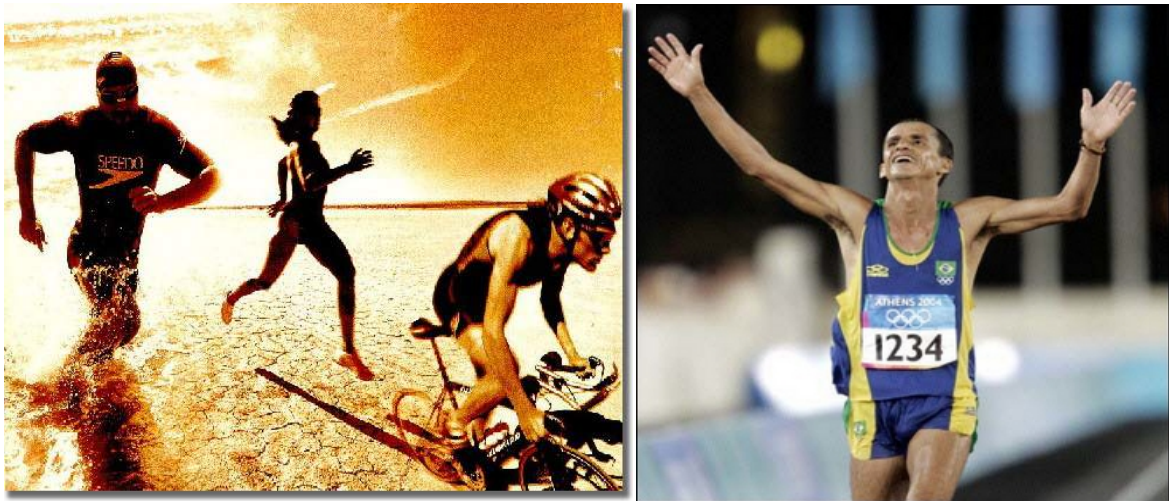




Winning Habits with Tailor-made Nutrition



The resource to...

- Prepare *multiple meals efficiently* in the *minimum time*
- Tailor and tweak meals for different individuals and goals
- *Transform foods* to maintain variety



Roast Chicken



Stock



Tom Yum Soup



Bolognese



Chilli Con Carne



Contents

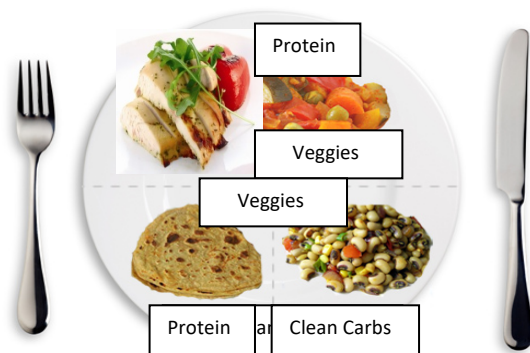
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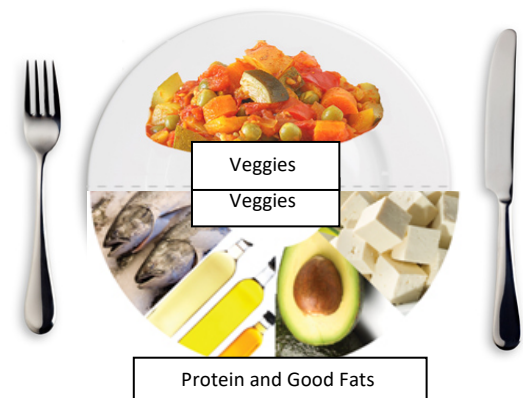
COOKING FOR DIFFERENT ATHLETES – PROVIDING THE TOOLS FOR PERFORMANCE

Each dish comes with a suggested serving for **performance** (*higher carb and low fat*)... **or** as an option for those athletes who have **lower carbohydrate demands**. This option will usually incorporate more protein and “good fats” in order to provide the substrates for protein-synthesis and hormonal health, without the additional carbohydrate energy. Many strength and power athletes find this helps them maintain body-composition, or provides an ideal set of macronutrients to recover from more resistance-based, as opposed to cardiovascular, training.

