



Food to be your personal best

Over 55 delicious Sports-Dietitian created recipes
to fuel your life and sport



Including brand
new recipes never
shared online

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Good meal prep recipe



Quick recipe (under 30 mins)



Vegan or vegan options



A little bit about Multisport Nutrition

Hi, I'm Christie Robson. I'm an Accredited Sports Dietitian, age-group Australian representative triathlete (silver in 2019 standard duathlon), and Accredited triathlon coach. I've been swim-bike-running for over a decade, and as cliché as it sounds, I honestly believe nutrition is the key to optimal performance - for sports performance, for mental performance, and for performance in life.

I've been lucky enough to work with some incredible people in this world. From weekend warriors, age-group athletes, junior athletes with dreams of becoming Olympians, English Channel swimmers, and Kona qualifiers.

Multisport Nutrition is about helping athletes be their personal best. In sport, and life. The three rings in the logo represent my philosophy in supporting an athlete:

- Health-training-nutrition
- Athlete-Dietitian-Coach & Support Team relationship
- Swim-bike-running

The best time to focus on nutrition and fuelling for sport is when you're young; and the second best time is now. Regardless of age, I'm passionate about supporting athletes not only to fuel well for their sport, but to fuel well for life - whether that be growth or healthy ageing. This is more than just food. It's about building a healthy relationship with food, the knowledge to know what's best for you, the skills to adapt in different situations, the confidence in yourself, and to be involved in sport for life.

I hope you enjoy these foods and recipes. My goal is for you to find inspiration; adapt to make your own styles; and most importantly, ENJOY delicious foods, for life and sport!



MEDICAL DISCLAIMER

This recipe book has been developed for general guidance and use. This should not be used as individual medical support or advice. You should always consult your doctor, health professional or dietitian before starting a new way of eating, taking supplements, medications, or undertaking new exercise. This information was last updated November 2022. © 2022. C.ROBSON. MULTISPORT NUTRITION



**BREAKFAST
INSPO**



Overnight Oats

Serves 1 | Time: 5 minutes

Ingredients:

- ½ cup rolled oats (or ⅓ cup rolled oats + 1 weet-bix crushed)
- 1 tsp chia seeds
- 1 Tbs shredded coconut (optional)
- Cinnamon - to taste
- 1 Tbs almonds or walnuts
- 1 tsp sunflower seeds or extra nuts
- ⅔ cup milk (1 cup if doing weet bix combo) - of your choice (we like cow's or soy for more protein)
- Serve in the morning with 3 spoonfuls of Greek or high protein yoghurt
- ¼ - ½ cup cup frozen berries
- Optional 15g protein powder (whey or pea)

Method:

1. The night before (or 3 hours before), mix all dry ingredients in a portable airtight container.
2. Add milk and mix well.
3. Either add the fruit on top to soak overnight or add in the morning.
4. Serve as is, or with a dollop of yoghurt and fresh fruit in the morning.

Other optional additions:

1 tsp natural peanut butter, 1 tsp cacao powder, honey, Greek or high protein yoghurt to top in the morning, other favourite fruits (such as apple or banana)





Pancake for One

Serves 1 | Time: 10-15 minutes

Ingredients:

- 50g wholemeal self raising flour (or GF flour)
- 5-10g protein powder
- 1 large egg, whole
- 95ml milk (cow's or soy)
- ½ tsp vanilla essence
- 3-4 tablespoons Greek yoghurt to serve
- ½ cup frozen berries
- Maple syrup or golden syrup, to serve

Method:

1. In a small mixing bowl, mix flour and protein powder together.
2. Beat egg in a separate bowl and pour into dry mix with the milk. Gently fold through to just combine.
3. Heat a small frying pan on medium-high heat, and add macadamia oil drizzle, or ½ teaspoon butter.
4. Pour all the pancake batter into the pan, like an omelette. Cook until bubbles appear (3 to 5 minutes) and then flip. Turn heat down to medium, and cook for a few more minutes.
5. Serve with Greek yoghurt, berries and syrup.

Watch
Recipe





Breakfast Mug Muffin

Serves 1 | Time: 5 minutes

Ingredients:

- $\frac{1}{3}$ cup rolled oats
- $\frac{1}{2}$ medium banana (or 1 small), mashed
- 1 tsp chia seeds
- 1 extra large egg, whole
- 1 tablespoon milk
- $\frac{1}{4}$ tsp baking powder
- Pinch of cinnamon
- 1 heaped tsp peanut butter
- Serve with: Greek yoghurt, maple syrup, frozen / fresh berries, optional extra nut butter or nuts.

Method:

1. In a large coffee mug, mash banana.
2. Add in egg, rolled oats and chia seeds; and whisk with a fork to mix well.
3. Add in cinnamon, baking powder and milk and stir well.
4. Cook in a microwave on HIGH for 60 seconds.
5. Remove, and make a well in the centre, add the peanut butter into the middle and cover back on top.
6. Cook for another 60-70 seconds on HIGH, until fluffy and not too gooey.
7. Serve in a bowl or eat of the mug. Add yoghurt, berries and maple syrup.





Banana & Cinnamon Porridge

Serves 1 | Time: 10 minutes

Ingredients:

- ½ cup rolled oats
- ½ cup milk of your choice
- 1 cup water
- 1 tsp chia seeds
- Pinch of salt
- ½ medium banana
- Sprinkle of ground cinnamon
- Optional toppings: 1 tablespoon peanut butter, 1-2 tsp brown sugar, handful of nuts, frozen berries, 10-15g protein powder

Method:

1. In a small saucepan, mix oats, milk, water, chia, and salt. Stir well and bring to the boil.
2. Add chopped banana and cinnamon. Stir well.
3. Gently simmer for 5 to 8 minutes, stirring regularly, until thickened to desired consistency (it shouldn't look too watery and a little gluggy).
4. Serve with optional toppings.





Scrambled Tofu

Serves 1 | Time: 10 minutes

Ingredients:

- 150g firm tofu
- ½ - 1 tsp Moroccan or Cajun seasoning (or garlic and onion powder)
- ½ tsp sweet paprika
- 1 Tbs Nutritional yeast or Parmesan cheese (optional)
- Salt and pepper to serve

Method:

1. On a board or plate, mash tofu with a fork to create scrambled egg texture.
2. Heat a small frying pan on medium to high heat.
3. Add a drizzle of oil and transfer tofu to pan. Cook for 1 minute.
4. Add seasonings and stir to combine. Add nutritional yeast or cheese and stir well. Cook for 2 minutes.
5. Serve on toast or with cooked veggies or legumes.



Frittata Boats

Makes 12 mini, 6 large - Serve 3-4 mini or 2 large

Ingredients:

- 6 large tortilla boats or 12 mini
- 12 eggs
- 2 large handfuls of spinach
- 150g medium button mushrooms
- ½ red capsicum / bell pepper
- 12 cherry tomatoes
- ¾ cup grated cheese
- ¼ block feta, crumbled over top
- ½ - 1 tsp mixed herbs (to suit taste preferences)
- Salt and pepper to taste

Method:

1. Preheat oven to 200°C.
2. Line a large baking tray and place boats on the tray next to each other.
3. In a medium bowl, mix eggs, cheese and herbs/spices.
4. Roughly chop spinach, dice mushrooms and capsicum, and quarter chop cherry tomatoes.
5. Add to egg mixture and stir well.
6. Spoon mixture into boats evenly. They will become quite full, so be careful. Make sure all the mixture is used, to provide enough protein in each boat.
7. Sprinkle feta on top.
8. Bake for approximately 20-25 minutes, until boats are golden and egg is cooked.
9. Serve with salad or alternatively pack to take with you to have for breakfast after training or on the way to work.
10. Store in fridge for 3 days or freeze and defrost before eating.





Easy Egg Omelette

Serves 1 | Time: 10 minutes

Ingredients:

- 2-3 extra large eggs, whole
- Salt and pepper
- Your choice of optional filling: cooked mushrooms, tomatoes, kimchi, leftover meats/beans etc
- 20g cheese, grated - cheddar, tasty or feta
- Optional herbs
- 1-2 slices sourdough toast or beans to serve

Method:

1. Heat a small fry pan (15-20cm) on medium-high heat and add a dash of extra virgin olive oil or butter.
2. Crack eggs into the fry pan and whisk immediately with a fork. Whisk until well combined.
3. Wait 20 - 30 seconds, then use a spatula to gently lift up the edge, tilt the pan to make the egg run off the surface under the omelette. Repeat 2 or 3 times around the edges of the omelette.
4. Cook for 2 to 3 minutes, until the egg is starting to firm. Add cheese and optional filling.
5. Gently use the spatula to lift half the omelette up and fold over onto the other half.
6. Cook for 2 more minutes and serve with optional vegetables, toast or beans.

[Watch
Recipe](#)





French Toast & Berries

Serves 1 | Time: 10 minutes

Ingredients:

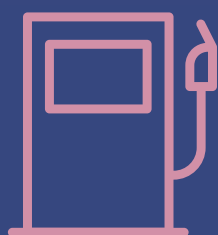
- 2 slices sourdough rye bread/ grain bread (~80g sourdough)
- 2 extra large eggs, whole
- 2-3 tsp maple syrup
- Pinch of salt
- Greek yoghurt or high protein yoghurt to serve, ~50-100g
- ⅓ cup / 50g frozen berries or fresh
- Optional cinnamon or coconut to serve with

Method:

1. In a small bowl, whisk eggs, salt and 1 tsp of the maple syrup.
2. Heat a small fry pan over medium-high heat. When hot, add 1-2 tsp macadamia oil or butter.
3. Dip bread into the egg mix, pressing down to soak. Flip and repeat.
4. Add to the pan. You can pour any remaining mixture on top of the bread and let it spill over the sides of the bread. You can trim this later and eat!
5. After 2 minutes or so, once the egg is browning, flip and cook for another 2-3 minutes on medium heat.
6. Remove from heat and serve. Top with yoghurt, berries and maple syrup.



Fuelling around training for performance AND health



BEFORE

Fuel Up



DURING

Top Up



AFTER

Refuel + Recover +
Repair + Rehydrate

GOAL
CARBOHYDRATE
FOODS

WHEN
30 minutes to
2 hours before

WHAT
Fruits
Bread/Toast
Cereal
Yoghurt
Muesli bar
Energy Bar
Milk based drink
Fruit Juice
A Meal with
pasta/rice/potato

GOAL
HYDRATION +
CARBOHYDRATE
FOODS

WHEN
Every 45-60 minutes
Sip often & small

WHAT
Fruit
Sandwiches
Sports drink
Electrolyte Drink
Cordial
Gels
Chews
Bars
Dried fruit
Lollies
Marshmallows

GOAL
PROTEIN +
CARBOHYDRATE
FOODS + FLUIDS

WHEN
Within 45-60 minutes
Then every 2-4 hours

WHAT
Eggs on toast
Sandwich with
tuna/chicken/tofu + salad
Smoothie with milk &
fruit
Yoghurt with muesli
and/or fruit and nuts
Cereal with milk/yoghurt
Cheese & Crackers
Dinner/Lunch meal
Protein shake + fruit



MAIN MEALS



Oregano Chicken & Spring Couscous Salad

Serves 4 | Time: 30 minutes

Ingredients:

Chicken Ingredients:

- 500g chicken breast or breast chunks (already diced) OR serve with honey soy tofu
- ½ lemon, juiced and zested
- 3 tsp dried oregano
- 1 tablespoon extra virgin olive oil

For the salad:

- 60-80g rocket leaves
- 125g cherry tomatoes
- ½ Lebanese cucumber
- 1 small red capsicum/ bell pepper
- ⅓ - ½ cup sultanas or dried cranberries
- ⅓ cup roughly chopped continental parsley or coriander leaves
- 1 - 1½ cup dried pearl couscous
- 80g Australian or Greek feta, crumbled
- 1 ½ tablespoons macadamia oil (or extra virgin olive oil)
- 1 tsp honey
- ½ lemon, juiced

Method:

1. Bring a small pot with water to the boil. Add couscous and cook to instructions (usually 10 minutes).
2. Meanwhile, slice chicken into strips and place into a medium bowl with: oregano, half a lemon zest and juice, and oil. Mix well and set aside.
3. Roughly chop rocket leaves and place into a large serving bowl. Add in tomatoes, capsicum, cucumber, feta and sultanas. Toss to combine.
4. In a small bowl, mix honey, ½ lemon, juiced, and macadamia or extra virgin olive oil. Stir well to dissolve the honey. Set aside.
5. When the couscous is ready, drain and rinse. Let it cool.
6. Heat a medium fry pan over medium-high heat and cook the chicken: cook for approximately 5-6 minutes before turning over and cooking for 2-4 more minutes, until just cooked through.
7. While the chicken is cooking, transfer couscous to the salad bowl and toss to mix. Stir through dressing and top with optional fresh herbs.
8. Serve with chicken.





