

# RECIPES

## LOW CARB/HIGH PROTEIN RECIPES

These recipes are ideal for rest days, easy/recovery training days or if you are trying to lose weight.

## BREAKFAST

### PANCAKES

- 2 eggs
- 1 banana
- Protein powder (optional)

1. Mash the banana
2. Add the 2 eggs (and protein powder) and beat until smooth
3. Pour into a frying pan and flip until done



### OMELETTE

- 4 eggs
- cheese (optional)
- vegetables (optional)

1. Beat all 4 eggs together
2. Add preferred cheese or vegetables
3. Pour into a frying pan until cooked



### PROTEIN SMOOTHIE

- 1 banana
- 1 scoop whey protein
- 150g yogurt
- 150ml milk

1. Blend all ingredients



# MEALS

## SWEET POTATO COTTAGE PIE

- 1 tablespoon olive oil
- 1 medium brown onion
- 1 medium carrot
- 500g lean beef mince or Quorn
- 2 teaspoons Worcestershire sauce
- 2 tablespoons tomato paste
- 400g can crushed tomatoes
- 1 teaspoon dried mixed herbs
- 2/3 cup frozen peas
- 600g orange sweet potato
- 1/4 cup milk
- 20g butter
- 1/3 cup grated cheddar cheese (optional)



1. Heat oil in large saucepan over medium heat. Add onion, carrot and celery. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned.

2. Add Worcestershire sauce, tomato paste, tomato and herbs. Bring to the boil. Reduce heat to low. Simmer for 20 to 25 minutes or until thickened. Stir in peas. Preheat oven to 180°C/160°C fan-forced.

3. Meanwhile, cook potato in a saucepan of boiling water for 8 minutes or until just tender. Drain. Return to pan. Add milk and butter. Mash until smooth. Spoon beef mixture into a 5cm-deep, 6 cup-capacity ovenproof dish. Top with potato mixture. Sprinkle with cheese. Bake for 30 to 35 minutes or until golden. Serve for 4.

## TORTILLA PIZZA

- Tortilla wrap
- Tomato puree
- Cheese of choice
- Toppings e.g. chicken, ham, peppers, mushrooms



1. Preheat the oven to 200c/400F/Gas 6/Fan 180.
2. Put the tortilla wrap on a baking sheet and spread over the tomato sauce. Sprinkle over the cheese.
3. You can also add any toppings that your child may like (see suggestions below).
4. Bake for 8-9 minutes, until the cheese has melted and the base is crisp. Cut into triangles and allow to cool slightly before serving.

## CHICKEN AND QUINOA SALAD

- chicken
- quinoa
- lettuce
- cucumber
- cherry tomatoes
- spring onion
- dressing



1. Grill chicken
2. While the chicken is cooking cut all the salad components and place into a bowl or on to a plate
3. Add the chicken and quinoa
4. Drizzle dressing to taste

## SPICY CHICKEN SKEWERS

- 3 garlic clove
- knob of fresh ginger
- 1 orange
- 3 spring onion
- 2 tbsp clear honey
- 1 tbsp light soy sauce
- 2 tbsp vegetable oil
- 4 small skinless boneless chicken breast fillet, cut into cubes
- 20 button mushroom
- 20 cherry tomato
- 2 large red peppers



1. Grind the garlic, ginger, orange zest and spring onions to a paste in a food processor. Add the honey, orange juice, soy sauce and oil, then blend again. Pour the mixture over the cubed chicken and leave to marinate for at least 1 hr, but preferably overnight. Toss in the mushrooms for the last half an hour so they take on some of the flavour, too.

2. Thread the chicken, tomatoes, mushrooms and peppers onto 20 wooden skewers, then cook on a griddle pan for 7-8 mins each side or until the chicken is thoroughly cooked and golden brown. Turn the kebabs frequently and baste with the marinade from time to time until evenly cooked. Arrange on a platter, scatter with chopped spring onion and eat with your fingers.

## SALMON, MEDITERRANEAN ROASTED VEG & COUSCOUS

- Salmon
- 1 red pepper
- 1 yellow pepper
- ½ courgette
- 1 red onion
- packet of couscous
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon basil
- ½ teaspoon chives
- 4 garlic cloves



1. Preheat oven to 425°F.
2. Slice and combine vegetables and place in roasting dish.
3. Whisk together the olive oil, balsamic vinegar, basil, chives, garlic and salt and pepper.
4. Drizzle sauce over the mixed vegetables and toss to coat.
5. Roast vegetables until tender, about 45 minutes. Stir halfway through the cooking time.
6. Add one 6 to 8-ounce, skin-on salmon fillet, with the skin side down. Cook for 3 minutes over high heat to brown the skin, spooning some of the oil over the top of the fish as it cooks. Transfer the pan to oven. Roast until fish is just cooked through, 8 to 10 minutes.
7. Follow couscous instructions on the packet. Serve once everything is cooked

## SNACKS

### PROTEIN BALLS

- 1 cup rolled oats
- 1/2 cup natural peanut butter
- 1/3 cup honey
- 1/4 cup chopped dark chocolate
- 2 tablespoons flax seeds
- 2 tablespoons chia seeds
- 1 tablespoon chocolate-flavored protein powder, or to taste



1. Stir oats, peanut butter, honey, chocolate, flax seeds, chia seeds, and protein powder together in a bowl until evenly mixed. Cover bowl with plastic wrap and refrigerate for 30 minutes.

