

FROM THE ABLTY KITCHEN

FROM THE PASS.

This month we opened our doors to the future of the game — welcoming the Washington Capitals Development Camp to Ability HQ to talk fuel, recovery, and performance. Educating the next generation, on and off the ice.

**JULY
2026**



WHO WE FUELED

[01 — FIELD REPORT]

01	NHL	Capitals Development Camp	FEATURE
02	NBA	Off-season jump meals	
03	WNBA	Team flight meals	
04	MLB	Clubhouse & flight meal service	
05	PRO ATHLETES	Individual meal prep & flight drops	
06	CORPORATE	Workplace & event lunch service	

06

PROGRAMS FUELED THIS MONTH

On-Site

FLIGHTS • CLUBHOUSES • CLASSROOMS

EDUCATING THE FUTURE

[02 — CAPITALS DEV CAMP]



ABILITY HQ • WASHINGTON CAPITALS DEVELOPMENT CAMP

We welcomed participants from the **Washington Capitals Development Camp** to Ability HQ for a session on nutrition, fueling strategies, and performance.

It was an honor to host **the future of a franchise we've been proud to fuel**, and to share how quality nutrition can support performance both on and off the ice.

From understanding **macronutrients** to navigating the grocery store and identifying quality ingredients, we discussed ways athletes can make **informed choices** — on and off the ice.

| FUEL THE FUNDAMENTALS. THE REST FOLLOWS.

■ MACRONUTRIENTS

■ GROCERY NAVIGATION

■ QUALITY INGREDIENTS

EYES ON VEGAS

[03 — NBA SUMMER LEAGUE]

Our team headed to **NBA Summer League in Las Vegas** to connect — it's where the league's performance world gathers.

We spent the trip **meeting with industry peers** and learning how teams are innovating in nutrition and fueling heading into the **2026-27 season**.

| STAY CURIOUS. STAY AHEAD.

■ LAS VEGAS, NV

■ INDUSTRY PEERS

■ 2026-27 SEASON



LAS VEGAS • NBA SUMMER LEAGUE

■ ON SET

SHOOTING THE MENU

[04 — PHOTO SHOOT]



ON SET • PLATING UNDER THE LIGHTS

We turned the kitchen into a studio this month for a **full photo shoot** — capturing our menu dish by dish to **update the catalog on our website**.

Every plate was built to order and shot the way it leaves our pass: **real portions, real plating, no stand-ins**. What you see is what shows up.

| **SHOT AS SERVED. NOTHING STAGED.**

■ MENU CATALOG

■ IN-HOUSE SHOOT

■ PLATED TO ORDER

ABLTY POWER BAR

[05 — RECIPE]



A dense, whole-food energy bar — tallow and raw honey bound with collagen, pecans, hemp, and dried cherries. Batched for service; scale the weights and cut to yield.

POWER BAR BASE

yields 40

Pecan Pieces	740 g	Organic Raw Honey	450 g	Cherries, Dried	360 g
Beef Tallow	340 g	Hemp Seeds	250 g	Cassava Flour	180 g
Collagen	50 g	Salt	10 g		

01

Melt **tallow & honey** in a saucepan over low heat until combined. Toast pecans at **350°F** until lightly golden.

02

Pulse **pecans & hemp seeds** in a robot coupe until coarsely crushed — not smooth.

03

Mix **collagen, nut blend, cherries, cassava & salt**; fold in the honey-tallow until fully combined.

04

Press into a silicone-lined half sheet, chill until set, then cut **5×8 to yield 40**.

■ FEED THE GRIND

ABLTY.

PERFORMANCE NUTRITION PROVIDER

MICHELIN-TRAINED KITCHEN

FUEL YOUR TEAM →

COOK WITH US →

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