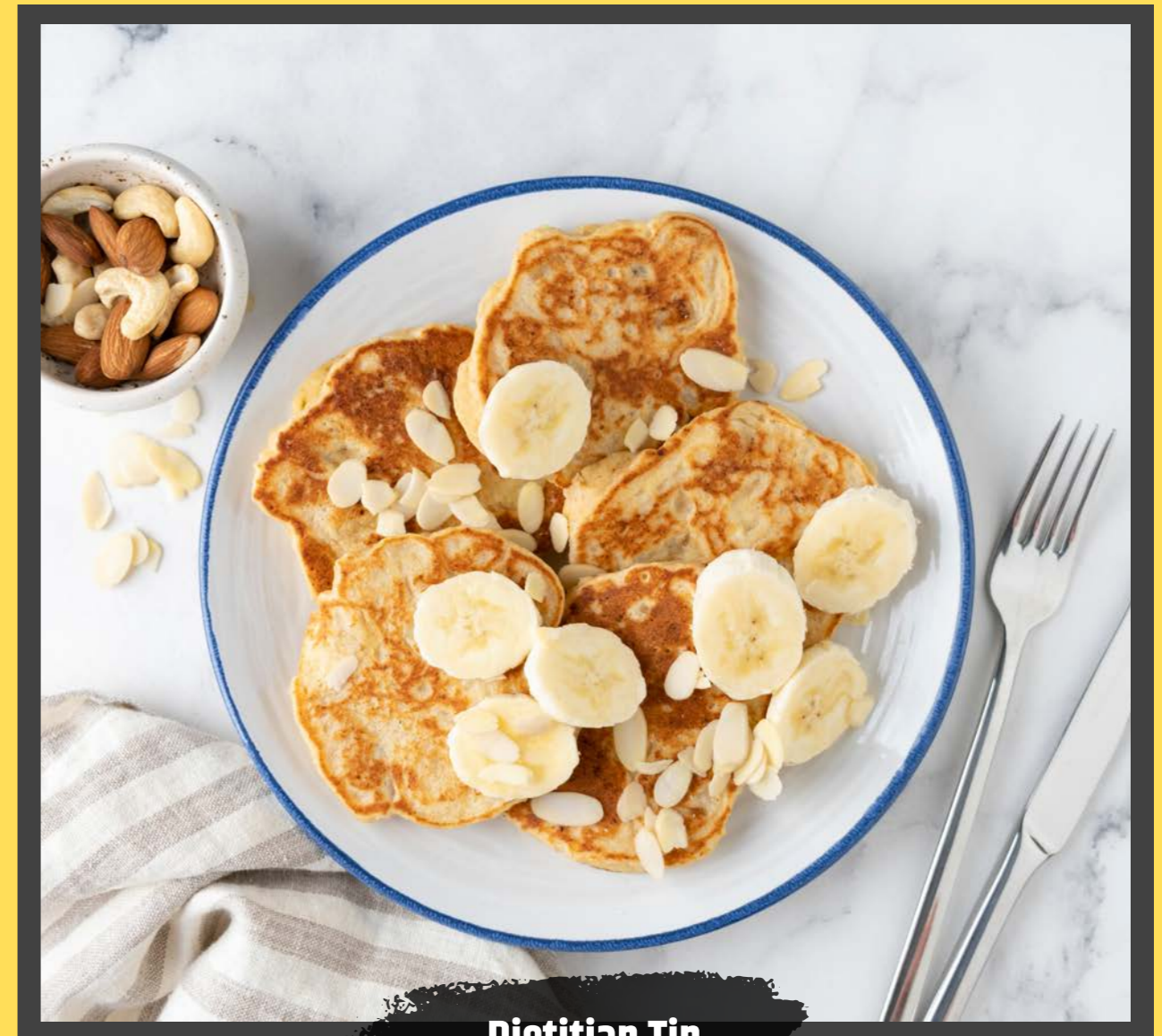
Cook
15 minutes

Directions

1. Add cottage cheese, eggs, and oats into a blender. Blend into a smooth easy-to-pour batter.
2. Heat a drizzle of oil over medium-low heat. Pour batter into pan, about 1/4 cup at a time. Hello, flapjacks!
3. Cook for ~2 minutes per side, until golden. Repeat process until all batter is prepared.
4. Top flapjacks with fan favourite toppings: sliced banana, canned peaches, berries, pitted cherries, yogurt, maple syrup, honey, peanut butter, jam etc!
5. Refrigerate leftovers in an airtight container for up to 3 days or in the freezer for up to 1 month.