The Performance Plate



The Power Plate





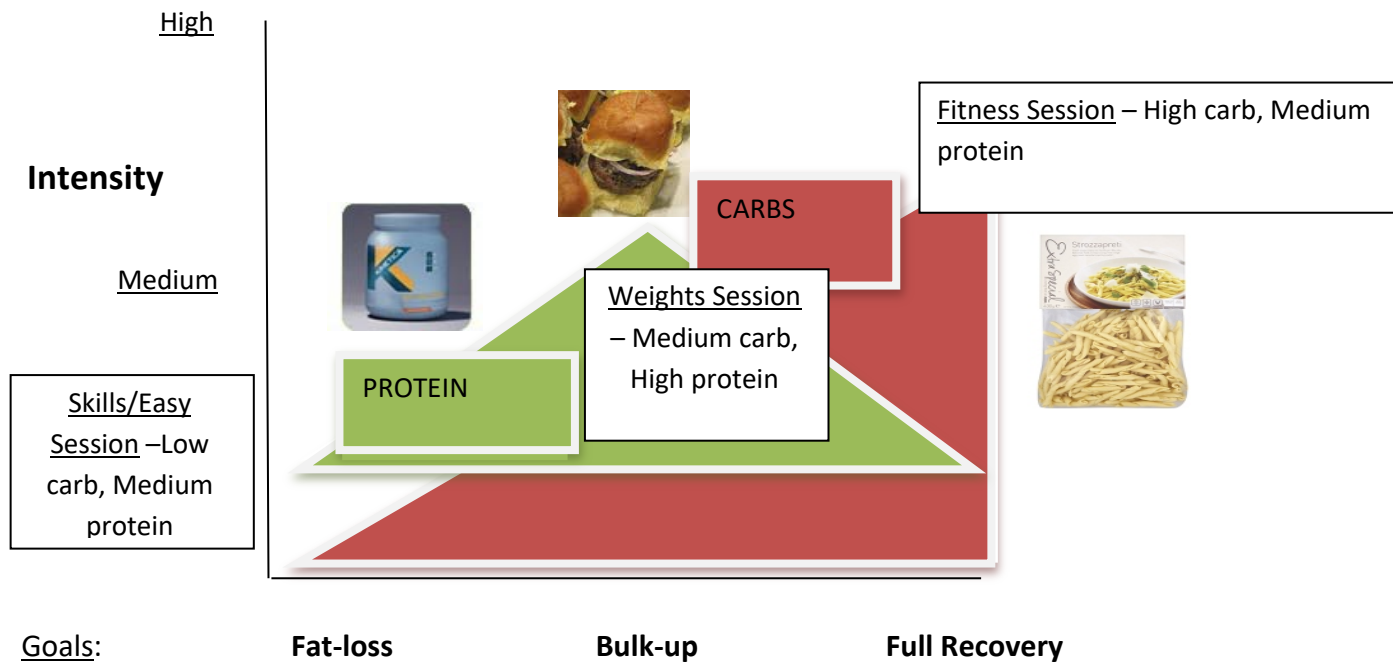
EATING FOR YOUR SPECIFIC GOALS

As a general rule...

What was your last session? (harder → more carb, easier→less carb)

What is your next session? (harder → more carb, easier→less carb)

What is your goal? (Full recovery → more carb, Fat-loss/Body-composition →less carb)





THE BREAKFAST ROUTINE

This routine will involve preparing breakfast, lunch and dinner – plus some snacks – all in one go. You will also prepare the next 2 days' evening which can be altered and transformed depending on taste, and your goals.

If you treat this as a lesson you will learn how to cook an omelette and prepare 3 meals for your day ahead all in around half an hour.

Meals;

Omelette on toast

Protein Porridge

Caesar salad with chicken

Burgers with red cabbage and basmati rice

Salmon and spinach with sweet potatoes

3 snack ideas

Various smoothies

Evening Meal 2

Healthy homemade pizza with optional leftover salads from the day before



Equipment; The tools of the trade!

- An omelette pan
- A no fat grill
- A handheld blender
- Knives and chopping boards
- Plastic or glass containers to put food into once it's prepared
- A cool bag plus cooling packs
- Normal kitchen utensils tin openers, garlic press and so on

Ingredients:

For clarity, the ingredients are divided into the separate dishes – however you need to have them all ready as the idea is to make several dishes at once.

This is quick, efficient, convenient cookery! Who said fast food had to be unhealthy?!?!