Massaman Curry

Serves 5 | Time: 30-40 minutes

Ingredients:

- 500-600g chicken breast, diced
OR 600g firm tofu, diced
- ½ cup Massaman curry paste
- 800ml coconut milk
- 2 large carrots, washed, scrubbed and sliced
- 1 large broccoli head, washed
- ½ a small purple cabbage half
- 1 large sweet potato, peeled and diced into 1-2cm cubes
- 1 ½ cups uncooked brown rice
- 2 tsp peanut butter

Method:

1. Bring a medium pot with water to the boil and cook rice according to instructions.
2. Dice chicken.
3. In a large fry pan over medium-high heat, add a tablespoon of extra virgin olive oil and saute curry paste for 1-2 minutes until fragrant.
4. Add chicken/ tofu and toss to coat for 1 minute.
5. Pour in coconut milk and cream. Stir well. Mix in peanut butter and then gently simmer for 5 to 10 minutes, until chicken is just cooked (or 10 minutes for tofu so it soaks up juices).
6. Meanwhile, peel and dice sweet potato. Steam in microwave for 4 minutes or over rice steam to soften.
7. Prepare carrot, broccoli and thinly slice cabbage.
8. Once chicken is cooked, remove from heat, add potato and cabbage
9. Finish preparing veggies and serve curry with brown rice.



Spiced Chicken Noodle Bowl

Serves 4 | Time: 30-35 minutes

Ingredients:

- 400-500g chicken, sliced (or can sub for 500-600g firm tofu)
- 350-400g slaw mix (or make your own coleslaw)
- 1 tablespoon of Thai, Moroccan or Cajun Spice (we used Masterfoods' Thai spice)
- 200g vermicelli noodles
- Optional fresh coriander to serve

Dressing:

- 1/3 cup sweet chili sauce (such as Ayam Thai Sweet Chilli Sauce Light)
- 1 tsp peanut butter
- 1 tsp soy sauce
- 1/2 lime, juiced
- 2 tsp milk (optional)

Method:

1. Slice chicken into strips (or buy diced chicken).
2. Place chicken and spice into a bowl and toss to coat. Set aside
3. Boil the kettle and prepare your vermicelli noodles: place noodles in a large bowl and cover with boiling water. Stand for 10-15 minutes until softened.
4. Heat a large fry pan over medium-high heat and add a drizzle of extra virgin olive oil. Add chicken and cook for approximately 4 minutes, and turn. Cook for another 2 to 4 minutes until cooked through and flesh is white.
5. While chicken is cooking, prepare salad dressing.
6. Place slaw in a large salad bowl and pour half the dressing in. Toss to mix well.
7. When chicken and noodles are ready, it's time to serve! Place noodles and salad in a bowl and toss through. Add chicken on top with optional fresh coriander and additional sauce if you like.



Pesto Chicken & Potatoes

Serves 4 | Time: 30-35 minutes

Ingredients:

- Ingredients:
- 500g chicken breast
- 2-3 Tbs tomato pesto (or can use basil pesto)
- 1/2 cup grated cheese
- ¼ cup finely chopped almonds (or walnuts)
- 4 medium potatoes (~1-1.2kg)
- 1-2 bunches of broccolini or pak choy or sum choy bunch (if you prefer salad, you can make mixed leaf salad instead)

Method:

1. Preheat oven to 200C
2. Scrub and wash potatoes, leaving skin on. Slice into 2 x 2cm cubes and place on a lined baking tray. Drizzle extra virgin olive oil over and a sprinkle of salt and optional dried rosemary or mixed herbs. Bake in the oven for approximately 30-40 minutes until goldening.
3. Meanwhile, slice chicken breasts into two 3-5cm wide strips. This is similar to cutting the breast into three or four, depending on the size.
4. Place onto another lined baking tray. Make small cuts horizontally on the top of the chicken breast. Don't slice all the way through - just about ⅓ of the width.
5. Place 1 to 2 tsp of pesto over the top of the chicken and top with nuts and cheese.
6. Bake for 10 to 15 minutes or until an inserted skewer releases clear fluid (or you can cut a slice open and check - you want it just cooked!) NOTE: Time will vary depending on size of chicken and oven.
7. While chicken is cooking, steam or sautee greens.
8. Serve with chicken and potatoes when cooked.



Chicken Chickpea Salad

Serves 4 | Time: 30 minutes

Ingredients:

- 500g chicken mince
- ½ cup grated cheese
- 1 large carrot, grated
- 1 slice bread, blitzed (or ⅓ cup bread crumbs)
- 1 tsp mixed herbs
- 2 tablespoons semi-dried chives (or fresh) or add another tsp mixed herbs
- 800g tinned chickpeas, rinsed and drained
- 200g spinach or leafy greens
- 1 medium capsicum, sliced or diced
- 2 medium tomatoes, diced (or 250g cherry tomatoes)
- 1 small-medium Lebanese cucumber
- 80-100g Australian or Greek feta, crumbled
- 1 medium lemon
- 4 Tbs extra virgin olive oil OR Balsamic vinegar or glaze

Method:

1. To make the chicken rissoles: Preheat oven to 180C. NOTE: if you want to save time, you can use a roast chicken instead of making rissoles.
2. In a large bowl, mix all ingredients well together.
3. Using hands, roll mixture into 8 balls or 12 smaller ones.
4. Heat a medium fry pan on medium-high heat and drizzle oil in. Cook rissoles to seal and then transfer to a lined baking tray.
5. Bake for 12-15 minutes, until rissoles are just cooked through.
6. Meanwhile, prepare the salad ingredients: either split between 4 bowls or your meal prep containers.
7. Layer with leafy greens, and toss through chickpeas, capsicum, tomatoes, cucumber, and feta.
8. When rissoles are ready, divide across the 4 meals.
9. Serve with salad and drizzle over a quarter of a lemon on each serve and half to one tablespoon of extra virgin olive oil OR Balsamic vinegar or glaze.





Teriyaki Chicken Bowl

Serves 4 | Time: 15 minutes

Ingredients:

- 350g roasted BBQ chicken (from the deli or leftover roast chicken) or 300-400g tofu
- 4 tablespoons Teriyaki sauce
- 1 cup uncooked brown rice OR 4 x microwavable rice cups
- 2 small carrots, washed and grated
- 100g spinach
- 125g cherry tomatoes
- ½ cup edamame beans, deshelled
- 1 Lebanese cucumber, sliced
- Kewpie mayonnaise, to serve
- Sesame seeds, to serve

Method:

1. If you are cooking your rice, boil water and cook rice according to instructions.
2. Meanwhile, in a bowl, mix chicken and teriyaki sauce together. Mix well to coat it all.
3. When rice is cooked, layer bowls or containers with: rice, spinach, carrot, tomatoes, cucumber, edamame beans, chicken.
4. Top with kewpie and optional sesame seeds





Chicken Cheese Chives Rissoles

Serves 4 | Time: 40 minutes

Ingredients:

Rissoles:

- 500g chicken mince
- ½ cup grated cheese
- 1 large carrot, grated
- 1 slice bread, blitzed (or ⅓ cup bread crumbs)
- 1 tsp mixed herbs
- 10g fresh chives or semi-dried chives, diced (reserve half for the vegetables)

Remaining:

- 1-1.2kg sweet potato, peeled and roughly chopped
- ⅓ cup milk
- 1 heaped tsp butter
- 200-250g button / flat mushrooms
- Extra virgin olive oil for cooking
- 1 ½ cups peas or green beans (frozen or fresh)

Method:

1. Preheat oven to 180C.
2. Fill a medium pot with water and bring to the boil. Meanwhile, prepare sweet potato and place chunks into the pot. Once boiling, simmer for approximately 10 to 15 minutes, until inserted knife or skewer feels soft to push through. You want them soft enough to mash without clumps.
3. In a large bowl, mix all rissole ingredients together.
4. Using your hands, roll mixture into 8 or 12 balls.
5. Heat a medium fry pan on medium-high heat and drizzle oil in. Cook rissoles to seal and then transfer to a lined baking tray.
6. Bake for 12-15 minutes, until rissoles are just cooked through.
7. While baking, cook mushrooms on the frypan, along with peas and remaining chives. Add garlic and onion if you like, or use garlic oil.
8. When the potatoes have boiled, drain and return to the pot. Mash well and add milk, butter, and season with salt and pepper. Mash again and stir with a large spoon until soft and smooth.
9. When everything is ready, serve mashed potato topped with veggies, rissoles and optional sweet chilli sauce.



Cajun Chicken & Smashed Potatoes

Serves 4 | Time: 20-25 minutes

Ingredients:

- 500g chicken breast
- 800g sweet potatoes (2 large or 4 small)
- 2 Tbs Cajun spice
- 1/2 block (~100g) Greek Feta
- 4 handfuls of spinach or leafy greens (100g)
- 125g cherry tomatoes
- 1 cup corn kernels
- 4 Tbs sour cream
- 1/2 medium red capsicum or bell pepper
- Sweet chilli sauce, to serve
- Salad dressing: 1 tsp soy sauce, 1 Tbs white vinegar, ½-1 tsp honey, 2 Tbs extra virgin olive oil or macadamia oil

Method:

1. Wash and scrub sweet potatoes, keeping the skin on. Dry with paper towel and cut in half (if large).
2. Using a sharp knife, prick the potatoes all around. Wrap in paper towel and microwave for ~6-10 minutes, on HIGH, in 3 minute blocks. (Note: time will depend on size of potatoes and microwave power).
3. Meanwhile, Over high heat in a fry pan, grill corn and capsicum. For approximately 5-10 minutes. Slice chicken into strips.
4. Once veggies browned and softened, remove and set aside. Check on potatoes.
5. Return pan back over a high heat and drizzle extra virgin olive oil in.
6. Add chicken and sprinkle spice in. Toss chicken to coat. Cook until chicken brown and just tender... about ~8-10 minutes or so. Again, this will depend on the size of your chicken, so after 8 minutes, slice a piece open to see if white. If white it's cooked; if slightly pink, cook for a few more minutes.
7. While chicken is cooking, mix salad together: corn, capsicum, spinach, tomatoes, and feta.
8. Make dressing by mixing all the ingredients in a small bowl together. Drizzle over salad.
9. When potatoes are steamed and soft, place on a large serving plate or board. Cut each in half and use a fork to fluff up and smash down.
10. Top with cooked chicken and drizzle over sour cream and sweet chilli sauce. Serve with salad.



Tandoori Turkey Meatballs

Serves 4 | Time: 15 minutes

Ingredients:

- 500g Turkey mince (or chicken mince or Quorn meat-free mince)
- 2 heaped Tbs Tandoori paste
- Optional egg, whole

Method:

1. In a large bowl, mix mince and tandoori paste well.
2. Add optional egg and stir to mix.
3. Using your hands (and optional food safe gloves), roll tablespoons of mince into meatballs. Place on a plate.
4. Cook on medium high heat for about 10-12 minutes, until meatballs are cooked through. Time may vary depending on size.
5. Serve with salad such as our Bulk Salad, or on wraps with salad.

These also make great nibbles option for entertaining.



Teriyaki Grain Bowl

Serves 4-5 | Time: 30 minutes

Ingredients:

- 400-500g chicken, beef strips or tofu, sliced 🍴
- 1 cup uncooked brown rice (or 2 microwavable brown rice sachets)
- ½ cup uncooked quinoa (or you can use microwavable mixed grain sachets as above)
- 1 broccolini bunch, or broccoli head
- 1 large carrot / 2 small-medium
- ½ cup teriyaki sauce 🍴
- 1 small capsicum / red bell pepper
- ½ brown onion and clove of garlic
OR use garlic oil 🍴
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chilli oil (or oil + 1 tsp chilli flakes) 🍴
- ½ medium Lebanese cucumber, thinly sliced •Optional garnish: nori seaweed sheet, kewpie mayo

Method:

1. Start cooking rice according to instructions. If using microwavable sachets, you can leave until serving.
2. In a large fry pan, add oil, optional onion and garlic, and capsicum/ peppers. Sauté over medium-high heat for 5 minutes. 🍴
3. Meanwhile, cut meat or tofu into 1-2cm / half inch strips. Add to fry pan and cook over medium-high heat until just sealed. 🍴
4. While meat seals, cut broccolini into small quarters. Cook in microwave proof bowl with water to cover the bottom, for 2 or so minutes on high heat.
5. Once chicken is sealed, add teriyaki sauce, and turn down heat to gently simmer for 5-8 minutes. When just cooked (chicken will be firmer to touch or cut open and see if white/ a touch faint pink), set aside in a large bowl and covered (pour in all sauce etc). Add the broccolini in.
6. In a small saucepan, cook quinoa according to instructions (usually, ½ cup quinoa will take 10 to 15 minutes to cook). 🍴
7. Now is about the time the rice should be done. Drain, rinse, and set aside. 🍴
8. Chop carrot into half a centimetre thick circles or thinner and cook in microwave for 2-3 minutes or steam. The mix into the chicken mix.
9. When quinoa and rice are cooked, transfer to the fry pan and mix (or mix in microwavable sachets now). 🍴
10. Add chicken mix back to pan and toss with rice. 🍴
11. Serve with sliced cucumber and optional additions.



Chicken Kebab Wraps

Serves 4 | Time: 15 minutes

Ingredients:

- 300-400g shredded chicken/
Roasted chicken
- 1 tsp sweet paprika
- 1 tsp ground cumin
- ½ lemon, juiced
- Pinch of cayenne pepper
- Lebanese wraps
- 2 gourmet tomatoes, sliced
- Iceberg lettuce, shredded
- ¾ - 1 cup shredded cheese
(mozzarella, tasty, cheddar)
- Sauces of your choice:
hummus, sour cream, sweet
chilli sauce, etc

Method:

1. In a medium bowl mix spices, lemon juice and chicken. Toss to coat well.
2. Heat a small frypan over medium-high heat. Place chicken on and cook for 5 or so minutes to heat up.
3. Meanwhile, slice tomatoes and shred lettuce.
4. When ready, make kebabs: spread sauces over bottom of the wrap. Top with chicken, tomato, lettuce and cheese.
5. Fold in like a burrito or wrap and transfer to a frypan or sandwich press to toast.
6. Serve when toasted to your liking.