Nutrition STATS: (per 2 flapjacks)

Energy 220 Cal | Pro 14 g | Fat 7 g | Carb 18 g | Fibre 2 g | Sugar 1 g | Sodium 410 mg



Dietitian Tip



Hard-training or double-game day?

Enhance the electrolyte and “fast-fuel” power of your flapjacks. Blend in a dash of salt, ripe banana and cinnamon. Top with extra fruit, nuts and honey. This banana bread-inspired **Power Play** scores big-time nutrition points!


Blueliner's Maple-Chicken Patties


With serious skills on both the savoury and the sweet side of breakfast, these protein-packed chicken patties are the two-way player everyone needs on their breakfast roster.

Ingredients

- 1 lb. extra lean ground chicken
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp thyme
- 1/2 tsp cinnamon
- 1 Tbsp pure maple syrup
- Salt and pepper to taste
- 1/2 cup blueberries (optional)
- 1 Tbsp oil

 **Yield**
8 patties

 **Prep**
15 minutes

 **Cook**
10-15 minutes

Nutrition STATS: (1 patty)

Energy 112 Cal | Pro 18 g | Fat 3 g | Carb 4 g | Fibre 0.5 g
| Sugar 0.5 g | Sodium 70 mg



Directions

1. In a large bowl, mix together ground chicken and all ingredients except blueberries and oil.
2. When mixture is well combined, gently fold in blueberries, if adding.
3. Using clean, damp hands form mixture into patties, using about 1/3 cup per patty.
4. Preheat a non-stick pan to med-high. Add oil. Cook patties about 5 minutes per side, until fully cooked.
5. Enjoy to-go on a toasted English muffin with cheese OR at home with breakfast potatoes and fruit!

CALL-UP "BREAKAWAY BITES"



Chicken & Buttermilk Waffles



Savoury Grain & Egg Bowl



Bean & Cheese Quesadillas



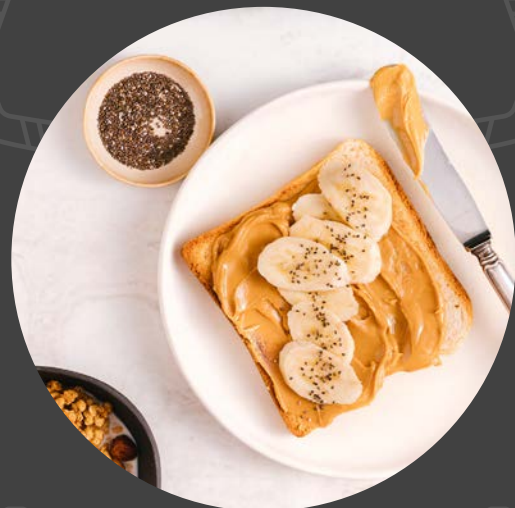
"Pr-oats" & Berries



Avocado-Tomato Toast



Trail-mix Breakfast Bowl



Sourdough with PB, Banana & Chia



Fruity Greek Yogurt Parfait



Cherry & Chickpea Cookies



Chocolate-Zucchini Loaf

P2: Epic Energizers

Tasty recipes that score big-time points before, during and after play!



Top-Pick Pita
Served with Tzatziki. Also great with hummus, salsa verde or dilly dip!

BEFORE 

Raw-Talent Energy Bites


Ingredients

- 12 pitted Medjool dates
- 1/4 cup peanut butter
- 2 Tbsp honey
- 1 Tbsp cocoa powder
- 1 Tbsp chia seed
- 2 Tbsp fine coconut
- 1/8 tsp salt
- 1/4 cup chocolate chips

Directions

1. Add pitted dates, peanut butter, honey, cocoa powder, chia seed and salt to a food processor. Process until dough forms.
2. Add 1/4 cup chocolate chips. Pulse quickly to distribute.
3. Get rolling! Divide dough into balls. Roll in coconut, if desired.
4. Store prepared bites in an air-tight container for up to 1 week in the refrigerator or 1 month in the freezer.

 **Yield**
16 bites

 **Prep**
20 minutes

 **Cook**
N/A

Nutrition STATS: (per 1 bite)

Energy 85 Cal | Pro 2 g | Fat 3 g | Carb 20 g | Fibre 1.5 g | Sugar 16 g | Sodium 35 mg



Dietitian Tip

No food processor? No problem!

Use this recipe hack "Raw-Talent Energy Bites," even easier!