2. Scoop chilled mixture into balls. Keep cold until serving.

## HIGH CARB RECIPES

These recipes are ideal for match day minus one, after hard training sessions and if you are looking to gain muscle mass.

## BREAKFAST

### PORRIDGE

- 50g porridge oats
- Milk (amount depending on texture preference)
- Honey/Agave/Fruit/1 tbsp Nutella to top (optional)



1. Pour milk on top of oats
2. Microwave 1 minute, stir then repeat if necessary
3. Add a topping of choice

### TOAST & EGGS

- 3 slices of wholemeal toast
- 4-6 eggs



**Scrambled** = whisk eggs, pour in to a frying pan with extra virgin coconut oil, mix until cooked

**Poached** = Fill a small pan just over one third full with cold water and bring it to the boil, add vinegar and turn down to simmer, crack the eggs one at a time into a small bowl and gently tip into the simmering water. Lightly poach for 3-4 minutes. Remove with a slotted spoon and drain on kitchen towels.

**Boiled** = Put eggs in to a pan of cold water, covering the eggs by an inch. Set the pan over high heat and bring the water to a boil, uncovered. Boil for a minimum of 4 minutes, leave longer for harder eggs and yolk.

# MEALS

## PASTA BOWLS

- Pasta
- Meat/fish of choice
- Vegetables of choice



1. Cook 2-3 handfuls of pasta in a pan of boiling water
2. Prepare/marinate and chop any meat/fish and vegetables of choice
3. Place all cooked food into a large bowl, add sauce if needed/preferred

## JACKET POTATO

- 1 large potato
- extra virgin olive or coconut oil
- 1 tin of beans OR 1 tin of tuna
- handful of grated cheese (optional)



1. Heat oven to 220C/200C fan/gas 7.
2. Rub a little extra virgin olive or coconut oil over each potato and put on the top shelf of the oven.
3. Bake for 20 mins, then turn down the oven to 190C/170C fan/gas 5 and bake for 45 mins-1 hr until the skin is crisp
4. Add topping of choice

## RICE BOWLS

- 2-3 handfuls of rice
- Meat or fish of choice
- Vegetables of choice – variety of colours



1. Boil rice in a pan over water until cooked
2. Prepare/marinate meat or fish or choice
3. Cook vegetables of choice
4. Place all ingredients into a large bowl

## SNACKS

### CHOCOLATE BROWNIES

- Cacao powder
- Pitted dates
- Walnuts
- 2 tbsp maple syrup
- Dark chocolate or Nutella to top



1. Simply blend the walnuts in a food processor until they form a crumbly mixture, then add the dates and blend again before adding the cacao and maple syrup.
2. Place the mixture into a baking tray and either refrigerate for three to four hours or freeze for one hour to allow them to set.
3. Keep them in the fridge for freshness

## CHOC CHIP COOKIES

- 3/4 cup unsalted creamy almond butter
- 1/2 cup organic coconut sugar
- 2 tablespoons coconut oil, melted and cooled
- 2 eggs
- 1/4 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup chocolate chips



1. Preheat oven to 350 degrees F. Line with parchment paper.
2. In the bowl or a food processor, add in almond butter, coconut sugar and coconut oil; process until it comes together, about 1 minute. Add in eggs and process again. The dough will probably seize up at this point, but that's okay.
3. Next, add in coconut flour, baking soda and salt; process again until a dough forms. Gently fold in chocolate chips.
4. Place onto the sheet on the tray in shapes of your choice.
5. Bake for 8-10 minutes or until cookies turn slightly golden brown around the edges. Allow them to cool. Repeat with remaining dough. Makes around 20 cookies.