Omelette and Breakfast:

- Omega enriched eggs and Egg Yolks
- Onions
- Pepper
- Loaf Vogel Bread
- High-fruit content jam
- Ketchup

Power Porridge

- 40-50g Jumbo Oats (could be other types of grains or flakes, provide examples)
- 100g Frozen blueberries
- Small handful of raisins
- 1 scoop vanilla whey (strawberry used in photo)
- Water/goats-milk
- Handful of pumpkin seeds/linseeds
- Tsp of cinnamon
- Yoghurt, to serve

Salads: Caesar/ Thai Sprouting Salad

- Skinless chicken breast
- Lemon juice
- Romaine Lettuce

- 3 Egg Yolks -- Beaten
- 3 tablespoons Prepared Mustard



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- 8 Cloves Garlic
- 2 Anchovy Filets
- 6 Capers
- 1 1/2 teaspoon Salt
- 1/2 teaspoon White Pepper
- 1/2 teaspoon Dried Oregano Leaves
- 15 drops Tobasco Sauce
- 15 drops Worcestershire Sauce
- Olive Oil
- 5 tablespoons White Vinegar

Or... for Thai Salad (instead of Caesar)...

- Fennel bulb, grated
- Shredded white Savoy cabbage heart
- Bean sprouts
- Alfalfa sprouts
- Red cabbage
- Juice of one lime
- Chilli sauce
- Fish-sauce
- Peanut-butter
- Balsamic vinegar
- Sesame oil
- Garlic

Burgers and red cabbage

- Extra lean mince
- Pesto
- Raisins
- Basmati Rice
- Red cabbage
- Red Onion
- Walnuts
- Tinned tuna
- Balsamic vinegar
- Sesame oil
- Dark Soy

Salmon, spinach and walnut salad with sweet potatoes

- 2 Salmon steaks
- Sweet Potatoes
- Carrots, peppers and onions 2 of each



- Bag of baby leaf spinach washed
- Walnuts
- Cider Vinegar
- Dijon Mustard
- Honey
- Garlic
- Pizza base (make from scratch ideally)

Pizzas

- Pizza base (make from scratch ideally)
- Can top with protein toppings from previous meals' leftovers...
 - E.g. Chilli beef-burger with peppers and onions
- Or...
- Cottage cheese
- Low fat cheese; e.g. mozzarella
- Grated parmesan
- Tuna and onion with extra olives
- Ham & pineapple
- Seafood (using frozen seafood for safety) – do not use the following day throw away what not eaten

SNACKS

- Yoghurt
- Protein powder
- Berries;
- Cottage cheese
- An apple
- Handful of pumpkin seeds
- 1 Can tuna
- low fat mayo
- ½ tin of beans or pulses, stir
- oatcakes
- Ryvita
- Pita bread.

Please note; for the smoothies you'll need various other ingredients, pick the smoothies you like the look of best and buy ingredients as required.



ONION AND PEPPER OMELETTE ON TOAST

ACTIONS

1. Chop an onion and pepper and begin to fry in a little olive oil on a low heat
2. Beat 2-3 whole eggs and 2-3 whites together, add this mixture once the onions and pepper have softened a bit
3. Toast 2 slices of vogel and add preferred spread – high fruit blueberry or berry jam is recommended
4. Leave the omelette cooking very slowly: prepare 1 or all of the following salads

Servings:

Performance Plate	Power Plate
1 whole egg + 2 whites	3 whole eggs (+ additional whites depending on body weight)
2 Slices Wholemeal toast	1 slice Vogel
Can add ketchup/jam if trained hard!	No sugars

For a low-carb option...

Drop out the bread...



POWER PORRIDGE, WITH FROZEN BLUEBERRIES AND PROTEIN POWDER

40-50g Jumbo Oats (could be other types of grains or flakes, provide examples)

100g Frozen blueberries

Small handful of raisins

1 scoop vanilla whey (strawberry used in photo)

Water/goats-milk

Handful of pumpkin seeds/linseeds

Tsp of cinnamon

Yoghurt, to serve

Cook the porridge as normal. As it is approaching becoming completely cooked and becoming thicker, add protein powder and remove from the heat. Stir until the mixture thickens – be quick to avoid the protein denaturing and “splitting”. Add the remaining ingredients to serve.

Servings:

Performance Plate	Power Plate
Add ½ scoop whey (instead of whole scoop)	Use only 35g oats (just under a protein-scoop)
Don't add seeds	2 scoops whey
Add additional dried fruit – raisins/cranberries etc	No dried fruit – only blueberries – extra seeds



CAESAR SALAD

You will need;

Grilled Chicken marinated in garlic and lemon

Romaine lettuce

Vogel bread toasted and cut into small pieces

Almonds

Caesar Salad dressing mix (enough for a week)

Ingredients:

3 Egg Yolks -- Beaten

3 tablespoons Prepared Mustard

8 Cloves Garlic

2 Anchovy Filets

6 Capers

1 1/2 teaspoon Salt

1/2 teaspoon White Pepper

1/2 teaspoon Dried Oregano Leaves

15 drops Tobasco Sauce

15 drops Worcestershire Sauce

Olive Oil

5 tablespoons White Vinegar

Directions;

Break the romaine lettuce apart and add chopped grilled chicken, the toasted vogel and dressing. Box up and put in cool bag.