1. Pit 12 Medjool dates. Stuff dates with 1 tsp peanut butter, squeeze to close and set aside.
2. Melt 1/4 cup chocolate chips with 1 tsp coconut oil in the microwave, about 20 seconds at a time, until melted.
3. Drizzle stuffed dates with chocolate and sprinkle with shredded coconut.
4. Refrigerate to set and store in an air-tight container for up to 1 week!

DURING 

Hat-Trick Hydrator

Refreshing, cost-effective and balanced to help refuel your tank, replace fluids and replenish essential electrolytes lost in play.

 **Yield**
500mL

 **Prep**
5 minutes

 **Cook**
N/A

Ingredients

- 1/2 cup pure coconut water
- 3/4 cup plain water
- 3/4 cup 100% unsweetened juice
- 1/8 tsp table salt



Directions

1. Combine coconut water, water, juice and salt in an insulated bottle.
2. Seal and shake well to mix and dissolve salt.
3. Store in the refrigerator and enjoy within 3 days.

Nutrition STATS: (per 250mL)

Energy 64 Cal | Pro 0 g | Fat 0 g | Carb 16 g | Sugar 16 g | Sodium 115 mg | Potassium 132 mg

Dietitian Tip

- **Activity < 60-mins:** choose **WATER** most often to hydrate. 
- **Activity > 60-mins:** choose a **SPORTS DRINK** that provides fluids, carbohydrates and electrolytes for effective, timely rehydration. 

Dietitian Tip

Heavy sweaters may need a more custom hydration strategy to fully replace fluid and sodium losses after activity. Consult a Registered Dietitian for a personalized plan.

Athlete Challenge

HYDRATE FOR HIGH-PERFORMANCE
Dedicate 10 mins each week for "Hydration Prep"

Play #1. Prep & Chill
Check your family calendar. Identify practices, activities and games slated to last > 60-mins. Prep and chill "Hat-Trick Hydrator" for the week ahead.



Top-Pick Pita

Loaded with a top-line of recovery ingredients to help athletes refuel & repair after play. This pita is truly a post-game powerhouse!

Yield
1 pita

Cook
N/A

Prep
10 minutes

Ingredients

- 1, 7" whole-grain pita
- 2 lettuce leaves, torn into pieces
- 3 oz. cooked chicken breast, sliced
- 1 small tomato, sliced
- 1/2 mini cucumber, sliced
- 1/8 red onion, thinly sliced
- 2 Tbsp. Tzatziki

Dietitian Tip

Avoid the penalty of undercooked, or overcooked chicken with an assist from an instant meat thermometer!
For safe, delicious chicken, cook to an internal temp of 165°F (74°C)!



Directions

1. Layer pita with lettuce, cooked chicken, tomato, cucumber, onion and Tzatziki.
2. Fold pocket-style and refrigerate in an insulated to-go container for up to 24-hours.
3. Enjoy your pita at the rink, or on the drive home for timely, optimal recovery. Be sure to add recovery fluids, too!

Athlete Challenge

PLAN & PREPARE AHEAD
Dedicate 20 mins each week for "Protein Prep."

Play #1. Buy Ready-Cooked!
Shred a whole rotisserie chicken. Refrigerate in an air-tight container for up to 3 days. Add to sandwiches, tacos, flatbreads and wraps.

Play 2: Get a Leg-Up!
No fuss cuts like chicken legs are time-savers. Preheat air-fryer to 400F. Season 8-10 chicken legs. Air-fry for 18-22 mins. Refrigerate in an air-tight container for up to 5 days. Enjoy as a quick anytime snack!

Play 3: Bake-down the Competition!
Preheat oven to 425F. Season 3-5 boneless, skinless chicken breasts on a non-stick pan. Bake for 12-18 mins. Refrigerate in an air-tight container for up to 5 days. Slice for salads, soups and stews!

DID YOU KNOW?

Nutrition STATS: (for 1 pita)
Energy 341 Cal | Pro 33 g | Fat 9.5 g | Carb 35 g | Fibre 3.5 g | Sugar 6 g | Sodium 410 mg

3 oz of cooked chicken breast packs 28g of protein!

P3: Rinkside Revivers

Make-ahead recipes that help athletes build and repair muscle.



#1 REFUEL

your fuel tank



- Training depletes your "fuel tank."
- Carbohydrates like breads, cereals, grains, fruits etc. help refill it!
- Aim to consume a minimum 40 grams of carbohydrate after activity.
- Hard-training, double-days and tournaments call for more carbs before & after events.

