



K-FORMA



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Recipes for the K-FORMA pilates platform have been designed to be consumed both post-training and on rest days.

All recipes contain macronutrients

Protein

Carbohydrates

Fats

Fibre

To support energy levels and a healthy metabolism.

Plus:

Antioxidants to aid with the reduction of exercise induced inflammation and to support the recovery and repair of muscles post training.

Prebiotics and probiotics to support gut and immune system health.

Vitamins and minerals to support immune system health, energy levels, prevent nutrient deficiencies and to support a healthy metabolism.

Meal plan week 1

Week 1	Breakfast	Lunch	Dinner
Monday	Avocado on toast	Caprese salad	Roast veggies & fish
Tuesday	Overnight Oats	Quinoa & chickpea salad	Veggie curry
Wednesday	Blueberry & chia pudding	Brown rice, pea & fetta salad	Tomato pasta
Thursday	Berry smoothie	Cold noodle salad	Frittata & rocket salad
Friday	Peanut butter banana smoothie	Tofu veggie wrap	Green stir fry

Breakfast

Monday: Avocado on toast

Tuesday: Overnight Oats

Wednesday: Blueberry & Chia pudding

Thursday: Berry smoothie

Friday: Peanut butter banana smoothie

Avocado on toast

Gluten Free Option | Vegetarian option | Vegan

Cooking time: 10 minutes

Servings: 1

Ingredients

2 slices of good quality sourdough bread* (sub for GF bread if GF)

½ a large avocado

Lemon

1 tablespoon of sauerkraut

1 teaspoon hemp oil

1 teaspoon of hemp seeds

Nutritional yeast

Salt and pepper

For added protein

Vegetarian option 1-2 poached or boiled eggs

Method

1. Toast bread and spread half of the avocado on each slice, squeeze lemon juice over the top
2. Add ½ a tablespoon of sauerkraut to each slice of bread
3. Drizzle over the hemp seed oil and then sprinkle hemp seeds and nutritional yeast
4. Season with salt and pepper

Nutritional information

Sourdough bread - is generally lower in gluten than ordinary bread and therefore may be more tolerated by those who are sensitive to gluten.

Avocado - source of healthy fats to support hormone and skin health, also promotes feeling of satisfaction after eating.

Sauerkraut - source of probiotics to support gut health.

Hemp seeds/oil - source of plant protein and omega 3 & 6 healthy fats.

Nutritional yeast - source of B vitamins and plant protein.

Overnight oats

Gluten Free Option | Vegetarian | Vegan

Cooking time: 5 minutes preparation plus time to set overnight

Servings: 1

Ingredients

1/3 cup of oats* (sub for GF oats or brown rice flakes if GF)
1 tbsp chia seeds
1 cup water
1 tbsp coconut yoghurt
½ tsp cinnamon
½ tbsp peanut butter
1/2 banana - mashed
1 handful of berries of your choice - fresh or frozen

Method

1. Place all dry ingredients into a jar or container
2. Add mashed banana and peanut butter and stir well
3. Add water and coconut yoghurt and stir to combine all ingredients
4. Leave to soak overnight
5. Top with berries in the morning

Nutritional Information

Oats - contain soluble fibre beta-glucan which is known for its cholesterol lowering and blood sugar stabilising effects.

Chia seeds - source of plant based protein and omega 3 fats, a rich source of insoluble fibre which supports gut health.

Cinnamon - supports blood sugar regulation and provides source of antioxidants.

Coconut yoghurt - good source of probiotics to support gut health.

Blueberry & Chia pudding

Gluten Free | Vegetarian | Vegan

Cooking time: 5 minutes preparation plus time to set overnight

Servings: 1

Ingredients

2 tablespoons of black chia seeds

½ cup of water

½ cup of organic soy/coconut/almond milk

1 tsp cinnamon

1/2 tbsp of natural peanut butter

1/4 cup of blueberries - can be fresh or frozen

Method

1. Combine ingredients in an airtight jar or container
2. Add the liquid first then add chia seeds
3. Stir well until all chia seeds are immersed in liquid and none are stuck to the jar, before putting into the fridge stir again.
4. Leave in the fridge over-night to set
5. Add peanut butter and blueberries in the morning

Nutritional Information

Chia seeds - source of plant based protein and omega 3 fats, a rich source of insoluble fibre which supports gut health.

Cinnamon - supports blood sugar regulation and insulin sensitivity, provides source of antioxidants.

Blueberries - provides source of antioxidants and prebiotics for gut health.