Directly before eating; Combine all ingredients except olive oil in a blender using low speed. Slowly add olive oil until mixture thickens to the consistency of mayonnaise. Add vinegar and blend.

Keep ingredients separate to avoid the salad going soggy later in the day.

Servings:

This is a high-fat, high protein dish, suitable only for those undertaking lower carbohydrate regimes.

This is not a performance dish, but will provide the essential fats, micronutrients and proteins needed to support muscle metabolism.



For a lighter, lower fat dish that can be combined with carbs for performance, see the Thai Prawn Salad below...

SHREDDED SPROUTING THAI SALAD

Finely shred the Thai salad ingredients (fennel bulb, shredded white Savoy cabbage heart, bean sprouts, Alfalfa sprouts, Red cabbage, carrot , red onion). In a jar with a lid on shake together all the dressing ingredients (below), pour over the salad and serve.

Dressing

Juice of one lime

Chilli sauce

1tbsp fish-sauce

1 tsp peanut-butter

2tbsp balsamic vinegar

1dsp sesame oil

Variations:

Feel free to experiment to find your own favourite veggie blend! You could replace vegetables with grated red cabbage, carrot and beetroot.

Include a handful of prawns for an interesting twist and to up the protein component.

Servings:

Performance Plate	Power Plate
Add 75g Wholemeal noodles	Add 30g Wholemeal noodles
Add 100g prawns as protein	Add 200g prawns and an extra 1 tsp peanut butter to the plate
Can add Palm-sugar to dressing if trained hard!	No sugars

For a low-carb option...

Drop out the bread...



HOME-MADE BURGERS ON RED CABBAGE, WALNUT AND RAISIN SALAD WITH BALSAMIC, SOY AND SESAME DRESSING ON A BED OF BASMATI RICE

You will need;

Cooked homemade burgers; to prepare these, mix finely chopped red onion with 2 teaspoons of pesto into lean steak mince and make into 2 beef patties. The best beef is grass fed organic beef. You can get this online or from good supermarkets and organic stores.

Finely chopped red cabbage (cook in pan sweating it down in weather is cold to make a softer vegetable dish)

Handful of raisins

Dressing, walnuts and raisins

Oven wedges slice sweet or normal potatoes coat them in Cajun spice mix or just salt and pepper add some coconut oil and bake in oven for 25 minutes until crispy = healthy chips!

Or use rice;

Basmati rice – ideally cooked in a rice cooker and player shown how to use the cooker

Directions;

Mix the red cabbage and raisins together and add the dressing.

Put the burgers on top

Add extra pasta or rice salad if it's a post workout meal

For the dressing combine 1 tablespoon of soy sauce with 2 of balsamic and half of sesame oil or choose one of the top ten dressing recipes

Performance Plate	Power Plate
100g beef per burger	200g beef per burger
Large, wholemeal roll	1 slice Vogel – folded/open-face
Can add ketchup/jam if trained hard!	No sugars
Serve with 60g (when dried) pasta, with the cabbage and dressing to make a pasta salad	Serve cabbage and dressing with additional walnuts, pecans/pecans and pumpkin seeds to taste

For a low-carb option...

Drop out the bread, potatoes, rice and pasta...



SALMON, SPINACH AND WALNUT SALAD WITH PEPPERS, CARROTS AND HONEY AND MUSTARD DRESSING SERVE WITH OVER ROASTED SWEET POTATOES

You will need;

Grilled salmon steaks

Bag of pre-washed baby leaf spinach

Chopped peppers and carrots

Walnuts

Sweet potatoes

For the dressing combine olive oil 1 tablespoonful with 2 tablespoons of cider vinegar, 1 teaspoon each of mustard and honey and 1 crushed garlic clove.

Directions;

Put the sweet-potatoes into roast after slicing them and coating them in coconut oil – if you are going for the higher-carb version of this dish, you must reduce the fat-content! This can be achieved by either **steaming** your sweet-potatoes or roasting them using spray-oil, or the **minimum amount of Coconoil possible** (as done here):

- heat the Coconoil in a pan and turn it to coat the base
- drain off the excess
- throw in the sliced sweet potatoes and toss in the greased pan to **very lightly** coat them – you can then transfer to a roasting pan and roast in the oven

Mix the spinach and peppers add the salmon and dressing.

Put in containers and then into cool bag.