#3 REHYDRATE

with hydrating fluids



- Focus on fluid intake all day, everyday, not just around activity.
- Rehydrate with 16-24 oz of fluid for every pound of body weight lost during activity.
- Leverage a team of fluids, including: water, sports drinks, milk, coconut water, 100% juices etc for optimal rehydration.

#2 REPAIR

damaged muscles



- Plan ahead for complete recovery.
- Aim to consume 20 to 30 grams of high-quality protein promptly after activity.
- Vegetarian athletes, and strength-training athletes often require more protein in their recovery routine.



“Pasta-the-Puck” Salad

No-fuss pasta salads like this one are a big hit with hungry athletes. Portioned for all-in-one recovery, this satisfying salad is packed with the comforts of home, but ready to hit the road any time you are!



Yield
3



Prep
10 minutes



Cook
N/A

Ingredients

- 3 cups cooked pasta, chilled
- 1/3 cup creamy Caesar dressing
- 2 cups leafy greens, chopped
- 1 cup cherry tomatoes, halved
- 6 oz. cooked chicken breast, cubed
- 1/2 cup croutons
- 1/4 cup grated Parmesan cheese

Directions

1. Add cooked pasta to a medium bowl and coat with dressing.
2. Divide leafy greens amongst two separate meal prep containers. Add creamy pasta on top.
3. Sprinkle on cherry tomatoes, cooked chicken, croutons, and Parmesan cheese.
4. Refrigerate in an airtight container for up to 3 days.



Nutrition STATS: (for 1 pasta bowl)

Energy 519 Cal | Pro 30 g | Fat 16 g | Carb 47 g | Fibre 5 g | Sugar 4 g | Sodium 750 mg



Hall-of-Fame Chicken Fingers

Loaded with lean muscle-building protein and satisfying essential fats, these chicken fingers are impossible to resist and ideal for post-game recovery!



-  **Yield**
12 chicken fingers
-  **Prep**
10 minutes
-  **Cook**
10-12 minutes

Ingredients

- 1 cup almond flour
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- Salt and pepper to taste
- 1 large egg
- 1 lb. boneless, skinless chicken breasts, cut into strips
- 1 Tbsp oil

Honey-Mustard

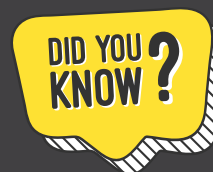
- Combine 2 Tbsp yellow mustard, 1 Tbsp real mayonnaise and 1 Tbsp honey.

Sweet Sriracha

- Combine 2 Tbsp ketchup, 1 Tbsp Sriracha and 1 Tbsp honey.

Directions

1. Preheat the air-fryer to 400°F (204°C).
2. In a medium bowl, mix together almond flour and seasonings, then set aside.
3. In a separate bowl, whisk a large egg.
4. Coat chicken with egg and dredge each chicken piece in almond coating.
5. Add chicken pieces to air-fryer, space apart, and drizzle with oil.
6. Air-fry for 10-12 minutes, or until fully-cooked.
7. Enjoy with “Honey-Mustard Dip,” or “Sweet Sriracha Sauce” either hot at home with sweet potato fries and a side of veggies OR chilled to-go as a hunger-crushing post-game snack.
8. Refrigerate leftovers in an air-tight container for up to 3 days.



100% of Alberta Chicken farms are family farms. Feel good knowing you're supporting local every time you buy chicken with the “Raised by a Chicken Farmer” logo!

Nutrition STATS: (for 2 chicken fingers)
Energy 258 Cal | Pro 28 g | Fat 14 g | Carb 5 g | Fibre 2 g | Sugar 1 g | Sodium 355 mg

Muscle-up Roll-ups

Tender yummy chicken rolled-to-go with crisp veggies as well as vitamin C-rich berries and bell peppers!

Ingredients

Roll-ups

- 2 cups shredded cooked chicken breast
- 6, 8" rice paper wrappers
- 1 cup shredded iceberg lettuce
- 1 yellow bell pepper, sliced
- 1 cup sliced cucumber
- 1/2 cup sliced strawberries


Directions

1. Soften rice paper wrappers per package instructions. Get ready to fill and roll!
2. Layer fruit, veggies, chicken & greens. Roll the bottom one-third of the paper towards the centre, covering the filling. Tuck in both sides, and continue to roll until sealed. Repeat until all rolls are complete.
3. Enjoy prepared rolls with your favourite dip or sauce.
4. Refrigerate remaining rolls in an airtight container for up to 3 days.