## CHOCOLATE OAT COOKIES

- 100g Oats
- Dark/sugar free/milk chocolate chips
- 2 large bananas



1. Mash bananas
2. Stir in the oats and chocolate chips
3. Place into a baking tray and bake for 10 minutes at 180

## BANANA ICE CREAM

- 2 large bananas
- Natural nut butter (optional)
- Chocolate chips (optional)



1. Slice bananas and freeze over night
2. Blend frozen bananas until an ice cream consistency, place into a bowl
3. Stir in peanut butter/chocolate chips

## FLAPJACK

- 100g oats
- 2 bananas
- Dried fruit or chocolate chips



1. Mash bananas
2. Stir in the oats and other ingredient of choice
3. Place into a baking tray and bake for 10 minutes at 180

## BALANCED MEAL RECIPES

### BREAKFAST

#### BREAKFAST SMOOTHIE

- 1 tbsp Greek yoghurt
- 1 tbsp. honey
- 2 tbsp rolled oats
- 1 banana
- 150ml milk



1. Blend all ingredients

#### EGGS & TOAST

- See page 18 for recipe

#### TOPPED PORRIDGE

- 50g porridge oats
- Milk (amount depending on texture preference)
- Nut butters, agave syrup and/or fruit of choice to top



1. Pour milk on top of oats
2. Microwave 1 minute, stir then repeat if necessary
3. Add a topping of choice

## MEALS

### WHOLEMEAL SPAGHETTI BOLOGNAISE

- 1 tbsp extra virgin olive oil
- 200g lean steak mince or Quorn
- 1 onion
- 4 large mushrooms
- 1 carrot
- 1 400g tin chopped tomatoes
- 230ml vegetable stock
- 2 tbsp tomato purée
- ½ tsp Worcestershire sauce
- 1 tsp freshly ground black pepper
- 300g whole wheat spaghetti



1. Heat the oil in a large saucepan over a medium heat. Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.

2. Add mushrooms and carrot, cook for around one minute, then add tinned tomatoes, vegetable stock, tomato purée, Worcestershire sauce and freshly ground black pepper. Stir well and bring to the boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.

3. Place the whole meal spaghetti in a deep saucepan full of salted boiling water and cook according to packet instructions, then drain. Serves 4

## LASAGNE

- 3 tbsp olive oil
- 2 celery
- sticks, finely chopped
- 1 onion chopped
- 1 carrot, chopped
- 3 garlic cloves, crushed
- 500g lean mince
- 200ml milk
- 2 x 400g cans chopped tomatoes
- 2 bay leaf
- 1 rosemary sprig
- 2 thyme sprigs
- 2 tsp dried oregano
- 2 beef stock cubes
- 400g dried pasta sheets
- 50g Parmesan finely grated



### For the béchamel sauce

- 1½ l milk
- 1 onion sliced
- 3 bay leaf
- 3 cloves
- 100g butter
- 100g plain flour

1. First infuse the milk for the béchamel sauce. Put the milk, onion, bay and cloves into a large saucepan and bring very gently just up to the boil. Turn off the heat and set aside for 1 hr.

2. For the meat sauce, put the oil, celery, onion, carrot, garlic and pancetta in another large saucepan. Cook together until the veg has softened. Add all the mince, the milk and tomatoes. Stir together. When the mince is mostly broken down, stir in all the herbs, stock cubes and bring to a simmer. Cover and cook for 1 hour, stirring occasionally to stop sticking. Uncover and gently simmer for another 30 mins. Taste and season.

3. To finish the béchamel, strain the milk through a fine sieve into one or two jugs. Melt the butter in the same pan then, using a wooden spoon, mix in the flour and cook for 2 mins. Stir in the strained milk, a little at a time – the mix will thicken at first to a doughy paste, but keep going, adding milk gradually to avoid lumps. When all the milk is in, bring to a gentle simmer, stirring constantly (if you have lumps, give it a quick whisk). Gently bubble for a few mins until thickened.

4. Heat oven to 180C/160C fan/gas 4. Spread a spoonful of the meat sauce over the base of baking dish. Cover with a single layer of pasta sheets, then top with a quarter of the béchamel. Spoon over a third of the meat sauce and scatter over a little Parmesan. Repeat the layers. Sit the dish on a baking tray to catch spills and bake for 1 hour until bubbling, browned and crisp on top.

## ROAST DINNER

- Meat of choice
- At least 2 portions of vegetables of choice
- Potatoes
- Extra virgin olive oil
- Yorkshire puddings
- Gravy granules



1. Place your meat of choice into the oven for 1-2 hours depending on the meat
2. Heat a tray of extra virgin olive oil in the oven
3. Peel and cut potatoes, then place them in a pan to boil
4. Add the boiled potatoes to the tray then place into the oven for 1 hour until golden and crispy
5. 20-25 minutes before the potatoes and meat are cooked, prepare vegetables ready to steam or boil them for 10-15 minutes.
6. Place Yorkshire puddings into the oven for the last 20 minutes (time dependent on the mixture or if they are ready made)
7. Place gravy granules into a jug
8. Mix boiling water or vegetable/meat stock into the gravy granules and stir until smooth
9. Remove everything from trays/pans etc. and place onto a plate.