For the dressing combine 1 tablespoonful olive oil with 2 tablespoons of cider vinegar, 1 teaspoon each of mustard and honey and 1 crushed garlic clove.

Performance Plate	Power Plate
125g salmon steak	200g beef per burger
Large sweet potato – low-fat roasted (above) or steamed	½ sweet roasted sweet potato
Toss spinach in moderate amount of dressing	Drizzle generous portion of dressing on spinach



For a low-carb option...

Drop out the sweet potatoes

Evening Meal 2

HEALTHY HOMEMADE PIZZA WITH OPTIONAL LEFTOVER SALADS FROM THE DAY BEFORE

The point to this meal is to show a simple meal can be made into a healthy recovery or match preparation meal quickly and it still seems like a treat.

You will need:

A pizza base

Rich tomato sauce (with herbs and garlic)

Various protein toppings

Various fruit and vegetable topping

Low fat cheese

Examples:

Tuna and onion with extra olives

Ham & pineapple

Seafood (using frozen seafood for safety) – do not use the following day throw away what not eaten

Chilli beef, peppers and onions

This recipe can be made to order to your preference, and specific training demands!

Performance Plate (example)	Power Plate
Large Pizza base	Make mini-pizzas by topping slices of Vogel-bread
Add ketchup to tomato sauce	Chicken Thigh
Sweet-corn	Pine nuts
Pineapple	Rich tomato sauce with olives



Ham	mozzarella
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For a low-carb option...

Make a “naked pizza”, simply putting the toppings and tomato sauce into a pie-dish, topping with cheese and grilling!

SNACKS

3 DIFFERENT 2 MINUTE SNACK IDEAS INCLUDE;

1. Yoghurt, protein powder and berries;

Mix approximately ½ cup of yoghurt with a scoop of protein powder and a handful of berries. Put into container and then into cool bag for later. Additional crunchy (Jordan’s oat crunch) makes this an interesting snack and great for after workouts.

2. Cottage cheese and an apple, with optional handful of pumpkin seeds;

These items need no preparation, just keep the cottage cheese cool if leaving for longer than ½ a day.

3. Tuna mix;

Drain the tuna and add 1 dessert spoon of low fat or home-made mayo, add ½ tin of beans or pulses, stir together add seasoning to taste (salt, pepper and paprika), enjoy on its own or with oatcakes ryvita or pitta bread.



SMOOTHIES AND MEAL REPLACEMENTS

Match the smoothies to your training load and type.

High Heart-rate/Performance =

- Low-fat + High Carb

Muscle and Power

- Higher Protein
- Higher Fat
- Lower Carb

SNICKERS (Muscle and Power)

250mls of skim milk

1/2 cup of low fat or fat-free cottage cheese

2 tablespoons of natural peanut butter

1 tablespoon of linseeds, & ½ table spoon of lecithin granules

APPLE AND CINNAMON (High Heart-rate/Performance)

Cold water or skimmed milk

2 scoops vanilla protein

1 container (3.9 oz) natural unsweetened apple sauce

Cinnamon as desired

1 tablespoon of linseeds,& ½ table spoon of lecithin granules

STRAWBERRY CREAM (High Heart-rate/Performance)

200mls cold water or skimmed milk

2 scoops strawberry protein powder

2-3 Tbsp. of sugar-free rice pudding and or low fat condensed milk



A handful of strawberries

1 tablespoon of linseeds, & ½ table spoon of lecithin granules

Five ice cubes

BANANA SPLIT (High Heart-rate/Performance)

300mls of Cold water or skimmed milk

2 scoops Vanilla Protein

½ a Banana

A few walnuts

1 tablespoon of linseeds, & ½ table spoon of lecithin granules

(Muscle and Power)

1/2 to 1 cup low fat cream

1 crushed digestive biscuit

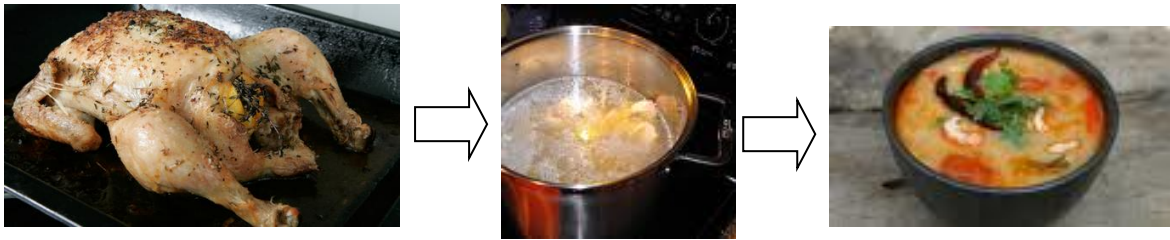
1 tablespoon of linseeds, & ½ table spoon of lecithin granules

4 bits of organic green and blacks chocolate



PART 2 -THE SUNDAY COOK-UP

ROAST CHICKEN AND TOM YUM SOUP FOR TEA



This suggested meal plan gives a delicious Sunday roast, while also enabling you to make healing Tom yum soup for that evening, and then provide some of you evening meals for the week – all in around 2 hours!