Nutrition STATS: (for 2 rolls)

Energy 220 Cal | Pro 22 g | Fat 4 g | Carb 28 g | Fibre 2 g | Sugar 2 g | Sodium 350 mg

 **Yield**
6 wraps

 **Prep**
20 minutes

 **Cook**
10 minutes

Dietitian Tips

Deke, Dangle & Dip!

Dips are not only delicious, but an easy way to add healthy fat and flavour to meals. Remember, FLEXIBILITY and FUN are fundamental both on the ice and in the kitchen!



Dietitian Tips

Cook-up Confidence!

No-cook recipes are a fun way to build kitchen confidence. Challenge younger athletes, and novice cooks alike to get in the nutrition game with planning, prepping, washing, chopping, assembling and packing!

Personalize Post-Game Recovery

Some athletes experience reduced hunger after activity, which can wreak havoc on recovery. Post-game snacks like these **"Muscle-up Roll-ups"** are a light, refreshing option for timely recovery. Definitely worth a try!



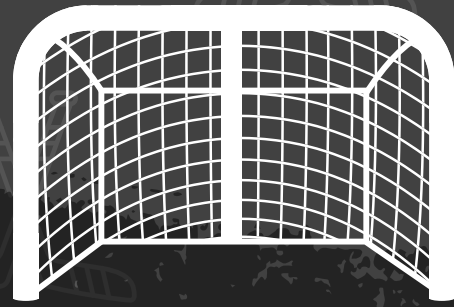
OT: Fan Favourites



“Performance Plates” 101

“Performance Plates” at breakfast, lunch and dinner help athletes meet their daily energy needs. So, practice how you plate! Athletes also need 2-3 balanced snacks per day and a timely, post-game snack everyday.

| TRAINING PLATE | TRAINING EXAMPLES |
|----------------|---|
| | LOW INTENSITY TRAINING & REST DAYS <ul style="list-style-type: none"> • Rest Day/No Practice • Light Body Weight Training • Casual Walks • Short Jogs • Weight Loss |
| | MODERATE INTENSITY TRAINING <ul style="list-style-type: none"> • Most Practices • Most Workouts • ~1 hr Strength Training • Endurance Practice + 30 Min Weight Training • 3-5 Mile Runs • Weight Maintenance |
| | HARD INTENSITY TRAINING <ul style="list-style-type: none"> • Game/Competition Days • Tournaments • Pre-Season • Two-A-Days • Weight Gain |



Oil-Country Orange Chicken

Ingredients

- 1 ½ cups Jasmine rice, dry
- Water or broth for rice per instructions
- 1 lb. boneless, skinless chicken breast, cut into small chunks
- 1 Tbsp. sesame oil
- 2 large carrots, peeled and thinly sliced
- 2 green onions, finely chopped
- 2 Tbsp sesame seeds

Sauce:

- 1 cup 100% orange juice
- 2 Tbsp honey
- 2 Tbsp tamari
- 1 Tbsp freshly grated ginger
- Zest from 1 large orange
- 1 Tbsp cornstarch



Yield
4 power bowls



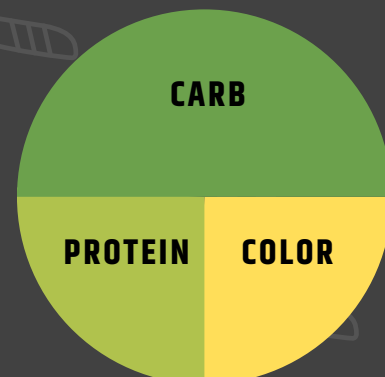
Prep
15 minutes



Cook
25 minutes

Dietitian Tips

Veggies key players. Rich in micronutrients, antioxidants and fibre, they offer rainbow of goodness! There's just one catch. They're a lower-carb, lower-energy food! So, be sure to use the "Performance Plate" guide (especially when plating your pre-game meal) to ensure you're fuelling with the right balance of carbs, protein and colour for that training day.



Directions

1. Cook 1 ½ cups rice per package directions. Cook with water or for extra flavour, broth. This will make ~3 cups of cooked rice, or ¾ cup per bowl.
2. Pre-heat a non-stick skillet to medium-high. Add sesame oil and chicken. Sauté chicken until golden on all sides, about 6 minutes.
3. While chicken is cooking, make sauce. Mix orange juice, honey, grated ginger, orange zest and cornstarch in a small bowl.
4. Remove chicken from pan and set aside. Add carrots and sauté for 3 minutes, or just tender.
5. Add chicken back into the pan and pour sauce mixture over everything, stirring to coat. Simmer for another 2 minutes until sauce is thick and glossy.
6. Divide cooked rice and orange chicken into bowls. Garnish with sesame seeds and chopped green onion.
7. Refrigerate in air-tight containers, and enjoy within 5 days.