Pesto Pasta

Serves 4 | Time: 30 minutes | Vegan Options

Ingredients:

- 350g penne pasta
- 6 rashers of short cut bacon (about 200-250g), sliced into cubes (see vegan options below)
- 4-5 tablespoons pesto - either basil or tomato
- 200-300g button mushrooms
- 1 medium red capsicum, sliced
- 125g cherry tomatoes, quartered
- 100-120g baby spinach (about 3-4 big handfuls)
- 1 cup grated cheese OR nutritional yeast to serve

Vegan version:

- Swap bacon for 1 cup edamame beans
- Choose a free-from pesto so it's dairy free

Method:

1. Bring a large pot to the boil with water. Once boiling, cook pasta according to instructions.
2. Meanwhile, if using the bacon, place bacon into a fry pan and pour in water to just cover the bacon. Simmer uncovered until water has evaporated. Then place in oil and fry the bacon for 2-5 more minutes, until starting to brown and crisp.
3. Place in chopped mushrooms and saute for 5 minutes.
4. Add in capsicum and cook for a few more minutes.
5. Add cherry tomatoes and edamame beans. Turn off the heat.
6. Once pasta has cooked and is drained, return the large pot to the stove, drizzle in oil and place in the mushroom mix.
7. Add pasta and stir to mix well. Add in pesto and coat well.
8. Simmer on low heat for 5 minutes, while adding in the spinach to gently wilt. Stir in optional cheese or serve with nutritional yeast.



Spring Pasta Salad

Serves 4 | Time: 15 minutes

Ingredients:

- 300g shredded roasted chicken (or 1-1.5 cups edamame beans)
- 400g dried pasta bows
- 1/3 cup extra virgin olive oil
- 1-2 cloves of garlic (or sub half the oil above for garlic infused olive oil)
- 1 cup fresh herbs (I recommended mostly continental parsley, but a little coriander or chives works well too!) - you need about 1 herb bunch
- 1 lemon, juiced
- Salt and pepper to taste
- 2 x bunches asparagus (~150-200g) or you can use broccolini
- 125g cherry tomatoes, halved or quartered
- 50g rocket leaves
- Parmesan cheese or shredded cheese, to serve

Method:

1. In a large pot, bring water to a boil. Then cook pasta according to instructions (typically about 10 minutes).
2. Meanwhile, saute asparagus over medium high heat in a small frying pan. This will take 3 to 5 minutes. Turn off the heat and add cherry tomatoes to soften. Set aside.
3. In a small blender / food processor, blend herbs, oil, garlic, lemon juice, and a few good crackers of salt and pepper. Blend until smooth. Set the sauce aside.
4. Once pasta is cooked, rinse and drain. You can either assemble the dish now, or the next day when ready to serve.
5. To serve: stir through sauce to coat the pasta well. Toss through veggies and chicken. Serve with cheese and pepper on top.





Mushroom & Leek Risotto

Serves 4-5 | Time: 30-35 minutes

Ingredients:

- 300g mushrooms
- 1 leek (~100-150g), sliced
- 350g-400g chicken breast, diced (optional)
- 40-50g grated parmesan cheese
- 1 cup corn kernels (fresh, frozen or tinned - I usually use frozen)
- 400g Arborio rice
- 1L vegetable stock (4 cups)
- 2-3 tsp dried rosemary or oregano

Method:

1. In a large deep fry pan or saucepan, add 1-2 tablespoons extra virgin olive oil and leek. Fry until fragrant and softened.
2. Add mushrooms and cook for approximately 5 minutes until softened.
3. Meanwhile, boil kettle and add vegetable stock to 1L boiled water (about 1-2 cubes or teaspoons). Set aside.
4. Pour rice into pan and stir for 1-2 minutes until the rice looks glassy/pearly.
5. Add $\frac{1}{2}$ cup stock to the pan and stir rice well to absorb. Continue repeating this a few more times, waiting each time for the liquid to be absorbed. Then you can start adding up to $\frac{3}{4}$ - 1 cup at a time. The key is to keep stirring (almost constantly!) so it doesn't stick.
6. Repeat this until rice is al dente. This should take around 25-30 minutes and use up most of the stock. If you need more, add more plain water.
7. When rice is almost cooked or done, cook chicken in a fry pan with pepper and 2-3 tsp dried rosemary. Cook for 6-10 minutes, until cooked.
8. Add to risotto and stir through corn kernels and parmesan.
9. Serve with optional fresh basil.





Green Lentil Dhal

Serves 4-5 | Time: 30-35 minutes

Ingredients:

- 300g dried green lentils
- 1 knob of ginger, grated (1 heaped tablespoon minced ginger)
- 1-1.5 Tbs curry powder
- 2 tsp ground coriander
- 2 tsp garam masala
- 2 tsp ground cumin
- Optional diced garlic and onion (or use infused garlic oil)
- 2 ½ cups tap water
- 1 tsp veggie stock
- 400ml (14 fl oz) tinned coconut milk
- ¼ cup tomato paste
- 1 fresh chilli or sprinkle of chilli flakes
- 2-3 big handfuls fresh spinach
- 1-1.5 cups frozen peas
- Optional 3 tablespoons yoghurt + ¼-½ lemon (or more) to serve; naan bread or roti wraps

Method:

1. Bring a large cooking pot/ saucepan to medium heat and drizzle some oil.
2. Grate ginger and place into the pot. Add all spices, chilli and optional garlic and onion. Stir well to coat around the pan.
3. After 1 minute and when fragrant, pour in water and stir. Then add coconut milk, stock and tomato paste. Mix well.
4. Rinse lentils and add to the pot. Bring to the boil and simmer gently (stirring occasionally) for 20 minutes or until lentils are just soft and cooked. This could take up to 30 minutes as well.
5. Meanwhile, mix yoghurt and lemon together in a small bowl. Stir in spinach and peas. Cook for 5 more minutes and then serve.
6. Serve with optional toasted naan bread/ roti wraps and optional yoghurt



Homemade Veggie Burgers

Serves 4-5 | Time: 45 minutes

Ingredients:

- 400-450g sweet potato (roughly 1 medium or large potato)
- 1 x 400g tin black beans, rinsed thoroughly and drained
- 1/3 cup walnuts
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground smoked paprika
- Sprinkle cayenne pepper
- 1/4 cup uncooked quinoa (or 1/2 cup breadcrumbs)
- 1 heaped Tbs BBQ sauce
- Extra large egg (1 per person), fried
- Multigrain or sourdough breadrolls / bread to serve or wraps
- Salad to serve: spinach or coleslaw, sliced tomatoes, beetroot, avocado, sliced cheese

Method:

1. Preheat oven to 200°C
2. Peel and dice sweet potato into 1-2 cm chunks. Lightly toss in extra virgin olive oil and roast for 30 minutes, until goldening and softened.
3. Meanwhile, cook quinoa according to packet instructions (about 1/4 cup with 1/2 cup water for 10 mins).
4. Process walnuts in a blender/ food processor and then add beans and blend. There should be beans still slightly intact and some mashed up. Transfer to large mixing bowl or use processor jug.
5. Add spices, BBQ sauce, and cooked quinoa. Mix well.
6. Once sweet potato is cooked, using a fork, mash potato on the tray. Transfer to mix and stir well to form a paste like consistency.
7. Scoop 1/2 cup portions of the mixture into large balls. Press down into patty sizes and set aside on a plate. Repeat to create 5 patties all up. Note: if sweet potato is a little smaller, you may get 4 Patties.
8. Cook in a large fry pan over medium heat with extra virgin olive oil / garlic infused oil, for about 5-10 minutes (3-5 minutes each side).
9. While cooking, fry eggs to serve.
10. Serve on breadrolls, wraps, lettuce cups or as a salad. Top with, cheese, tomato, spinach or coleslaw and burger sauce. Avocado, cucumber and capsicum also go well.





Tandoori Baked Eggs

Serves 4 | Time: 20 minutes

Ingredients:

- 1 medium zucchini
- ½ medium red capsicum / bell pepper
- 150g button/ flat mushrooms
- 3 Tbs Tandoori Paste (or Korma Curry)
- 400g tin chickpeas, rinsed and drained
- 400g tin lentils, rinsed and drained
- 400ml diced tomatoes
- ¼ cup water
- 4-6 extra large eggs
- 1 small Lebanese cucumber
- ⅓ cup Greek / natural yoghurt
- ½ medium lemon, juiced (roughly 2 Tbs)
- 1 tsp dried mint (optional)
- Naan bread to serve or roti wraps

Method:

1. Dice zucchini, capsicum and mushrooms. Place into a large fry pan over medium heat. You can use garlic infused extra virgin olive oil or plain and add garlic and onion.
2. Fry for 5 minutes until veggies start to soften. Add tandoori/ curry paste and stir well to coat.
3. Add chickpeas and lentils to the frypan and stir to coat.
4. Cook for a few minutes.
5. Pour in tomatoes and water. Simmer for 10 minutes.
6. Meanwhile, prepare yoghurt dressing: mix yoghurt, lemon juice and mint.
7. After 10 minutes, make 4-6 holes around the frypan and crack eggs into the holes. Cover with lid and cook for 5-10 minutes until eggs turn white. Shake pan to see if eggs wobble. If so, you might like to cook a few more minutes.
8. Once eggs are cooked, stand for 5 minutes.
9. Toast naan bread and chop cucumber to place on top.
10. Serve with naan, cucumber and yoghurt dressing.



Fuelling around training for performance AND health



FUEL WITH CARBOHYDRATES

- Maintain energy for muscles and brain
- Support growth & development
- Help recovery & reduce injury risk
- Fast thinking & alertness
- Eat regularly throughout the day



FUEL WITH CARBOHYDRATES

- Bread
- Rolled oats
- Pasta and noodles
- Rice
- Potato, sweet potato, pumpkin
- Legumes
- Wraps
- Rice paper rolls



BUILD WITH PROTEIN

- Build muscle and strength
- Recover & repair from sport
- Helps manage energy levels and appetite
- Eat regularly throughout the day



BUILD WITH PROTEIN

- Eggs
- Nuts, nut butters, seeds
- Tofu, tempeh, edamame beans
- Legumes
- Chicken, pork, beef, turkey, etc
- Fish
- Milk, yoghurt, cheese



COLOUR FRUITS & VEGETABLES

- Supports your immunity & reduces illness
- Full of vitamins, minerals & antioxidants
- Helps recover faster & train harder
- Helps a happy gut



COLOUR FRUITS & VEGETABLES

- Banana, apples, oranges, berries, grapes, kiwi fruits, stone fruits
- Broccoli, zucchini, green beans, spinach, cabbage, lettuce, rocket
- Carrot, squash, tomatoes, capsicum, cucumber, mushrooms, bok choy, eggplant, beetroot
- Go for fresh, frozen or tinned



PROTECT WITH HEALTHY FATS

- Supports recovery & repair
- Keeps you fuller
- Anti-inflammatory properties
- Helps absorb key nutrients
- Improves brain function & focus



PROTECT WITH HEALTHY FATS

- Avocado
- Nuts, nut butter, seeds
- Extra virgin olive oil
- Macadamia oil
- Oily fish (salmon and mackerel)
- Olives



Honey Soy Tofu Poke Bowl

Serves 3 | Time: 30 minutes

Ingredients:

- 300g firm tofu
- 2 Tbsp honey or maple syrup
- 2 Tbsp soy sauce
- 3 big handfuls of spinach
- 1/2 a small purple cabbage half, shredded (optional - or more spinach)
- 1 medium carrot, peeled and grated
- 125g cherry tomatoes, halved or quartered
- 1/2 cup de-shelled edamame beans (frozen is good)
- Note: You can sub the above salads for a 350g slaw pack
- 1 cup uncooked brown rice
- Serve with: mayonnaise, Japanese mayonnaise/kewpie, black or white sesame seeds, optional coriander or chilli

Method:

1. If cooking rice, start with preparing it according to instructions.
2. While rice is cooking: in a large bowl, mix honey and soy together. Place tofu into the bowl to lightly coat. Set aside and marinate.
3. Prepare salad vegetables, including washing and peeling if needed. Set aside on a large serving board or plate.
4. If edamame are frozen, defrost according to instructions and deshell if needed.
5. Heat a medium fry pan on high heat. Add a dash of extra virgin olive oil and fry tofu for 3-5 minutes until golden. Flip and cook for another few minutes.
6. Meanwhile, evenly distribute salad and rice when cooked into bowls/meal prep containers.
7. Serve poke bowls with tofu on top and additional drizzle of kewpie (Japanese) mayo.
8. Top sesame seeds





Veggie Dumplings

Serves 2-3 | Time: 30-35 minutes

Ingredients:

- 200g cabbage (white or wombok), shredded
- 100g mushrooms, finely diced (button or flat) or extra cabbage
- Half a leek, sliced
- Half bunch spring onion shallots, sliced (white and green parts)
- 1 carrot, grated
- 5cm piece of ginger, grated or 1 heaped tablespoon minced
- 2 tablespoons white vinegar
- 1 tsp chilli flakes
- ½ tsp veggie stock
- Salt and pepper to season
- 1 pack of dumpling wrappers (about 25 sheets)

Chilli Oil Dressing:

- Mix in a small bowl: 4 tablespoons each of: chilli oil, soy sauce, white vinegar.
- To make chilli oil: mix 4 tablespoons of extra virgin olive oil with 1 tablespoon of chilli flakes. Ideally, sit over low heat in a saucepan to gently warm and add a pinch of pepper and cinnamon. Or, you can just simply mix the oil and chilli in a bowl. Add more or less chilli depending on your taste preferences.