For video footage of all these dishes being cooked sign up to www.sportsnutritionvlog.com.

Equipment; The tools of the trade!

- 3 baking trays
- Normal pots and pans
- Knives and chopping boards, one for meat the other for veggies
- A handheld blender
- Normal kitchen utensils tin openers, garlic press and so on

Ingredients;

For clarity, the ingredients are divided into the separate dishes – however you need to have them all ready as the idea is to make several dishes at once.

This is quick, efficient, convenient cookery! Who said fast food had to be unhealthy?!?!

For the Sunday Roast...

- An organic chicken
- Red jerseys
- Red onions
- Garlic
- Savoy Cabbage



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- Hoi-sin sauce
- Peppercorns
- Garden Peas
- Fresh cranberries or pre-made cranberry sauce
- Cooking wine (cheap wine)

Once the roast has cooked – and digesting, you can use the stock to make...

SOUPS AND STIR-FRIES!

- Coconoil
- Add Garlic
- Chilli
- Ginger or Thai ginger (galangal)
- Additional lean meat if desired (finely sliced)
- Onions
- Shredded veg;
 - E.g. White Cabbage,
 - Bean-sprouts,
 - Shredded carrot,
 - Dark greens,
 - Sweet-corn,
 - Chinese mushrooms,
 - Water chestnuts (sliced – buy in cans),
 - Shredded Brussels' Sprouts • Cheap white wine or cooking wine
 - Celery
 - Mixed peppers
- Soy
- Worcester-Sauce
- White pepper
- Honey
- Tom-yum paste

On subsequent nights, use the stock as a base for the following dishes...

Quinoa, leek, red rice and Broad Beans Risotto

- ½ cup of quinoa (90g)
- ½ cup red rice (90g)
- 2 leeks trimmed
- 1 red onion



- 1 cup broad beans
- Chicken stock or vegetable stock (from the roast)
- Garlic
- Olive oil

Seafood Paella

- 1 packet mixed seafood
- 1 onion
- 4 clove garlic
- Saffron
- Turmeric
- 1 pepper
- Paella rice
- Home-made chicken stock (1 pint approx)
- Olive oil / butter
- 1 lemon

Bolognese sauce/(chilli-base)

- Lean Minced Beef/Steak
- Tomatoes/passatta
- Red-wine
- Onion
- Tomato Puree
- Pinch Fresh Oregano
- Chicken livers (100g)
- Coconoil (2 tsp)
- Home-made chicken stock
- Salt and pepper
- Pinch Paprika
- Kidney Beans
- Rice/spaghetti to serve



ROAST CHICKEN AND PORTUGUESE POTATOES WITH SAVOY CABBAGE IN HOI-SIN SAUCE AND FRESH GARDEN PEAS.

- To prepare the chicken place on a baking tray and put slivers of garlic into the flesh of the chicken, put a lemon or onion or ½ each inside the chicken for extra flavour.
- As you are preparing chicken you could now move onto marinating ingredients for the subsequent stir-fry.
 - If you are going to use some additional meat in the stir-fry (probably necessary as you can scavenge *some meat* off the roast chicken – but it will only stretch so far!) cover it in white wine and add chilli and ginger. Put this whole mixture into the fridge. Beef, or even more chicken works well.
- Once the all the chicken's prepped stick the roast chicken into the oven on about 160c. With a few potatoes sliced in half around the bird.
- Now wash your hands.
- Slice up all the remaining potatoes, depending on appetite and how many people you are catering for, add red onions, a handful of whole pepper corns and a few unpeeled cloves of garlic put these in with the potatoes, drizzle in a generous amount of olive oil.
- If you are going for the higher-carb version of this dish, you must reduce the fat-content! This can be achieved by either **steaming** your potatoes or roasting them using spray-oil, or the **minimum amount of Coconoil possible** (as done here):
 - heat the Coconoil in a pan and turn it to coat the base
 - drain off the excess
 - throw in the chopped/sliced potatoes and toss in the greased pan to **very lightly** coat them – you can then transfer to a roasting pan and roast in the oven
- These two items will take around 90 minutes to cook.
- Whilst they are cooking finely chop the Savoy cabbage and set aside. Then spend some time chopping all the veggies you'll need for the stir fry during the week. If it's tomorrow that you are eating the stir fry simple box up these veggies and pop them in the fridge with a little lemon juice to protect them. If it's later in the week then pop them all in the freezer. When you chop up these veggies you can experiment with different shapes and sizes.