Nutrition STATS: (per 1 rice bowl)

Energy 640 Cal | Pro 42 g | Fat 12 g | Carb 75 g | Fibre 3.5 g | Sugar 14.5 g | Sodium 590 mg


Crush-the-Competition Curry

Cooked chicken is the star of this fragrant, fabulous soup. Keep your immune-system strong with balanced, nourishing meals all season long!

Ingredients

- 1 Tbsp oil
- 3 Tbsp red curry paste
- ½ onion, diced
- 1 Tbsp minced garlic
- 1 Tbsp grated ginger
- 1 medium carrot, thinly sliced
- 1 red bell pepper, diced
- 1 can (400 mL) baby corn, drained
- 2 cups shredded chicken
- 4 cups chicken broth
- 1 can (14 oz) coconut milk
- 2 heads of bok choy, sliced
- 2 limes juice and zest
- 12 ounces rice noodles
- 1 Tbsp fish sauce
- 1/2 cup cilantro, chopped (optional)
- Salt and pepper to taste

 Yield
4

 Prep
15 minutes

 Cook
20 minutes

Directions

1. Gently heat oil in a large pot over medium heat.
2. Add garlic, bell pepper and onion. Sauté 3-4 minutes, stirring constantly, until tender.
3. Stir in red curry paste and ginger. Cook 1 minute.
4. Add broth, coconut milk, carrot, pepper, corn and chicken. Stir well and bring to a boil. Reduce heat and simmer soup for 10 minutes.
5. Add rice noodles and cook for another 5 minutes.
6. Remove from heat. Add fish sauce, green onion, lime juice and fresh herbs. Season to taste. Enjoy!

Nutrition STATS: (per 1 noodle bowl)

Energy 382 Cal | Pro 25 g | Fat 16 g | Carb 33 g | Fibre 5 g | Sugar 7 g | Sodium 820 mg



Shut-out Sheet Pan Supper

Celebrate shut-outs with an epic sheet pan supper like this one. Loaded with iron-rich chicken thighs and vitamin C-rich veggies, you'll be recharged to go back between the pipes in no time!

Ingredients

Balsamic Marinade:

- ½ cup balsamic vinegar
- ⅓ cup oil
- 1 Tbsp minced garlic
- 1 Tbsp dried thyme
- 1 Tbsp dried basil
- 1 Tbsp Dijon mustard
- Salt and pepper to taste

Sheet Pan:

- 2 lbs boneless skinless chicken thighs, halved
- 1 red onion, sliced
- 2 medium carrots, sliced
- 2 cups broccoli florets
- 1 cup cherry tomatoes
- 1 lemon (optional)

Directions

1. Prepare marinade in a large container with lid, or large resealable freezer bag.
2. Add chicken. Marinate in refrigerator for 30 minutes.
3. Preheat oven to 400°F
4. Add all veggies, except for tomatoes, to a non-stick baking sheet. Nestle in marinated chicken thighs as well. Drizzle 1/2 cup of marinade over veggies before baking. Discard remaining marinade.
5. Bake chicken and veggies for 20 minutes. Add tomatoes for last 5 minutes.
6. Garnish everything with lemon juice and enjoy!

Nutrition STATS: (per 1 serving)

Energy 470 Cal | Pro 38 g | Fat 24 g | Carb 22 g | Fibre 3.5 g
| Sugar 14 g | Sodium 591 mg

Dietitian Tip

Personalize the Pan!

Modify recipe to include the veggies you have on-hand. Green beans, cauliflower florets, peppers and mushrooms are all great!

 **Yield**
4

 **Prep**
10 minutes

 **Cook**
25 minutes



DID YOU KNOW?

Playing vital roles in metabolism, immunity and oxygen transport—iron helps power athletic performance! Turns out dark meat cuts like chicken thighs are super-charged with iron! In fact, chicken thighs pack **DOUBLE** the iron of chicken breasts. Who's ready to iron-up?

Dietitian Tip

For a complete recharge, pair this sheet pan supper with an energizing carbohydrate. Creamy mashed potatoes, pillowy gnocchi and warm naan are fan favourites. Always strive to keep meals tasty, colourful and balanced!



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