

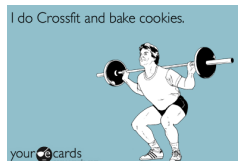


ATHLETE OF THE MONTH:

SAM NIRANJAN

UPCOMING EVENTS:

- April 3rd** Glow Bowl — 7 - 9 pm
@ Crossgate Lanes
- April 4th** Injury Prevention Clinic — 10:15 am
- April 18th** Festus Games — 7 am
@ Power Performance
New & intermediate athletes only.
Registration required!
- April 25th** Cookie Exchange — 9 am
Bake your favorite PALEO cookie!
Bring at least 2 cookies/person!
Eat, WOD, & Be Merry!
- May 9th** Bod Pod Returns
See how your results have changed
after 6 weeks!
- May 29th** Red's game — 7:10 pm
vs. Nationals



"Sam embodies the nature of CrossFit in so many ways. He believes in great nutrition, which is the foundation of fitness. He believes in community and encouraging others. He always shows up and when he does he has a positive attitude, a humble approach to learning, and intensity in his training. I couldn't ask for a better member."

- Coach Blake

DON'T FORGET TO ORDER YOUR PROTEIN!



UPDATES:

SCHEDULE CHANGE:

Starting in April...

- Saturday Member WOD coach led: 9-10:30 am
- Saturday Community WOD/CrossFit Lite: 10:30 am
- Open Gym Thursdays: 6 am

OLYMPIC LIFTING CLASS:

Reminder that every Saturday at 11 am Coach Blake is teaching an OLY class for those looking to improve their Olympic Lifting skills. \$5/class.

REFERRAL PROGRAM

GET HALF OFF YOUR NEXT MONTH WHEN A FRIEND SIGNS UP FOR A 3 MONTH AGREEMENT!



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RECIPE:

PALEO SHEPHERD'S PIE

Prep Time: **25 MINUTES** | Cook Time: **25 MINUTES** | Total Time: **50 MINUTES**

Recipe from: Cook Like A Caveman

Ingredients:

For the sweet potato mash:

2 large sweet potatoes (approx. 1 ½ lb), peeled and chopped into large chunks
2 tbsp grass-fed butter or ghee
1 tsp freshly chopped rosemary
Sea salt, to taste
Ground black pepper, to taste

For the filling:

1½ lb ground beef
1 tbsp olive oil (+ ½ tsp for greasing)
1 medium yellow onion, diced
1 stalk of celery, chopped/sliced
8 baby carrots, sliced (about 1 medium carrot)
1 cup small cauliflower florets
4 cloves garlic, minced
1 ¼ cups beef broth
1 tbsp tomato paste
1 tbsp coconut aminos
1 tsp freshly chopped rosemary
2 shakes of ground cinnamon
Sea salt, to taste
Ground black pepper, to taste
Ground paprika (for garnish only)



Instructions:

Prepare the sweet potatoes:

Put the sweet potato chunks into a medium pot, cover with water, and bring to a boil over high heat. As soon as it starts boiling, reduce heat to medium and simmer for 8 to 10 minutes. The potatoes are done when one of the larger chunks can be easily pierced with a fork.

Drain the water, and put potatoes back into the dry pot (no heat). Add grass-fed butter, rosemary, salt, and pepper. Mash the potatoes with a masher, and stir everything together thoroughly (or, mix with a hand mixer if you like a really smooth mash). Cover pot with a lid and set aside.

Prepare the filling:

Preheat the oven to 400 degrees F. Grease an 8x8" (or similar sized) glass casserole dish with ½ tsp olive oil. Set aside.

In a large nonstick skillet over medium-high heat, brown the ground beef. Drain the fat, and transfer beef to a large bowl and set aside (or leave in a colander in the sink).

Heat the olive oil over medium heat in the large skillet you just used for the beef. Add the onions, and saute for 3 minutes until they begin to soften.

Add the celery, carrots, and cauliflower florets to the skillet. Stir, then cover with a lid and allow to saute/steam for 6 minutes. Remove lid, add the garlic, and saute for an additional 1 to 2 minutes, stirring periodically.

Add everything else (except paprika) to the skillet: cooked ground beef, beef broth, tomato paste, coconut aminos, rosemary, cinnamon, sea salt, and pepper. Stir everything thoroughly and simmer for 8 to 10 minutes, until most (but not all) of the liquid has been absorbed/evaporated.

Put it all together:

Scoop the beef mixture into the casserole dish so that it covers the whole bottom. Layer the sweet potatoes on top of the beef mixture, using a silicone spatula or wooden spoon to help spread it out evenly. Lightly scrape the top of the potatoes with a fork, and lightly sprinkle with paprika.

Bake for 20 minutes, remove from oven, and allow to cool for 10 minutes before serving.

Store leftovers in an airtight container in the refrigerator for up to 3 days.

CHECK OUT:

Ben Bergeron's Competitor's Training Blog



MobilityWOD: For tips and stretches



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