Berry smoothie

Gluten Free | Vegetarian | Vegan

Cooking time: 5 minutes

Servings: 1

Ingredients

¼ cup raspberries or blueberries

1/2 frozen banana

2 cubes of frozen spinach

1 tsp chia seeds

1 tsp hemp seeds

1 scoop of your favourite plant based protein powder*

250-500ml of coconut water - depending on the consistency that you like

Method

1. Place all ingredients into blender and blend until smooth.

Peanut butter banana smoothie

Gluten Free | Vegetarian | Vegan

Cooking time: 5 minutes

Servings: 1

Ingredients

1 frozen banana

1 tbsp natural peanut butter

1 tsp chia seeds

1 scoop of your favourite plant based protein powder*

250-500ml of water or almond milk - depending on the consistency that you like

Method

1. Place all ingredients into blender and blend until smooth.

*Tip

As plant based sources of protein are not considered complete protein sources i.e. containing all 9 amino acids, it is important to combine sources to meet protein requirements, therefore you should opt for a protein powder that contains a mix of ingredients such as hemp, brown rice/pea protein.

Lunch

Monday: Caprese salad

Tuesday: Brown rice, pea & fetta salad

Wednesday: Quinoa & chickpea salad

Thursday: Cold noodle salad

Friday: Tofu and veggie wraps

Caprese salad

Gluten Free | Vegetarian | Vegan option

Cooking time: 10 minutes

Servings: 2

Ingredients

4 large tomatoes - sliced into thin wedges

1 red onion - sliced thinly

3 cloves of garlic - crushed

3 tbsp basil leaves

1/4 parsley - roughly chopped

250g mozzarella or burrata cheese

Extra virgin olive oil

1 tsp sea salt flakes

Pepper

Vegan option sliced avocado in place of mozzarella

Method

1. Place chopped tomatoes into a large bowl and add salt
2. Add red onion, crushed garlic, basil and parsley
3. Stir to combine
4. Add a generous drizzle of olive oil
5. Add with cheese or avocado and stir to combine
6. Season with pepper
7. Option to serve with a side of gluten free or sourdough bread

Nutritional Information

Tomatoes - good source of vitamin C and K, potassium and folate.

Fresh herbs - provide a source of antioxidants and vitamin C.

Extra virgin olive oil - a great source of omega-3 healthy fats.

Brown rice, pea and fetta salad

Gluten Free | Vegetarian | Vegan option

Cooking time: 20 minutes

Servings: 2

Ingredients

1 cup of brown rice

Juice of half a lemon

1 tbsp extra virgin olive oil

1 cup of green peas - defrosted if using from frozen

1 zucchini - sliced into quarters

150g fetta cheese - roughly chopped

Handful of mint - torn roughly

Vegan option avocado in place of fetta cheese

Method

1. Cook brown rice as per instructions on the packet, once cooked place into a large bowl
2. Place oil into frying pan and add peas and zucchini, drizzle over lemon juice and cook until zucchini is golden brown, this should only take a couple of minutes
3. Add peas and zucchini to the rice
4. Add fetta or avocado and mint
5. Stir through until all ingredients are combined
6. Season with salt and pepper

Nutritional Information

Brown rice - wholegrains provide a source of fibre to support gut health, along with magnesium and protein.

Peas - are a great source of plant based protein.

Quinoa & chickpea salad

Gluten Free | Vegetarian | Vegan | Pescatarian option

Cooking time: 20 minutes (including quinoa cooking time)

Servings: 2

Ingredients

1/2 cup of quinoa
1 tin of chickpeas - drained & rinsed
2 tablespoons of capers
1/2 cup of parsley - chopped finely
1 red onion - chopped finely
1 small head of broccoli - chopped finely
1 punnet of cherry tomatoes - quartered

Dressing

1 tbsp extra virgin olive oil
1 tbsp unhulled tahini
juice of half a lemon
1 tsp of maple syrup
1 tsp wholegrain mustard
Salt and pepper
Dash of cold water

For added protein

Pescatarian option serve with tinned sardines or salmon

Vegetarian option serve with halloumi or fetta

Vegan option serve with tempeh

Method

1. Cook quinoa as per instructions on packet
2. Once cooked remove from heat, transfer into a bowl and place into the fridge to cool
3. Meanwhile prepare the parsley, red onion, broccoli, cherry tomatoes and add to the quinoa along with the chickpeas and capers and stir to combine all ingredients, leave in the fridge for another 5 minutes
4. Make the dressing by adding all ingredients into a small bowl and combine by whisking until smooth
5. Take the salad out of the fridge and drizzle dressing over the top, stir through until combined evenly

Cold noodle salad

Gluten Free | Vegetarian | Vegan | Pescatarian option

Cooking time: 15 minutes

Servings: 2

Ingredients

1 packet of sweet potato noodles
1 carrot - grated
1 cucumber - grated
1 quarter red cabbage - grated
3 spring onions - finely chopped
1/4 cup of coriander or mint
1/4 cup of chopped cashew nuts

Dressing

1 cm ginger - grated
1-2 cloves of garlic - crushed
2 tbsp tamari
1 tsp coconut oil
Juice of half a lemon
Splash of water