Method:

1. In a large frying pan, over medium-high heat, sauté leek, cabbage and mushrooms in olive oil or garlic infused oil.
2. Add in chilli, ginger, carrot, and spring onions. Cook for 5 or so minutes to soften.
3. Mix in vinegar and stock, plus salt and pepper, and cook for another few minutes until mixture has reduced.
4. Transfer to a plate and spread it out to cool. You can speed this up by placing it in the freezer, or you can cook this earlier in the day if you have time.
5. Once the mixture has cooled, get a large pot of water boiling (or two pots if you want to speed up the cooking process!).
6. Meanwhile, scoop heaped teaspoons of the mixture onto the dumpling wrapper, and fold - you can watch this [video](#) for helpful tips. Don't over fill them! Place onto a floured tray.
7. Once all are wrapped (you will probably have a little mixture leftover), place into boiling water and cook for 4 minutes.
8. Scoop out into a sieve over the boiling water so you can reuse it. You may need to repeat this process two or three times.
9. Serve with chilli oil mix, fresh coriander and optional side salad. And have a protein rich supper to maximise protein intake.





Vegan Risotto

Serves 5-6 | Time: 75-90 minutes

Ingredients:

- 1 x medium red capsicum/ bell pepper
- 150 button / flat mushrooms
- 150g frozen green peas
- 150-200g frozen green beans
- 200-250g sweet potato, peeled and diced into 1.5-2 cm cubes
- 2 tsp sweet paprika
- ½ tsp cayenne pepper
- 1 tsp ground coriander
- 1 lemon, juiced
- 1 clove of garlic or use garlic infused oil (optional)
- 125g cherry tomatoes
- 250g brown rice
- 270ml tinned coconut milk or cream
- 400g tinned chickpeas, rinsed and drained
- 350ml tap water

Method:

1. Slice capsicum, mushrooms and dice sweet potato.
2. Heat 1-2 tablespoons extra virgin olive oil in a large pot. Place garlic, capsicum, mushrooms and potato in. Stir well.
3. Add the other spices and lemon juice: paprika, cayenne pepper, coriander. Stir well to coat.
4. Cook for 3 to 5 minutes. Then add brown rice, coconut milk, and water. Stir well and bring to the boil.
5. Then turn down to low heat and place lid on pot. Gently simmer for 30 minutes, stirring occasionally (every 10-15 minutes).
6. Meanwhile, slice tomatoes in half, measure out the beans and peas, and rinse and drain the chickpeas.
7. After 30 minutes, add beans, peas and chickpeas in. stir well and place the lid back on the pot.
8. Gently simmer for another 30 minutes; stirring occasionally, every 15 minutes or so.
9. After 1 hour all up, check the rice is cooked, but has some bite. It should taste soft but a little firm and cooked.
10. Serve as a meal or serve as a side with tofu, chicken, fish.





Spaghetti Bean Balls

Serves 6 | Time: 30 minutes

Ingredients:

Bean Balls:

- 1 x 400g (14oz) tin kidney beans, rinsed and drained
- 1 x 400g (14oz) tin black beans, rinsed and drained
- ½ cup sunflower seeds or walnuts
- Heaped ½ cup rolled oats
- 2 tablespoons tomato paste
- 1 clove garlic, minced or a dash of garlic infused extra virgin olive oil
- 2 tsp dried oregano
- 1-2 tablespoons fresh chopped basil (or 1 tsp dried basil)
- 2 tsp soy sauce
- Salt and pepper to taste

Pasta:

- 500g dried pasta
- 700ml (20-23 fl oz) tomato passata / pasta sauce
- Clove of garlic or garlic infused extra virgin olive oil
- 800g (14 oz) tinned diced tomatoes
- 1 big handful of basil leaves, chopped
- ½ cup grated cheese or ¼ cup nutritional yeast

Method:

1. Preheat oven to 180C/ 356F fan-forced.
2. In a food processor, blitz seeds/nuts and oats until finely chopped.
3. Add beans. Blitz until well combined.
4. Remove blade or transfer mix to a mixing bowl.
5. Add the remaining ball ingredients. Using a spoon, mix well.
6. Roll heaped tablespoons of mixture into balls and place on a lined tray. Bake for 15 minutes.
7. Meanwhile, cook pasta according to instructions; and prepare sauce: In a large sauce pan over low heat, drizzle in oil and optional garlic. Pour in passata, diced tomatoes and basil. Stir well. Add in grated cheese and stir well.
8. When balls are cooked, add to the sauce and gently stir. Simmer for 10 to 30 minutes, until you're ready to serve.
9. Serve with side salad or steamed vegetables.



Bean Nachos

Serves 5-6 | Time: 30 minutes

Ingredients:

- 1 Large Zucchini, diced
- 1 Capsicums or bell pepper, diced
- Chilli flakes to taste
- 1 cup of Corn kernels (frozen or fresh)
- 400g tinned Black Beans, rinsed and drained thoroughly
- 400g tinned kidney beans, rinsed and drained thoroughly
- 2 tsp ground cumin
- 2 tsp sweet paprika
- 1 tsp ground coriander / cilantro
- 400ml tomato passata / puree
- 200g plain corn chips
- 2 Cups spinach leaves
- Handful of Cherry Tomatoes, halved OR 1 roma tomato, diced
- Handful of fresh Coriander / cilantro chopped roughly
- 1 Cup Grated Cheese
- 1 Avocado
- 1 lemon
- Light Sour Cream to serve (Optional)

Method:

1. Heat oil in a large fry pan over medium heat. Once heated, Add optional garlic/onion/garlic oil, chilli flakes, zucchini, and capsicum. Stir until fragrant.
2. Add corn kernels, and cook for 2-3 minutes.
3. Meanwhile, rinse and drain kidney beans and black beans. Stir into the pan to combine.
4. Add paprika, cumin, and coriander. Stir thoroughly so that all vegetables are coated with the spices.
5. Pour in tomato puree. Simmer on a low-medium heat, stirring occasionally for 10 to 15 minutes.
6. Meanwhile, in a small bowl mash the avocado with a fork and add pepper, salt and lemon juice to taste.
7. When ready to serve, serve in bowls with spinach, bean mix, tomatoes, cheese, avocado, sour cream and optional coriander. Serve corn chips around $\frac{1}{2}$ - $\frac{3}{4}$ of the bowl.



Pesto Tofu Parmigiana

Serves 4 | Time: 15 minutes

Ingredients:

- 450-500g firm tofu
- 4-6 teaspoons pesto (tomato or basil)
- 40g walnuts or almonds, roughly chopped or blitzed
- Optional, nutritional yeast or cheese if desired

Method:

1. Preheat the oven to 200C.
2. Slice tofu into 1-2 cm thick slices.
Lay on a lined baking tray.
3. Spread approximately ½ a teaspoon of pesto over each slice of tofu. Sprinkle nuts on top.
4. Bake for 10 minutes or until golden.
5. Serve with your choice of veggies or salad and roasted potatoes, rice or noodles.

[Watch
Recipe](#)





15-minute Fried Rice

Serves 4 | Time: 15-30 minutes (depending on rice)

Ingredients:

- 4 x brown rice microwavable cups (2 double packs or 1.5 cups uncooked brown rice and cook according to package)
- 6-8 extra large eggs, whole
- 1-1.5 cup frozen peas
- 2 large carrot, scrubbed/peeled and diced
- 1 medium capsicum, sliced
- 4 x spring onions or 1 brown onion, diced
- 2 knobs of ginger (~5x5cm) or 1 heaped tablespoon minced ginger
- 3 tablespoons soy sauce
- 3 tablespoons white vinegar
- 1-2 tablespoon of chilli oil (or 1 tsp chilli flakes + 1 tablespoon extra virgin olive oil)
- Optional to serve with: kewpie mayo and fresh coriander.

Method:

1. If cooking rice, cook according to packet instructions. Meanwhile, heat a large frying pan to medium heat, drizzle with oil and crack in eggs. Whisk to scramble and let it start to cook. Gently fold egg through with a spatula to make a scramble. Or, you can make an omelette. Once it starts to firm and is yellow, remove from heat and transfer to a small plate. Set aside.
2. Using the same pan, add more oil and sauté capsicum, shallots, ginger and carrot in a large fry pan or wok. Cook for 5 minutes.
3. Meanwhile, microwave brown rice cups according to instructions.
4. Add to the pan, along with the peas.
5. In a small bowl, mix soy sauce, vinegar and chilli oil. Add to rice and stir through to coat well. Or set aside and serve on table for people to drizzle over separately.
6. Slice omelette/scrambled and add to rice. Serve with optional kewpie mayo and fresh coriander.

[Watch
Recipe](#)





Deconstructed Nacho Bowl

Serves 5-6 | Time: 30 minutes

Ingredients:

- 1 Large Zucchini, diced
- 1 Capsicums or bell pepper, diced
- Chilli flakes to taste
- 1 cup of Corn kernels (frozen or fresh)
- 400g tinned Black Beans, rinsed and drained thoroughly
- 400g tinned kidney beans, rinsed and drained thoroughly
- 2 tsp ground cumin
- 2 tsp sweet paprika
- 1 tsp ground coriander / cilantro
- 400ml tomato passata / puree
- 200g plain corn chips
- 2 Cups spinach leaves
- Handful of Cherry Tomatoes, halved OR 1 roma tomato, diced
- Handful of fresh Coriander / cilantro chopped roughly
- 1 Cup Grated Cheese
- 1 Avocado
- 1 lemon
- Light Sour Cream to serve (Optional)

Method:

1. Heat oil in a large fry pan over medium heat. Once heated, Add optional garlic/onion/garlic oil, chilli flakes, zucchini, and capsicum. Stir until fragrant.
2. Add corn kernels, and cook for 2-3 minutes.
3. Meanwhile, rinse and drain kidney beans and black beans. Stir into the pan to combine.
4. Add paprika, cumin, and coriander. Stir thoroughly so that all vegetables are coated with the spices.
5. Pour in tomato puree. Simmer on a low-medium heat, stirring occasionally for 10 to 15 minutes.
6. Meanwhile, in a small bowl mash the avocado with a fork and add pepper, salt and lemon juice to taste.
7. When ready to serve, serve in bowls with spinach, bean mix, tomatoes, cheese, avocado, sour cream and optional coriander. Serve corn chips around $\frac{1}{2}$ - $\frac{3}{4}$ of the bowl.





Vegan Gnocchi Bake

Serves 4-5 | Time: 30-40 minutes

Ingredients:

- ¼ cup extra virgin olive oil
(or garlic infused EVOO)
- Optional garlic clove,
crushed
- ¼ tomato pesto or tomato
paste
- 2 tablespoons white vinegar
- 500g eggplant, cut into
1.5cm x 1.5cm cubes
- 250g cherry tomatoes
- 400g tin diced tomatoes
- ¾ cup vegetable stock
- 500g baby gnocchi
- Optional tofu, 300-500g to
toss through - either semi-
firm, firm or silken
- Optional basil leaves

Method:

1. Preheat the oven to 220C.
2. In a large baking dish, mix oil,
garlic/ garlic oil, vinegar and
tomato pesto.
3. Add eggplant, diced tomatoes
and toss to coat well.
4. Bake for 25 to 30 minutes until
the eggplant is tender.
5. Add the stock, baby gnocchi and
the remaining cherry tomatoes.
Mix well and cook for another 5 to
10 minutes until gnocchi is soft.