- Put the peas in a small amount of water in a pan and put the Savoy cabbage in a deep frying pan also with a small amount of water. You need to start cooking the Savoy cabbage around 20 minutes before the chickens done and the peas around 10 minutes.
- Next pour off some of the fat which has come from the chicken, we'll use this to make the gravy. Add some of the cooking wine a few cloves of garlic and some hot water and 2 stock cubes, keep this simmering whilst the rest of the roast finishes cooking.

Performance Plate	Power Plate
2 ½ potatoes (low-fat roasted/steamed)	1 potato (roast)
150g Chicken (lean – breast)	1 chicken leg + thigh
A bed of Savoy Cabbage	A bed of Savoy Cabbage

For a low-carb option...

Drop out the potatoes...



MAKING THE STOCK FOR THE EVENING’S TOM YUM SOUP, OR COOKING DURING THE WEEK...

Take today’s chicken carcass and all the vegetable peelings and simmer on a low heat with 2-3L water, seasoning, an onion, 2 carrots, 4 cloves garlic and a “bouquet-garnis” – a bundle of herbs including a bay leaf, a few sprigs of thyme, a leek, parsley and celery. Make sure the lid’s on!

EVENING’S TOM YUM SOUP

- To some simmering stock (400ml per portion), add...
- Additional chicken, or prawns if extra protein desired...
 - Can scavenge some more meat off the carcass)
- Fresh Chilli
- Garlic
- Cheap white wine or cooking wine
- Ginger or Thai ginger (galangal)
- Chinese mushroom
- Celery
- Carrot
- Mixed peppers
- 1 can of water chestnuts
- 1 can of bamboo shoots
- Bean sprouts
- Soy sauce
- 1 pot of Tom Yum Soup paste



And simmer for 30min. Can also thicken with corn-flour if a thicker soup desired.

Performance Plate	Power Plate
Add 100g wholemeal noodles	30g noodles
Add 100g prawns	Add extra chicken meat from the carcass – e.g. 1 chicken leg + thigh
Good serving ketchup (intense sessions)	1 tsp Coconoil

For a low-carb option...

Drop out the noodles...



STIR FRY USING THE STOCK (E.G. MONDAY)

Stir fry Method

- It's very important to Keep a high a heat as possible and keep things moving – really stir your stir-fry! This allows you to cook food quickly without overdoing it, keeping the nutrients intact. All meats and veg therefore need to be cut as finely as possible.
- Heat Coconoil as hot as possible
- Add Garlic (1 clove), Chilli (1 “thumb” length) and ginger (1 “thumb” length)
- Before it burns (quick!)...
- ...Add finely sliced lean meat and brown/seal (so it looks cooked)
- Remove meat, then stir-fry sliced onions with shredded veg;
- E.g. White Cabbage, beansprouts, shredded carrot, Dark Greens, sweetcorn, Chinese mushrooms, water chestnuts (sliced – buy in cans), shredded Brussels’ Sprouts
- Combine together back in the pan and season with soy (3dsp), Worcester-Sauce (1 tsp), white pepper and honey (3 tsp). Add 150ml of your quality chicken stock, tom-yum paste, and reduce (can add some corn flour to thicken if needed)

OR you could... transform into a..

SWEET AND SOUR

- Prepare as above, then add 3 dsp Ketchup, 2 rings pineapple (cubed), 150ml Quality Chicken Stock

Performance Plate	Power Plate
Add 100g mixed white/wild rice	Add extra chicken meat from the carcass – e.g.
Good serving ketchup (intense sessions)	1 chicken leg + thigh
A bed of Savoy Cabbage	A bed of Savoy Cabbage
	1 tsp coconoil
	30g mixed white/wild rice

For a low-carb option...

Drop out the rice...



The chicken stock goes a long, long way! It's also a great base for risotto or paella. These are brilliant, high-carbohydrate dishes for an athlete in heavy training, while they can also be served, more as a stew/soup if you need to moderate your carb intake.

SEA FOOD PAELLA

Who'd have thought you can make some many delicious and nutritious recipes from scratch? You can mix this up as well to include other meats extra seafood and also whole prawns or langoustines for extra visual effect

Using suggested amounts serves 1-2 depending on hunger.

