

FROM THE ABLTY KITCHEN

FROM THE PASS.

Summer service is in full swing — and this month we **hit our stride**: a run club of our own, the first crisp salads of the season, and a tasting that put our proteins to the test. The monthly dispatch from the people behind your performance meals.

**JUNE
2026**

■ ON THE ROAD

WHO WE FUELED

[01 — FIELD REPORT]

01

NBA

Off-season meal program

02

WNBA

Team flight meals

03

NHL

Training camp meal program

04

MLB

Charter flight & clubhouse fueling

05

CORPORATE

Workplace & event catering

06

YOUTH HOCKEY

Summer camps at MedStar Iceplex

07

DC POWER LOOP

Our run club — launched this month

NEW

07

On-Site

PROGRAMS FUELED THIS MONTH

FLIGHTS • CLUBHOUSES • BOARDROOMS



DC POWER LOOP • OUR INAUGURAL RUN CLUB

■ OFF THE FARM

EARLY SUMMER ON THE PLATE

[02 — SEASONAL TRENDS]

The season has turned bright and crisp, and the market is loaded with the produce that defines early summer. Right now it's all about **fresh produce salads** — clean, cold, and built to refresh.

Cucumbers are coming in firm and sweet, **tomatoes** are finally hitting their peak, and **red onions** bring the sharp, savory edge that ties a raw plate together. Simple combinations, handled well.

■ CUCUMBER

■ TOMATOES

■ RED ONIONS



OFF THE MARKET • PEAK SUMMER PRODUCE

■ BEHIND THE PASS

THE PROTEIN TASTING

[03 — QUALITY CONTROL]



IN THE KITCHEN • TASTING FOR CONSISTENCY & QUALITY

Last week, the ABLTY team gathered for a **protein tasting** focused on consistency, quality, and performance — sitting down together to taste, compare, and rank.

By regularly assessing products across our supply chain, we make sure we're **sourcing ingredients that meet the standards our athletes, teams, and clients expect.**

From **ribeye to short rib to chicken**, every detail matters when we're building menus designed to fuel performance.

| TASTED, RANKED, CHOSEN. NOTHING REACHES A PLATE IT HASN'T EARNED.

■ RIBEYE

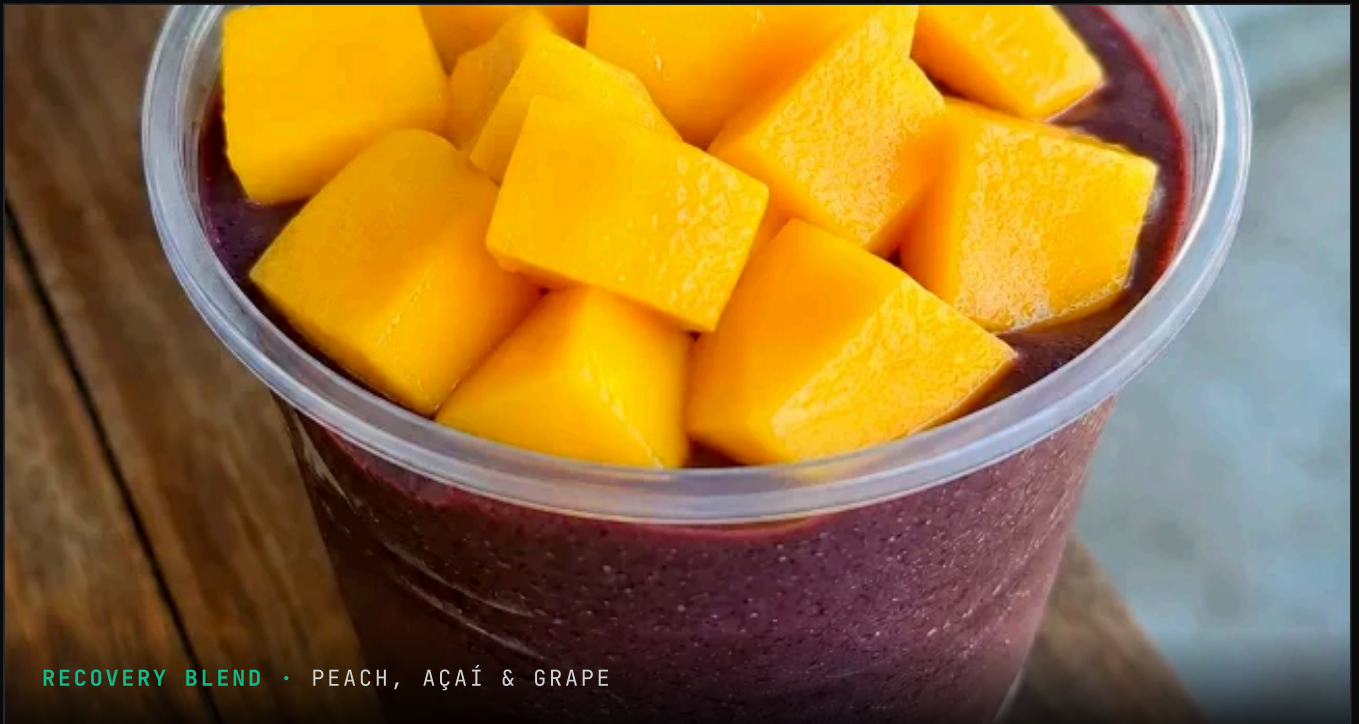
■ SHORT RIB

■ CHICKEN

■ FROM THE LINE · RECIPE

PEACH AÇAÍ SMOOTHIE

[04 — RECIPE]



RECOVERY BLEND · PEACH, AÇAÍ & GRAPE

A bright, antioxidant-rich recovery blend — peach and açaí over grape juice, balanced with electrolytes and a touch of maple. Built as a large batch; scale the weights to your service.

PEACH AÇAÍ SMOOTHIE

batch

Grape Juice	3900 g	Frozen Peaches	3000 g	Açaí	850 g
Maple Syrup	100 g	Taurine	40 g	Salt	8 g
Citric Acid	6 g				

01

Combine **grape juice, frozen peaches & açaí** in a high-speed blender.

02

Add **maple, taurine, salt & citric acid**; blend until completely smooth.

03

Check the consistency, chill, and serve cold.

■ FEED THE GRIND

ABLTY.

PERFORMANCE NUTRITION PROVIDER

MICHELIN-TRAINED KITCHEN

FUEL YOUR TEAM →

COOK WITH US →

FROM THE PASS · JUNE 2026

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