Lemon Chilli Spaghetti

Serves 4 | Time: 30-35 minutes

Ingredients:

- 300g dried spaghetti pasta (or fettuccine)
- 200g mushrooms (flat or button), diced
- ½ - 1 medium capsicum, diced
- 4 rashers short cut bacon (or skip for vegetarian option and add extra edamame beans)
- 125g cherry tomatoes
- ½ cup de-shelled edamame beans
- 4 extra large eggs
- Chilli flakes, to suit preferences
- 1 lemon, zested and juiced
- 80g parmesan cheese
- 100-120g spinach leaves, roughly chopped
- 1 tsp mixed herbs
- Salt and pepper

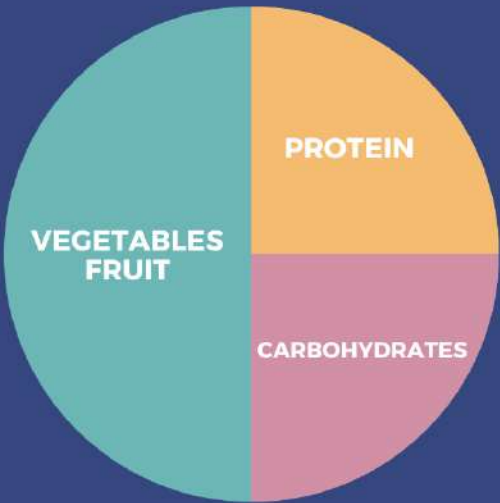
Method:

1. In a large pot, boil water. Once boiling, cook pasta according to instructions.
2. Meanwhile, slice bacon into strips or cubes. (Skip this if you're making it vegetarian). Place into a hot fry pan. Pour water into to cover the bacon/ bottom of the pan. Simmer on high until the bacon has soaked up the water. It should be going slightly crispy now. If not, add a touch more water.
3. When ready, add one tablespoon extra virgin olive oil or garlic infused oil. Fry for 1-2 minutes. Then place in diced mushrooms. Stir well.
4. When mushrooms are softened, add capsicum, lemon zest and chilli flakes in. Gently sautee for 5 minutes.
5. Defrost edamame beans and add to meat mix. Add in tomatoes, and turn off the heat. Let it sit.
6. Meanwhile, in a medium bowl, mix eggs, cheese, lemon juice, herbs and salt and pepper together. Whisk with a fork well.
7. When pasta is cooked, drain and rinse, and return to the pot (off heat). Pour in meat mix and then pour in the egg mix. Stir gently through the pasta. Place back on low heat and continue stirring for 3 minutes, so the egg coats the pasta well but doesn't scramble.
8. Toss through spinach now and stand for 5 to 10 minutes with the lid on, off the heat, for the spinach to soften.



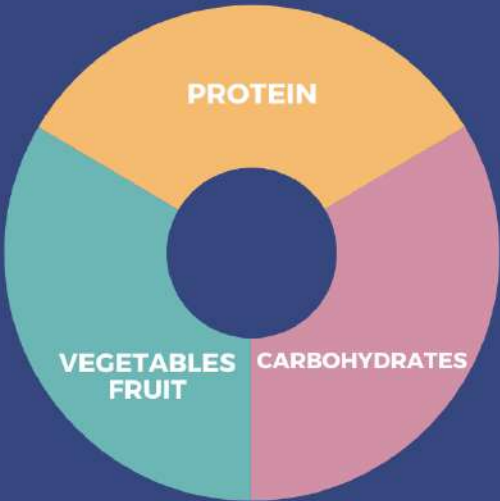


**THE PLATE MODEL
LOW/ RECOVERY DAY**



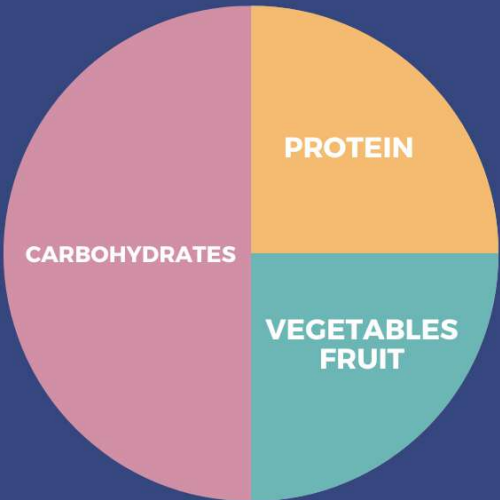
1 TABLESPOON FATS

**THE PLATE MODEL
MEDIUM DAY | 1-1.5 hours total**



1 TABLESPOON FATS

**THE PLATE MODEL
HEAVY TRAINING/ EVENT DAY /
DOUBLE SESSION DAYS | >2 hours total**



2 TABLESPOONS FATS



Chickpea Fritters

Serves 4 | Time: 30-35 minutes

Ingredients:

- 800g tin chickpeas, drained and rinsed
- 1 small red capsicum, finely diced
- 4 spring onion shallots, sliced
- 2 medium carrot, grated
- 4 large or extra large eggs, whole (or 8 if serving on top too)
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp minced ginger
- 6 tablespoons flour (any is fine - plain or self raising, GF)
- 1 lemon, zested and juiced
- 2 small chilli, finely chopped (optional)
- Salt and pepper to taste
- 200g Greek yoghurt
- Garlic clove or 1 tsp garlic infused oil

Method:

1. In a food processor or blender, blitz chickpeas until roughly smashed.
2. Transfer to a mixing bowl and add finely diced capsicum, shallots, grated carrot, lemon zest and spices, except for fresh chilli. Stir to mix well.
3. Add eggs, salt and pepper and mix well.
4. Stir through flour gently.
5. In a large fry pan over medium heat, add oil and spoon fritter mix into the pan. Cook for 3 to 5 minutes and then flip. Cook for another 3 minutes. Repeat for remaining mixture.
6. Meanwhile, make the dressing: in a small bowl, mix: yoghurt, juice of lemon and garlic/garlic oil. Stir well.
7. Serve with dressing, extra shallots or fresh herbs like coriander and additional fried or poached egg on top (2 if you're needing more protein). Add optional side salad if you'd like.



MULTISPORT
NUTRITION

Bulked Salad

Serves 4 | Time: 45 minutes | Vegan Options

Pairs well with [Tandoori Turkey Meatballs](#)

Ingredients:

- 1 cup uncooked brown rice
- 1 medium sweet potato (~350-400g)
- 1 small red capsicum
- 3 cups spinach (or other leafy greens)
- 150g cherry tomatoes (or whole punnet if you like lots!)
- 1 can (400g) chickpeas/kidney beans, rinsed and drained
- ½ block feta, crumbled (optional)
- To serve: cooked tofu, fish or grilled meat
- Balsamic vinegar or glaze to serve + optional Greek yoghurt

Method:

1. Preheat oven to 200°C fan-forced.
2. Peel and dice sweet potato. Slice capsicum into long strips about 1 cm wide. Lightly drizzle with 1 tsp extra virgin olive oil and roast until soft and golden (~30-45mins).
3. Meanwhile, cook brown rice according to packet instructions.
4. Whilst step 2 and 3 are cooking, prepare rest of salad ingredients.
5. In a large bowl or big serving plate, spread spinach along the bottom. Toss through brown rice when cooked.
6. Layer with sweet potato, capsicum, cherry tomatoes, chickpeas/kidney beans.
7. Crumble optional feta over the top and drizzle dressing over the top.
8. Serve with your choice of protein.





Vego Pizza with Rocket & Feta

Makes 1 large pizza | Time: 10 minutes + cooking time

Ingredients:

- 1 x medium or large thin and crispy pizza base (you can also use Lebanese bread or large sandwich wraps)
- 2-3 tablespoons tomato paste
- ½ tsp mixed herbs
- Optional chilli flakes
- ¼ - ½ a small zucchini or cooked eggplant, thinly sliced lengthways
- 1 large flat mushroom, sliced
- ½ a small capsicum, thinly sliced
- ¼ - ½ cup grated cheese (depending on size and preference)
- 50g Greek feta, crumbled
- 1-2 handfuls of rocket
- Optional cherry tomatoes, 50g
- Optional fresh basil leaves if you have some

Method:

1. Preheat the oven to 200C.
2. Place pizza base on baking paper or pizza stone. Spread tomato paste over the base.
3. Sprinkle herbs and optional chilli flakes.
4. Layer with zucchini, mushroom, and capsicum.
5. Sprinkle cheese over the top and optional cherry tomatoes and basil leaves.
6. Cook for 10-15 minutes until cheese melted, and base cooked.
7. Serve with rocket and feta sprinkled on top.





Mediterranean Veggie Frittata

Serves 4 | Time: 30-35 minutes

Ingredients:

- 325g frozen veg with mediterranean seasoning (or buy a stir fry mix and season with garlic, rosemary and salt) - for Aussies, I use Bird's Eye Mediterranean Veg mix (tomatoes, zucchini and potato)
- 8 extra large eggs
- 75g cheese, shredded
- 50g whole wheat flour
- 50g Fetta cheese
- Salt and pepper to season
- Salad to serve with: such as leafy greens, capsicum, green beans, tomato, cucumber, olives, fetta and balsamic vinegar + extra virgin olive oil
- Optional sourdough bread or potatoes for additional carbohydrates (4 serves gives 20g carbs per serve)

Method:

1. Preheat the oven to 200°C and line a baking dish/small lasagne tray.
2. In a large bowl, whisk eggs with a fork. Add vegetables, cheese, flour and salt and pepper. Stir well.
3. Gently fold through crumbled fetta.
4. Pour into dish and bake for 25 to 30 minutes.
5. Meanwhile, prepare salad or veg to serve with.
6. When frittata is ready, stand for 5 minutes for serving or portioning up for meal prep.



Pineapple & Peanut Salad

Serves 4 sides | Time: 5 minutes

Ingredients:

- 90-100g tinned pineapple pieces (approximately half a 220g tin)
- 30g roasted peanuts, chopped
- 300g coleslaw mix (or make your own with cabbage, carrot and celery)
- Optional fresh coriander (handful), to garnish

Dressing:

- 1 tsp peanut butter
- ½ tsp honey
- 3 Tbs white vinegar
- ¼ lime, juiced (~1 tablespoon)
- 1 Tbs extra virgin olive oil or macadamia oil

Method:

1. Wash coleslaw mix / vegetables.
2. Once drained, place in a large salad bowl or serving plate.
3. In a small bowl, mix dressing ingredients together.
4. Pour over coleslaw and massage it with your hands.
5. Top with pineapple pieces, peanuts and coriander if you're using.

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Teriyaki Salmon Udon Noodles

Serves 2 | Time: 15 minutes

Ingredients:

- 2 x salmon fillets, skin on (~400-500g) OR swap for 300g firm tofu
- 1 bunch of pak choy/ bok choy / broccolini
- 4 tablespoons Teriyaki sauce
- Optional: 1 tsp minced ginger, 2 tsp chilli oil
- Optional sesame seeds (black or white)

400g Udon noodles (ready to eat)

Method:

1. Preheat the oven to 200C.
2. Line a baking tray/ dish. Place salmon skin side down on the tray.
3. In a small bowl, mix teriyaki, ginger and chilli oil together.
4. Place 2 teaspoons of the sauce over each salmon, rubbing it in to cover well.
5. Turn fish over to skin side up. Place another 1-2 teaspoons of sauce over the skin. Leave 2 tsp remaining for the veggies.
6. Sprinkle sesame seeds over the skin. Bake fish for 8-10 minutes.
7. Meanwhile, chop greens and cook in a small frypan for 5 or so minutes, with remaining sauce. Toss to coat.
8. While greens cook, place noodles in boiled hot water to soak for 4 minutes, or according to packet instructions.
9. Drain and rinse noodles.
10. Remove greens from pan and divide between plates. Remove salmon from the oven and if you'd like crispy skin, place on a frypan over high heat for 2 minutes.
11. Toss noodles in remaining sauce from the pan and split between plates.
12. Place salmon on top and serve with optional kewpie mayo.

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Thai inspired fish cakes

Serves 4 | Time: 25-30 minutes

Ingredients:

- 500g white fish, skinless and boneless (fresh or frozen - such as whiting, hokki, barramundi, snapper, flathead)
- 2 Tbs red curry paste (or other preferred paste)
- 2 Tbs fresh coriander leaves (optional), roughly chopped
- Half lime, juiced
- 1 Tbs fish sauce
- 2-4 shallots, thinly sliced
- 8 green beans, thinly sliced
- 1 egg
- ½ cup corn flour or gluten free
- Sweet chilli sauce to serve
- To serve: 350g Asian-style slaw mix with dry noodles and dressings
- 1 Cup uncooked basmati rice

Method:

1. If serving with rice, start by cooking the rice: Place 1.5 cups water in a small saucepan with 1 cup white basmati rice. Over medium-high heat, bring to a bubble (bubbling across all the surface), and then place the lid on and reduce heat to medium-low. Cook for 13 minutes and don't peak or stir!). Remove from the stove and sit for 10 minutes with the lid on. Then use a spatula or wooden spoon to fluff up before serving.
2. Meanwhile, in a food processor, blend fish, coriander, lime juice, fish sauce, and egg. Whizz until well chopped and looks like a paste.
3. Transfer to a medium / large mixing bowl, and add shallots, beans and ¼ cup of the flour. Mix well. If the mixture is still quite wet and not forming together, add the remaining of the flour and a little more if necessary.
4. Heat a large frypan over medium-high heat. When hot, add 1-2 tablespoons of extra virgin olive oil.
5. Scoop ¼ cup of the mixture and roll into a ball or scoop out into the pan. Cook for 3-4 minutes until golden brown. Flip and cook for another 2-3 minutes until crispy. Repeat for remaining mixture.
6. Serve with rice and salad, along with sweet chilli sauce and extra lime and coriander.



Fish Tacos

Serves 4 | Time: 30 minutes

Ingredients:

- 600-700g white fish (cod or flake), fresh or frozen
- 1 x Mexican Burrito seasoning
- 12 soft taco wraps or corn hard shells
- 300-400 slaw mix
- Optional red onion, sliced
- 225g tinned pineapple, diced or slices
- 1 medium avocado, mashed
- 1 lemon or lime
- ½ cup Cheese, shredded
- Optional salsa, jalapeno sauce or sour cream

Method:

1. In a large bowl or plate, season fish with burrito seasoning. Toss gently to coat. Your fish can be in fillets or chunks.
2. Heat a large fry pan on medium-high heat. When it's hot enough (test by splashing water on it - if it turns to pearls, it's ready. If the water sizzles, it's not ready). Add 1 tablespoon of extra virgin olive to the pan to coat.
3. Add fish and cook for 3-5 minutes each side, until opaque. Only turn once. Remove from heat and set aside.
4. Prepare your salad, avocado and taco shells or wraps according to packet instructions.
5. When ready to serve, you can serve fish in chunks or flake it up. Top with cheese, lime, pineapple chunks, optional sour cream/ jalapeno sauce and fresh coriander.