- 1 packet mixed seafood
- 1 onion
- 4 clove garlic
- Saffron
- Turmeric
- 1 pepper
- Handful paella rice per person (45g)
- Chicken stock 1 pint approx
- Olive oil / butter
- 1 lemon

Fry the garlic, onions and pepper till soft. Add the rice and fry for 2 minutes – put the saffron and turmeric in the sauce and then begin adding the stock – once the rice is soft add the seafood and peas and cook through – serve with a big slice of lemon.

Performance Plate	Power Plate
Make with 75g rice per serving	Make with 35g rice per serving
Serve with a drizzle of olive oil	Add some chicken thigh to increase fat and protein content of the meal
	Serve with a knob of butter/coconoil

For a low-carb option...

Drop out the rice and serve as a chicken and sea-food soup...



Perfect Performance Plate: Risotto!

Ok – you can't really have a moderate-carb version of risotto! Use this meal as the perfect high carb, low fat, pre-competition carb-loader. It's low in fat so all those carbs will be optimally directed towards your muscle's glycogen stores, maximising the insulin response to the meal...

QUINOA, LEEK, RED RICE AND BROAD BEANS RISOTTO

Made using suggested amounts, serves 3

It sounds a crazy medley and frankly – it is. But for any vegetarians this hot pot of functional ingredients, excellent protein sources from quinoa and broad beans – mean an array of aminos are available – to the protein conscious consumer. A great low fat high fibre carb recovery meal to boot.

½ cup of quinoa (90g)

½ cup red rice (90g)

2 leeks trimmed

1 red onion

1 cup broad beans

Chicken stock or vegetable stock

4 clove garlic

Olive oil

Fry the garlic, onions and leeks – till soft – add the rice and quinoa and fry off. Then put the stock in and cover it'll need a good 30 minutes to cook through. This would go perfectly with a decent steak or big salmon filet.



BOLOGNAISE SAUCE/(CHILLI-BASE) (SPREADING THE ORIGINAL STOCK OVER UNTIL TUESDAY/WEDNESDAY!):

(For 2 servings)

- Lean Minced Beef/Steak (300g meat)
- Tomatoes/passatta (350ml/1 can)
- 1 glass red-wine
- Onion (1/2)
- 2 dsp Tomato Puree
- Seasoning (Pinch Fresh Oregano, salt, pepper, Pinch Paprika)
- Chicken livers (100g)
- Coconoil (2 tsp)
- Chicken Stock

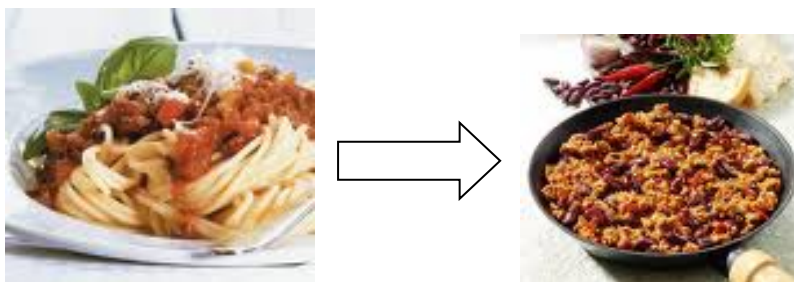
Soften onion and garlic in Coconoil with seasoning. Add wine and reduce. Brown meat separately. Combine. Add liquid ingredients and simmer.

Performance Plate	Power Plate
Add 100g whole-grain rice	Add extra chicken meat from the carcass – e.g.
Good serving ketchup (intense sessions)	1 chicken leg + thigh
A bed of Savoy Cabbage	A bed of Savoy Cabbage
	1 tsp coconoil
	30g whole-grain rice

- **For a low-carb option...**
- **Drop out the rice...**



TRANSFORM INTO A CHILLI FOR LATER IN THE WEEK (E.G. WEDNESDAY)



Cook Chilli-seasoning by dry-toasting ground Coriander (1/2tsp), ginger (1/2 tsp), and Chilli flakes (1/2 tsp). Heat bolognaise and stir in seasoning and ½ can (or 120g) kidney beans per serving.

Performance Plate	Power Plate
Add 75g whole-grain rice	Add extra chicken meat from the carcass – e.g.
Good serving ketchup (intense sessions)	1 chicken leg + thigh
A bed of Savoy Cabbage	A bed of Savoy Cabbage
½ can kidney beans per serving	1 tsp coconoil
	½ can kidney beans per serving

- **For a low-carb option...**
- **Drop out the rice and the kidney beans...**