TIPS FOR GETTING MORE OUT OF YOUR DAY



Things to try

- Start the day with a good hit of quality protein... with carbohydrates.
Such as:
 - Eggs on toast
 - Yoghurt, muesli, nuts and milk
 - Protein powder in a fruit and milk smoothie
- Fuel around your training: have some protein and carbohydrate food before; and after.
 - Try a banana with nut butter
 - A few spoonfuls of Greek yoghurt
 - 1-2 slices of toast or rice thins with peanut butter

Tips

- Pre-boil eggs at the beginning of the week to save time
- Make a frittata or English Muffins with Egg and Cheese; so you can freeze them and pull out when you need
- Keep nuts, nut bars or muesli bars in your car
- Sip on water regularly
- Don't skip meals
- Eat every 3 to 4 hours (for most athletes)
- Eat more around the times you're active, less when you're not active





Pork & Sage Mash Potato

Serves 4 | Time: 20 minutes

Ingredients:

- 4 x Pork sirloin steaks (about 500-600g)
- 1.2kg brushed potatoes, scrubbed and skin on (~5 medium)
- Broccolini bunch or broccoli head
- 2-3 sprigs of Sage leaves (~5-10g pack)
- 1 tablespoon butter
- 1 tablespoon extra virgin olive oil
- Salt and pepper to taste
- 40g tasty cheese, shredded

Method:

- 1.Fill a medium pot with water and bring to the boil. Whilst it's waiting to boil, chop potatoes into 2cm x 2 cm cubes roughly. Place in salted water and boil for about 10-12 minutes (until you insert a skewer or sharp knife and it feels soft).
- 2.While potatoes are boiling, steam or microwave broccolini/broccoli for about 1.5-2 minutes. Set aside.
- 3.Lay pork steaks out and season with salt and pepper.
- 4.Heat a medium pan to medium-high heat, and the sage leaves for 30 seconds to soften. Remove and set aside.
- 5.Add a dash of olive oil to the hot pan and place steaks on the pan. Cook for 6 minutes. Turn over and cook for another 2 minutes and place half the sage leaves over the steaks. Rest on a plate for 2 minutes and you'll have perfect pork steak.
- 6.When potatoes are ready, drain and then return to the pot. Mash potatoes until soft and add butter and extra virgin olive oi. Mix well. Mash again and add cheese, remaining sage leaves, salt and pepper to taste. Stir well. Taste and add more of anything if you need. Serve up!

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Rice Paper Rolls

Serves 4-5 | Time: 30-35 minutes

Ingredients:

- 500g lean pork mince (or chicken)
- 1 tsp Chinese Five Spice
- Optional garlic clove or garlic infused olive oil
- Pinch of chilli flakes
- 1 tablespoon Hoisin sauce
- 2 medium carrots, peeled or scrubbed well and julienne (sliced) carrots
- ½ medium capsicum / bell pepper
- 1 small Lebanese or ½ continental cucumber, sliced
- 1 gourmet tomato, sliced/ diced
- 3-4 handfuls of spinach or lettuce, roughly chopped
- 50-100g vermicelli noodles
- 12-20 rice paper roll sheets

Sauce to serve: Hoisin sauce or make our peanut chilli sauce

- 1 tsp peanut butter
- 1 tsp soy sauce
- ⅓ cup sweet chilli sauce
- ½ small lemon or lime, juiced

Method:

1. Heat a medium fry pan over medium to high heat. Add oil and garlic or infused garlic oil.
2. When hot, add mince and cook to brown. After 3 minutes, as it continues to brown, add spice, chilli flakes and hoisin sauce. Stir to mix well.
3. Once brown, simmer on low heat covered for 15 to 20 minutes to tenderise. You can cook it for less if you're short on time, or a little longer if you want it softer. (Key: leave it covered to stay moist)
4. While mince is cooking, prepare noodles according to instructions; cut salad vegetables and place on to a serving board or large plate.
5. If make the dipping sauce, mix all ingredients in a bowl and set aside.
6. Pour hot (but not boiling) water in a large bowl to dip paper sheets in.
7. Once mince is cooked and vegetables are prepared, you're ready to serve!
8. To make roll: gently dip rice paper into water to soften (enough to let it soften when on your plate, but not too much...about 10 to 15 seconds depending how warm your water is). Place 2 to 3 tablespoons of mince to the right side of your sheet in the middle. Drizzle sauce over (or dip later). Add salad and noodles. To roll: fold in right side to start covering your filling. Fold in the top and bottom to meet. Then firmly, but gently, hold the mixture and start rolling towards the left side until you reach the end.



Chilli Pulled Pork & Greens Bowl

Serves 4 | Time: 30 minutes

Ingredients:

- ~500g slow cooked pulled pork (you can either make your own, use leftovers or buy a 30-minute cook pack from the supermarket - look in the meats section)
- 150g green beans, trimmed
- 1 bunch of broccolini (or you can use a small broccoli head)
- ½ Lebanese cucumber
- 10-15g fresh coriander leaves
- 1 fresh chilli, sliced
- 4 x serves microwavable rice (brown or basmati) OR cook 1 ½ cups uncooked rice

Method:

1. If you're cooking pulled pork from the supermarket: Preheat the oven to 200°C or according to what your pulled pork pack says. Cook according to instructions.
2. Meanwhile, cook rice if you need to; or get your microwavable packs ready.
3. Prepare your greens: trim the tops and ends of the beans, and wash. Wash broccolini, cut each stem into 3 or 4, and microwave/steam for about 1.5-2 minutes. Slice cucumber in half lengthwise and then slice. Slice chilli in half and dice.
4. When meat is ready. Set aside for 2-5 minutes before serving. Meanwhile, heat rice if you need to.
5. Serve by placing rice on one side of the bowl. Spread greens around half the bowl. Top with pork, chilli and coriander.





Sticky Pork Rice Cups

Serves 4 | Time: 25 minutes

Ingredients:

- 1 cup basmati rice, uncooked or 2 x microwavable rice cups
- $\frac{1}{3}$ cup teriyaki sauce
- $\frac{1}{4}$ cup honey or maple syrup
- Optional garlic, or use garlic oil
- 1 knob of ginger
- Optional 1 Tbs chilli oil (or sprinkle of chili flakes)
- 4 small (500g) Pork Loin steaks, thinly sliced
- 1 small Lebanese cucumber, thinly sliced
- 1 iceberg lettuce, separate the big leaves, washed
- 1 medium carrot, grated or cut into long matchsticks
- 4 Spring onions/ shallots
- Sesame seeds, to top

Method:

1. Cook rice according to packet instructions.
2. Whilst cooking, in a medium bowl, combine, teriyaki sauce, honey, ginger, chilli oil, garlic and 1 tablespoon of extra virgin olive oil if not using chili oil. Stir well.
3. Add the pork strips and toss to coat well.
4. Heat a medium/large frying pan over medium-high heat. Place the pork on the pan (you may need to do it in two batches), and cook for 2 to 3 minutes. Remove and repeat if needed. Then add the pork back to the pan with the remaining sauce, stirring well, for 2 minutes or until the sauce thickens a little.
5. Take off the heat and set aside. Prepare salad vegetables.
6. Serve by adding rice to lettuce cups, topping with pork, carrot, shallots and sesame seeds.





Lamb & Sweet Potato Hummus

Serves 4-5 | Time: 75-90 minutes

Ingredients:

- 1.2kg sweet potatoes
- 2 tablespoons extra virgin olive oil
- 2 lemons, zested and juiced
- 3 tsp ground cumin
- 2 tsp ground coriander
- 500g lean lamb mince
- 2 -4 tsp Sriracha hot sauce
- 400g tin of diced tomatoes
- 500ml vegetable stock
- 400g tin of chickpeas, rinsed and drained
- 2 tablespoons tahini paste
- 1-2 cloves of garlic, or garlic oil
- 125g cherry tomatoes
- ½ Lebanese cucumber
- 1 head of broccoli or 1 broccolini bunch
- 200g yoghurt
- 1 tablespoon dried mint (or fresh mint leaves)

Method:

1. Preheat oven to 200C. Cut sweet potatoes in half through the middle. Then cut each half lengthways (so two semi circle). Cut each semi circle into quarters, so you have long thin wedges.
2. Put sweet potato in a large bowl and toss with lemon juice and rind from ONE lemon, 1 tablespoon olive oil, 1 tsp ground cumin and 1 tsp coriander. Toss to combine well and place onto a large baking tray that is lined. Season with salt and pepper. Bake for about 45 minutes.
3. Meanwhile, heat a large frying pan over medium-high heat. Add oil and optional garlic (or use garlic oil) and place mince in pan. Stir regularly for approximately 5 minutes to break up the mince and brown the meat.
4. Add Sriracha sauce, 2 tsp cumin, 1 tsp coriander and cook for one minute or so.
5. Pour in the tomatoes and stock. Simmer for 30 to 40 minutes uncovered until tender, slightly thickened and flavoursome.
6. When potatoes are cooked, transfer 1/3 of them to into a food processor, with the chickpeas, tahini, lemon juice and zest, a dash of garlic oil or garlic clove, and ½ cup warm water. Blend until smooth and add any salt and pepper if you like, or extra spices. Prepare remaining vegetables.
7. Serve with ¼ to ½ cup sweet potato hummus on the bottom of your plate, a few potato wedges, 1-2 ladles of mince, sprinkle with cherry tomatoes and cucumber; dollop some Greek yoghurt, and sprinkle mint on top.



Tortilla Stack

Serves 4-6 | Time: 45-60 minutes

Ingredients:

- 500g lean beef mince (or Quorn mince)
- Optional brown onion, diced
- 1 clove garlic, crushed (or garlic infused oil)
- 1 tsp chilli flakes
- 1 large carrot, grated
- 1 large zucchini, grated
- 1 medium red capsicum, thinly sliced
- 1 x 400mL can tomato puree or passata
- 400g can four-bean mix, drained and rinsed
- Spices: 2 tsp ground cumin; 2 tsp sweet paprika, ½ tsp cayenne pepper (optional), 1 tsp ground coriander (or buy a Mexican Chilli con carne spice mix sachet)
- Salt and pepper, to season
- 4 medium lunch wraps (multigrain or GF)
- 1 cup grated cheese, light
- 350-400g slaw mix (shredded cabbage mix)
- 1 cup corn kernels (fresh, tinned or frozen)
- 125g cherry tomatoes or 1 large gourmet tomato, diced
- ½ green apple, grated
- To serve: light sour cream, avocado or fresh coriander leaves

Dressing:

- Balsamic vinegar and extra virgin olive oil; OR
- Mix together:
 - ½ tsp honey
 - ½ tsp soy sauce
 - 1 tsp peanut butter
 - 2 Tbs white vinegar
 - ½ lime, juiced
 - 2 Tb extra virgin olive oil

Method:

1. Preheat oven to 180°C.
2. In a large frypan, over medium heat, brown onion, garlic, capsicum and chilli flakes.
3. Add mince, and stir to brown.
4. Grate carrot and zucchini and add to the mince. Mix through.
5. Add spices, salt and pepper. Stir well to coat.
6. Simmer for 2 minutes.
7. Add tomato puree and simmer for another 2 minutes.
8. Add beans. Simmer gently for 30 minutes. Longer if you have time and want it tender, or slightly less if you're short on time.
9. Once the mince is ready, place 1 wrap on the bottom of a lined cake tin or baking tray. Place one quarter of the mince over the wrap.
10. Sprinkle a ¼ cup of cheese over the mince (remember, you will do this on each layer, so you don't need lots).
11. Repeat the process 3 more times. The top layer will be finished with the mince and cheese. Add more cheese on top if you like.
12. Cook until cheese is golden and wrap edges are crispy. About 15 minutes or so.
13. Meanwhile, prep the salad. Mix all dressing ingredients together in a small bowl. Rinse the slaw mix and place into a large serving bowl. Pour over the dressing and rub into the slaw to massage the cabbage and soften.
14. Add corn, tomatoes, and grated apple.
15. Serve with ⅓ of the stack and salad. Or, ¼ of the stack if you have higher requirements.



Homemade Beef Burgers

Makes 5 patties | Time: 25 minutes

Ingredients:

- 500g lean beef mince
- 1 extra large egg, whole
- ¼ cup grated cheese
- Pinch of mixed herbs optional
- 1 tsp soy sauce or Worcestershire sauce
- ¼ cup breadcrumbs or 1 small slice bread blitzed up
- Salad or slaw to serve (sliced gourmet tomato, lettuce or spinach, beetroot, or a coleslaw mix with mayo)
- Sliced cheese to serve
- Your choice of sauce to serve
- Whole grain or sourdough bread rolls

Method:

1. In a large mixing bowl, mix mince, egg, and cheese together well.
2. Add in herbs, sauce and bread crumbs. Season with optional salt and pepper.
3. Shape mince into 5 or 6 balls and press down into patties.
4. Heat the BBQ or a large frying pan, and place patties in. Cook on the first side for approximately 4 to 5 minutes.
5. Flip and cook for another 3 to 5 minutes, depending how you like your burgers cooked - less for medium rare, more for well done.
6. While patties cook, prepare salad, cheese and bread rolls.
7. When cooked, transfer to a plate and you're ready to serve!



Mince and Bean Burritos

Serves 4 | Time: 30 minutes

Ingredients:

- 500g grass fed beef mince
- 400g x tin black beans, rinsed and drained
- 400g x tin kidney beans, rinsed and drained
- 1 medium capsicum, diced or thinly sliced
- 1 cup corn kernels, frozen or tinned
- Mexican Burrito kit or: 1 x burrito spice mix, 8 medium wraps, optional salsa
- 1 iceberg lettuce (need about 3-4 cups chopped)
- 2 roma/ gourmet tomatoes, diced
- 1 avocado, mashed
- Light sour cream to serve
- Cheese, grated to serve

Method:

1. Heat a medium fry pan over medium heat. When hot, add 2 tablespoons of extra virgin olive oil.
2. Add mince and stir to brown.
3. Once browning, add capsicum and burrito seasoning. Stir to coat well. You can also add half the salsa, or save to add on top.
4. Simmer for 15 minutes to tenderise. Then add corn, and rinsed beans. Stir well.
5. Cook for another 5 minutes or until mince is tender to liking.
6. Meanwhile, prepare salad and toppings. Thinly slice lettuce, diced tomatoes, mash avocado and optionally add shallots, garlic, lemon juice and salt and pepper.
7. When ready, serve burritos with $\frac{1}{4}$ - $\frac{1}{2}$ cup of mince, lettuce, tomato, avocado, sour cream, cheese and any extra salsa, lemon or lime juice, or fresh coriander.



Steak & Baby Gnocchi Salad

Serves 4 | Prep & cook time: 25 minutes | Adapted from Sarah Allchurch

Ingredients:

- 800g Beef Rump steak (grass fed or no added hormones)
- 500g pack of baby gnocchi (Most supermarkets have Guzzi's)
- 2 bunches of broccolini and or asparagus or green beans
- 120g rocket leaves
- Balsamic vinegar or glaze
- Extra virgin olive oil
- Parmesan cheese to serve

Method:

1. Fill a medium pot with water and bring to the boil.
2. Meanwhile, heat a barbecue grill or fry pan on medium high heat.
3. Pour a dash of olive oil over the steaks and season with salt and pepper on both sides.
4. Cook the steak for 3-4 minutes each side for medium-rare or a little longer until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside to rest.
5. Add a pinch of salt to the boiling water and place gnocchi in. Stir once and cook according to instructions (which is usually until the gnocchi rises to the top and boils, or after 2-3 minutes). When cooked, drain and rinse.
6. Return back to your pan or grill and place broccolini (or alternative) on with 1 tablespoon of olive oil. Toss to coat and turn after one minute. Repeat for 3 minutes or until tender.
7. Remove broccolini and transfer to a salad bowl with rocket leaves.
8. Add gnocchi back to the pan and toss for 3-5 minutes until golden. Add to the salad bowl and toss to mix through. Drizzle balsamic and parmesan on top.
9. Slice steak into strips and place on top of salad or on plates to serve.





7-Ingredient Pasta Bake

Serves 5 | Prep time: 25 minutes + Cooking time: 30 minutes

Ingredients:

- 500g lean beef mince / grass fed beef (or 800g tin Brown Lentils + 400g tin Cannellini Beans, rinsed and drained)
- 1 large carrot, grated
- 1 large zucchini, grated
- 350-375g uncooked penne pasta
- 400g can condensed tomato soup (normal or salt-reduced)
- 400mL cow's milk or soy milk
- 90g grated cheese (or add nutritional yeast)
- Optional: ¼ - ½ tsp chilli flakes
- Salad to serve: rocket leaves, cherry tomatoes, lebanese cucumber, capsicum, fetta, balsamic vinegar/ glaze

Method:

1. Preheat the oven to 200°C (fan forced).
2. Cook pasta according to packet instructions. (Tip: Cook for 1-2 minutes less, as it will cook more in the oven).
3. In a large frypan, add a drizzle of extra-virgin olive oil and brown mince. Add optional ½ tsp /cube veggie stock powder if desired.
4. Add grated veggies and simmer for 5 minutes and then put the lid on. Cook for about 10-20 minutes, or until pasta is cooked.
5. Meanwhile, in a large greased baking dish, pour in soup, milk, cheese and optional chilli flakes. Stir to mix well.
6. Once mince and pasta are cooked, add mince to sauce and stir well. Add pasta and fold through well.
7. Cover with foil and bake for 30 minutes.
8. Remove from the oven and stand for a few minutes.
9. Serve with salad.

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EASY MEAL TIPS



Tip 1 – Vegetables and Salads

Always keep 'easy' salads such as coleslaw bags (without dressing), cherry tomatoes, chopped cucumber in the fridge and other salad mixes. You can buy these bags already prepared or you can make your own. Salad lasts for 7 days in the fridge so you can make these up in containers or large snap lock bags.

Tip 2 – Frozen Veggies

Frozen Broccoli, Cauliflower, Baby Carrots and Beans are all non-starchy vegetables. You can have your reheated meat or cold meats with these for lunch or dinners. You can have a large serve of these.

Tip 3 – Cold proteins

Always have some proteins in the fridge/freezer or pantry. Tinned tuna/salmon, eggs (can boil 6-8 at beginning of week for the first 3 days), smoked salmon, roast meats, BBQ chicken, tofu, bean mixes. You can usually buy these in portion sizes. Not the most economical option, but convenient.

Tip 4 - Car snacks

Keep foods handy in the car or work bag if you're short on time. Easy things can be: nuts/trail mix, nut bars, energy bars, energy balls, tinned tuna, and crackers.





**SNACK
TIME**



Lemon Delicious Muffins

Makes 12 | Prep time: 10 minutes | Cook time: 25 mins

Ingredients:

- 2 cups (280g) self raising whole meal flour
- ¼ cup (50g) raw sugar
- ⅓ cup (60g) white chocolate melts (not choc chips - you want them to melt through)
- ¾ cup (195g) milk
- 1 lemon, zested and juiced (~¼ cup juice)
- ½ cup (150g) Greek yoghurt plain
- 2 extra large whole eggs
- ¼ cup (55g) extra virgin olive oil (or macadamia oil)
- 1 tsp vanilla essence

Method:

1. Preheat oven to 170C and line / grease 12 x muffin holes.
2. In a large bowl, mix milk and lemon juice together. Note it will curdle but that's okay.
3. Meanwhile, in another large mixing bowl, mix flour, sugar, lemon zest, and chocolate melts together.
4. In your milk mix, add yoghurt, eggs and vanilla and whisk well for 1 minute until aerated and combined.
5. Pour into dry mix, along with oil. Mix to just combine (don't over mix!).
6. Scoop evenly into muffin holes and bake for 22-25 minutes, until golden and inserted skewer is clean.
7. Keep in fridge for 1 week... if they last that long! Heat up for 30 seconds in the microwave before serving :)

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Raspberry White Chocolate Muffins

Makes 12 | Time: 10 mins + 25 mins cooking

Ingredients:

- 2 cups self raising whole meal flour (or 1 $\frac{3}{4}$ cup GF self raising flour + $\frac{1}{4}$ cup coconut flour + 2 tsp chia seeds + $\frac{1}{2}$ tsp baking soda - this helps give a good texture and fluffy)
- $\frac{1}{3}$ cup raw sugar
- $\frac{1}{2}$ cup white chocolate melts, if large, chop in half - I like these because they melt through the muffins, but you can also use choc chips
- 1 cup milk
- 1 tsp white vinegar
- 2 extra large eggs
- $\frac{1}{4}$ cup macadamia or extra virgin olive oil
- 1 cup frozen raspberries (or other berries)

Method:

1. In a small bowl, mix milk and vinegar together. Stir well. Set aside.
2. Preheat oven to 170C fan-forced. Place muffin cases in tin holes or grease your non-stick muffin tray.
3. In a large mixing bowl, mix flour, sugar and chocolate melts. Stir well.
4. In your milk mixture, add eggs and oil. Whisk with a fork to beat eggs and stir well.
5. Add to the flour mix, and fold through gently to almost mix together. Add the raspberries and continue to fold through so flour is all mixed. Don't over mix.
6. Spoon into 12 muffin holes. They will be roughly $\frac{2}{3}$ to $\frac{3}{4}$ full.
7. Bake for 23 minutes. Insert a skewer and if it's clean, muffins are ready! If mixture still on the skewer, cook for another 2-3 minutes until goldening.
8. In winter you can store on the bench in an air tight container; in summer, store in the fridge.
These can also be frozen.





Choc Nutty Balls

Makes 12 | Time: 10 minutes

Ingredients:

- 1 cup raw almonds (or a combo with walnuts)
- 1 cup raw walnuts
- 2 tablespoons peanut butter (or tahini)
- ¼ cup shredded coconut
- 2 tsp chia seeds
- ½ cup pitted dates
- 1-2 Tbs cacao powder
- 1 tablespoon maple syrup
- ⅓ cup tap water

Method:

1. In food processor/ blender, blitz nuts, coconut, and chia seeds until fine.
2. Add dates to blender and blend until combined.
3. Add cacao powder, peanut butter, maple syrup, and water. Blend well until sticky. If not sticking into balls, add an extra tablespoon of water.
4. Once mixture is ready, scoop out heaped tablespoons and roll into balls.
5. Store in air-tight container in the fridge for 7-10 days.



Apricot Delight Bites

Makes 20 | Time: 15 minutes

Ingredients:

- 250g / 1 ⅓ cup dried apricot halves
- 1 cup almonds
- ½ cup walnuts or macadamias
- ¼ cup pepitas
- ⅓ cup shredded coconut
- 2 Tbs maple syrup
- 2 Tbs tahini paste (or peanut butter)
- ¼ cup water

Method:

1. In a blender or food processor, blitz nuts, coconut, and pepitas until fine.
2. Add apricots and blend until fine.
3. Add tahini paste, maple syrup and water. Blend until well combined.
4. Test mixture to see if it holds in balls, if not, add 1-2 more tablespoons of water.
5. Roll heaped tablespoons into balls. Roll in optional extra coconut.
6. Store in the fridge for a week.



ANZAC Cookies

Makes 18 | Time: 30 minutes | GF/NF/DF/Vegan/Soy Free/ Egg free

Ingredients:

- 1 cup GF flour (I use this for the melt in your mouth texture but you can also use plain white flour or whole wheat flour)
- 1 cup rolled oats (or 1 1/4 quinoa flakes)
- 1/2 cup shredded coconut
- 1/4 cup raw sugar
- 2 tsp chia seeds
- 120g butter / dairy free butter
- 2 Tbs golden syrup / honey / maple syrup
- 2 Tbs boiling water
- 1/2 tsp bi-carb soda

Method:

1. Preheat oven to 150 degrees Celsius.
2. Mix all dry ingredients (except bicarb) in a bowl well.
3. Melt butter and syrup in a separate small bowl (in microwave or over stove).
4. In one of your used measuring cups, pour boiling water and soda and mix together.
5. Add water mix to melted butter and syrup. Stir well.
6. Add to dry ingredients and mix well.
7. Roll into balls pressing firmly and press onto baking trays.
8. Bake for 18-20 minutes or until golden brown.

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MULTISPORT
NUTRITION

Berry Cottage Crumpets

Serves 2 / Makes 4 Crumpet | Time: 10 minutes

Ingredients:

- 200g creamed cottage cheese
- ½ cup of frozen berries (or 25g raspberry jam)
- 4 crumpets (or 4-6 slices sourdough bread)
- Handful of walnuts roughly chopped
- Drizzle of honey or maple syrup (optional)

Method:

1. In a small bowl, mix cottage cheese and berries/jam. You can slightly defrost the berries if you like.
2. Toast your crumpets or toast and then top with cheese mix. Drizzle over optional honey or maple syrup and walnuts if you like.
3. If you're making one serve, set aside the remaining cheese in a container for the next morning!
4. This makes a great snack or pre-training fuel; however, if you're having for breakfast, have with a milky drink, like a coffee or 15g protein powder mixed with milk or water, to optimise your protein hit to start the day!





Mini Banana Breads

Makes 10 | Time: 5 minutes prep + 25 minutes cook

Ingredients:

- 1 cup almond meal/ almonds blitzed up
- 1 cup self raising whole wheat (or can use GF)
- ¼ cup shredded coconut
- ½ tsp baking powder
- 1 heaped tsp ground cinnamon
- 2 large over ripe bananas
- 3 Tbs honey or maple syrup
- 2 extra large eggs
- ¼ cup milk
- ¼ cup macadamia oil (or extra virgin olive oil)
- 1 tsp vanilla essence
- ½ cup walnuts, roughly chopped
- 1 tsp sugar, to top

Method:

1. Preheat the oven to 170°C. Line muffin tray with muffin papers or oil.
2. In a large bowl, mix almond meal, flour, cinnamon, coconut, and baking powder together.
3. In another small bowl, mash bananas. Add honey, vanilla, eggs, milk and oil.
4. Stir well. Make a well in the centre of the dry mix and pour in banana mix.
5. Stir gently to just combine. Divide into 10 muffin holes, about ¾ full.
6. Top with walnuts and divide the teaspoon of sugar across the muffins. Add an extra sprinkle of cinnamon if you like too.
7. Bake for 22-25 minutes, until an inserted toothpick or skewer comes out clean.
8. Cool for 5-10 minutes before serving. Store in an airtight container in the refrigerator for 1 week.





Protein Chocolate Mousse

Serves 1 | Time: 5 minutes

Ingredients:

- 150-200g Greek plain/natural Yoghurt
- 10g whey protein or pea protein powder (either plain, chocolate or vanilla)
- 1 tsp cocoa/ cacao powder
- Optional berries, muesli, granola, choc chips to serve with

Method:

1. In a small bowl, mix yoghurt, protein powder and cocoa.
2. Stir well so there are no powder clumps.
3. Taste and add more of anything if you wish.
4. Serve with muesli, cereal, berries, granola or choc chips.





All-day Apple Crumble

Serves 6-8 | Time: 60-650 minutes (includes cooking time)

Ingredients:

- 6 apples (1.2kg) - red and green
- 2 tsp ground cinnamon
- 2 tsp maple syrup
- ½ lemon, juiced
- 1 cup almond meal or whole meal flour
- 1 ¼ cup rolled oats
- ½ cup plain whole meal flour (GF or more almond meal)
- ½ cup shredded coconut
- 3 Tbs sugar (raw or coconut)
- 2.5 tsp cinnamon
- 110g butter or vegan butter/nuttelek - leave out on the bench to soften while doing the rest.

Method:

1. Dice apples into 2cm cubes with skin on.
2. Place in a large baking dish to cover the bottom and coat in cinnamon, maple syrup and lemon juice. Mix well. Set aside.
3. Pre-heat oven to 180 degrees fan-forced.
4. Mix all dry ingredients together in a large bowl.
5. Rub softened butter through well (get your hands dirty).
6. Spoon over apples evenly and gently press down with fingers.
7. Bake for 40-45mins until golden and apples are soft, with a slight bite - like al dente pasta.
8. Serve with Greek yoghurt, high protein yoghurt or ice cream.

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Golden Granola

Makes 3 cups | Time: 30 minutes

Ingredients:

- 1 ½ cups of rolled oats
- 1 Tbs chia seeds + 4 Tbs water
- ¼ cup sunflower seeds
- ¼ cup pepitas
- ¼ cup dedicated coconut
- ¼ - ½ cup chopped nuts (such as almonds, macadamia, walnuts, pecans)
- 1 Tbs extra virgin olive oil or macadamia oil
- 3 Tbs golden syrup
- Sprinkle of ground cinnamon

Method:

1. Preheat oven to 180C (fanforced).
2. In a small bowl, mix chia seeds and water. Set aside.
3. In a large bowl, mix all other ingredients apart from syrup and oil. Stir well.
4. Add syrup and oil and mix to coat well.
5. Add chia egg and stir well again.
6. Pour onto a lined baking tray and bake for approx. 20 minutes (less or more depending on your crunch preference).
7. Let it stand for 30 minutes before breaking apart. Store for 2 weeks in a glass container/ jars





Berry Smoothie Bowl

Serves 1 | Time: 10 minutes

Ingredients:

- 1 small frozen banana
- ½ cup frozen raspberries and/or blueberries
- ½ acai smoothie pack (optional)
- ¼ cup milk
- ½ tsp vanilla essence
- ¼ cup muesli or nuts or buckinis (or a combination)
- 2 tsp chia seeds
- Optional 2 tsp shredded coconut
- Optional 15g WPI or Pea Protein (or have a milky drink on the side or a serve of high protein yoghurt) to optimise protein intake

Method:

1. In a high powered blender or food processor, blend fruits, milk, vanilla and optional acai. Blend until smooth. You may need to stop and scrape the sides a few times.
2. Add optional protein powder now and blend, or serve with your protein alternative.
3. Scoop into a bowl and top with muesli, nuts, seeds and coconut.



Banana Smoothie

Serves 1 | Time: 5 minutes

Ingredients:

- 1 medium banana
- ¼ rolled oats or 1 weet-bix
- ½ - 1 cup milk (I suggest cow's or soy milk)
- Optional 10g protein powder (WPI or pea - raw or vanilla flavour suggested)
- Optional 1 tablespoon vanilla Sustagen / milk powder
- 1 tsp honey or maple syrup
- Sprinkle of cinnamon
- Handful of Ice cubes

Method:

1. Place all ingredients into your blender and mix well.
2. If too thick, add extra milk or water, and blend again.
3. Drink immediately or pour into your travel cup to have on the go.



Neapolitan Smoothie

Serves 1 | Time: 5 minutes

Ingredients:

- ½ - 1 medium banana
- ⅓ cup mixed frozen berries
- ½ - 1 cup milk (I suggest cow's or soy milk)
- 10g protein powder (WPI or pea - raw or vanilla flavour suggested)
- Optional 1 tablespoon chocolate Sustagen or Milo or cacao
- Handful of Ice cubes

Method:

1. Place all ingredients into your blender and mix well.
2. If too thick, add extra milk or water, and blend again.
3. Drink immediately or pour into your travel cup to have on the go.





Egg & Cheese English Muffins

Makes 6 | Time: 15 minutes

Ingredients:

- 6 extra large eggs
- 6 wholemeal or multigrain English Muffins
- 1 cup loose spinach
- 120g tasty or cheddar cheese
- Optional sauce: BBQ, Tomato, relish, etc
- Salt and pepper to taste

Method:

1. In a large fry pan with oil, crack eggs in and cover with lid. Cook for 4 to 6 minutes until your liking.
2. Meanwhile, cut muffins in half and lightly spread with butter if you want.
3. Slice cheese and place on one side of the muffins.
4. Spread spinach across the muffins, and then place egg on top when cooked.
5. Season with salt and pepper; and drizzle sauce on the other muffin.
6. Place the top muffin on top, and either serve (and toast on the fry pan or sandwich press) or wrap up to keep for later.
7. Keep in the fridge for 3 days or freeze.



STORE BOUGHT SNACKS



Tips

- Look for minimal ingredients
- More than 5g protein per serve (ideally)
- Less than 8g sugar per serve
- Look past the marketing words and colours - for example, high protein cottage cheese has only 0.3g of protein more than regular cottage cheese!

Suggestions

- Roasted chickpeas or fava beans
- Protein nut bars (with ~10g protein and <8g sugar)
- Basic bliss balls/ smooshed balls
- Hummus and cracker packs
- Pre-portioned nuts
- Single serve yoghurt tubs (Greek or high protein varieties)
- Pre-boiled eggs
- Vita weat crackers - add hummus, tuna, salmon or peanut butter
- Tinned tuna and salmon
- Mini bean tins or beans
- Popcorn - lightly salted or sweet n salty
- Diced fruit





Avo Cheese Dip

Serves 2 | Time: 15 minutes

Ingredients:

- ½ avocado
- 200g creamed cottage cheese
- 4 slices sourdough toast or grain crackers x 4-5
- Lime, juiced (optional)

Method:

1. In a small bowl, mix avocado, cheese and optional lime. Season with salt and pepper.
2. Toast sourdough and spoon half the dip across the slices. Keep the remaining dip for the next morning.
3. Serve toast with a milky drink or 15g protein shake with water or milk to bump up your protein.



Spinach Ricotta Rolls

Makes: 10 small rolls

Ingredients:

- 250g frozen spinach
- 375g light smooth ricotta cheese
- ½ lemon, juiced
- ½ tsp mixed herbs
- Salt and pepper to taste
- 2 square sheets light puff pastry
- Sesame seeds to garnish

Method:

1. Preheat oven to 200C. Place pastry on bench to defrost. Line baking tray.
2. Defrost spinach in a microwavable bowl on HIGH for 2 minutes. Drain and press spinach to remove excess water.
3. In a medium bowl, mix spinach, ricotta, lemon juice, herbs, salt and pepper. Mix well.
4. Spoon half of the mixture along the edge of one sheet of puff pastry. Gently fold over tightly and repeat until it's all wrapped up into a log.. Be careful no to do it too loose or too tight that the filling squeezes out.
5. Cut in half and then half again. Place on the baking tray.
6. Repeat with remaining mixture and pastry.
7. Brush rolls with milk and sprinkle sesame seeds on top.
8. Bake for 35 to 40 minutes until golden.



Homemade Tzatziki

Time: 5 minutes | Low Fodmap options

Ingredients:

- ½ Lebanese cucumber
- 150g Greek style Natural yoghurt (or lactose free yoghurt)
- ½ tsp Garlic infused oil or garlic clove
- 1 tsp white vinegar

Method:

1. Finely diced cucumber and place in a medium serving bowl
2. Add to the bowl: yoghurt, garlic and vinegar.
3. Stir well to combine
4. Taste and add any more vinegar if you want it more tangy, or more garlic if you'd like more.
5. Keep in the fridge in a sealed container until yoghurt use-by date.

Note: For this small quantity, you don't need to drain the cucumber. However, you can if you like.





Watermelon Hummus Bites

Time: 5 minutes

Ingredients:

- Watermelon
- 2-3 Tbs hummus
- 1-2 tsp dukkha

Method:

1. Chop watermelon into 1-2 thick slices. Then slice into 2 or 3 triangles.
2. Top with dollops of hummus and sprinkle over dukkha.
3. Serve immediately or place onto a platter. .



Rice Porridge Bars

Makes 9 | Time: 25 minutes + overnight cooling

Ingredients:

- 250g arborio/ risotto rice
- 600ml tap water
- ½ tsp salt
- ½ cup brown sugar
- ½ cup sultanas or dried apple or pitted dates
- Sprinkle of cinnamon

Energy: 610kJ / 146cal Carbs: 32g
Protein: 2.6g Sodium: 132mg Fibre: <1g



Method:

1. Place rice and water in a medium pot and bring to the boil.
2. Once boiling, after about 5 minutes, turn down to a gentle simmer. Stir every 5 or so minutes so the rice doesn't stick to the bottom.
3. After another 13 to 15 minutes, the rice should be gluggy, sticky and cooked (have a quick taste to check it's soft). If not, cook for a few more minutes, and add a splash of water if needed.
4. Once cooked, remove from heat and stir in: brown sugar, dried fruit, cinnamon and salt.
5. Place into a square slice container and freeze for 1 hour. Remove, slice and wrap in cling wrap or food wrap. Return bars to the freezer for at least overnight.
6. When ready to eat, pull out the night before and leave in the fridge.





Bike Brownies

Makes 12 | Time: 10 minutes + 35 mins cooking

Ingredients:

- 400g sweet potato, peeled and grated
- 2 extra large eggs, whole
- ¼ cup self raising flour (wheat, or GF)
- ½ cup honey or maple syrup
- ¼ cup extra virgin olive oil or macadamia oil
- ½ cup cacao/ cocoa powder
- 1 tsp baking powder

NUTRITION INFO:

20g carbohydrates

3g protein

41mg sodium

Method:

1. Preheat oven to 180°C fan-forced /356F.
2. Mix all ingredients into a medium bowl.
3. Pour into lined/ greased non-stick muffin holes or into a lamington tray to make bars.
4. Bake for 35-40 minutes.
5. Store in fridge for a week and freeze for up to 3 months in portions. I wrap in foil or zip lock bags for easy access on the bike





Oaty Energy Bars

Makes 12 | Time: 10 minutes + 2 hours setting time

Ingredients:

- 1 ½ cups rolled oats
- ½ cup sultanas
- 1/3 cup shredded coconut
- 1 Tbs chia seeds
- 3 Tbs sesame seeds
- Pinch salt
- ½ cup Honey or golden syrup
- 1/3 cup peanut butter

NUTRITION INFO:

24g carbohydrates

4g protein

20mg sodium

Method:

1. In a large mixing bowl, mix oats, sultanas, coconut, seeds and salt. Stir well. Set aside.
2. In a small sauce pan, over low heat, add honey and peanut butter. Bring to a light simmer, and simmer for 5 minutes until it thickens. Keep stirring!
3. Pour into dry mix and stir well to coat.
4. Transfer to a small lined lamington tray and press out. Place another sheet of baking paper over the top and press down with a spatula.
5. Place in the fridge for 2 hours to set. Remove and cut into 12 pieces. Store in an air tight container for a week at room temperature or in the fridge. Or alternatively, freeze and pull out when you need.

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Chewy Choc Bars

Makes 12 | Time: 10 minutes + 2 hours setting time

Ingredients:

- 2 cups rolled oats
- ¼ cup shredded coconut (optional)
- ½ cup honey
- 60g butter
- ¼ cup raw sugar
- 1/3 cup baking choc chips (milk or dark) - approx. 65g
- 1 Tbs chia seeds
- 3 Tbs sesame seeds (optional)
- Salt, to sprinkle

Method:

1. In a large mixing bowl, mix oats, coconut, seeds and salt. Stir well. Set aside.
2. In a small sauce pan, over low heat, add honey, sugar and butter. Bring to a light simmer, and simmer for 5 minutes until it thickens. Keep stirring!
3. Pour into dry mix and stir well to coat.
4. Transfer to a small lined lamington tray and press out. Place another sheet of baking paper over the top and press down with a spatula.
5. Press in choc chips and sprinkle with salt.
6. Place in the fridge for 2 hours to set. Remove and cut into 12 pieces. Store in an air tight container for a week at room temperature or in the fridge. Or alternatively, freeze and pull out when you need.





Enjoy!

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