For added protein

Pescatarian option salmon

Vegan option chickpeas

Method

1. Cook noodles as per instructions on packet, strain and rinse with cold water when cooked, transfer into a bowl and place the bowl in the fridge to cool
2. Prepare vegetables, herbs and cashew nuts and place in a bowl to the side, keeping cashew nuts separately
3. Prepare the dressing by adding grated ginger and crushed garlic to a bowl and then adding the rest of the liquid ingredients, stir to combine
4. Remove the noodles from the fridge and pour the dressing over them to loosen the noodles before adding the vegetables and herbs
5. Stir well and sprinkle the cashew nuts over to serve

Tofu & vegetable wraps

Gluten Free | Vegetarian | Vegan

Cooking time: 10 - 15 minutes

Servings: 2

Ingredients

1-2 gluten free wraps

Tofu scramble*

1/2 block of organic firm tofu

1 tsp turmeric

1 tsp paprika

Salt & pepper

1 tsp tamari (gf soy sauce)

Drizzle of lemon juice

1 tsp coconut oil

1 handful of spinach

Salad

Half an avocado

Half a cucumber - sliced

Half a carrot - grated

3 cherry tomatoes - sliced

1 tsp sauerkraut

Optional additions

Fetta or goats cheese

Nutritional yeast

Method

1. Warm a medium sized frying pan with the coconut oil on a medium to high heat
2. Crumble the block of tofu with your hands into the pan or place the block of tofu into the pan and mash with a potato masher or a fork
3. Add the spices, tamari, lemon juice and stir until the tofu is coated, use a spatula to stir the tofu for 4-5 minutes until the tofu starts to turn a golden brown, add in the washed spinach at the last minute until wilted and remove from the heat
4. Mash the avocado onto the centre of the wrap, then spoon on 3-4 tablespoons of tofu scramble over the top
5. Place salad ingredients - cucumber, carrot, tomato and sauerkraut - over the tofu scramble
6. Crumble over cheese or nutritional yeast if using and fold wrap

*The tofu scramble mix will make more than is required for this recipe, you can store the scramble in the fridge in an airtight container and use in salads or add to avocado on toast.

Dinner

Monday: Roast veggies & fish

Tuesday: Veggie curry

Wednesday: Tomato pasta

Thursday: Frittata & rocket salad

Friday: Green stir fry bowl

Roast veggies & fish

Gluten Free | Pescatarian | Vegetarian option

Cooking time: 45 minutes

Servings: 3

Ingredients

1 large sweet potato - sliced into cubes
1 red onion - sliced into wide strips
2 capsicum - sliced into strips
1 large head of broccoli - sliced into florets
1 tbsp extra virgin olive oil
2 small fillets of your choice of fish - snapper, barramundi, salmon
2 tbsp extra virgin olive oil
Squeeze of lemon juice
Pinch of paprika
Salt & pepper

Herbs + spices

Turmeric, paprika, chilli flakes (optional), salt & pepper

Alternatives to fish

Fried tofu, brown rice or portobello mushrooms

Method

1. Pre-heat oven to 180 degrees
2. Place vegetables onto a baking tray lined with baking paper and drizzle with olive oil and spices if using them
3. Place in oven and bake for around 30-45 minutes checking regularly
4. Heat a medium sized frying pan and add olive oil, once the pan is warm add fish adding lemon juice, paprika, salt and pepper and cooking both sides evenly
5. Once vegetables are cooked, place on a plate and serve with fish

Veggie curry

Gluten Free | Vegetarian | Vegan

Cooking time: 45 minutes

Servings: 4

Ingredients

1 tbsp coconut oil
2 x brown onions - chopped
6 x cloves of garlic - crushed
1 tbsp wakame seaweed soaked before adding
Juice of 1 lemon
1 head of cauliflower
2 carrots - chopped
2 tins of chickpeas
2 tins of coconut milk

Herbs & spices

1/2 tsp cumin seeds, paprika, curry powder, garam masala, coriander seeds
Handful of curry leaves
One knob of ginger - grated

Method

1. Add coconut oil to warm pan
2. Add garlic, onion, ginger cook until transparent
3. Add spices and curry leaves
4. Add lemon juice
5. Add seaweed
6. Add chopped veggies and chickpeas
7. Add coconut milk and stir through
8. Leave to simmer for 20-30 minutes
9. Serve with cooked quinoa or brown rice

Tomato pasta

Gluten Free | Vegetarian | Vegan

Cooking time: 35 minutes

Servings: 4

Ingredients

1 packet GF brown rice or original pasta

Tomato sauce

3 cloves of crushed garlic

1 brown onion finely chopped

1 tsp dried chilli flakes or fresh chilli

1 zucchini - sliced thinly

1 tin organic diced tomatoes

2 tbsp extra virgin olive oil

1/4 cup of basil - finely chopped

Option to serve with fetta, mozzarella cheese or nutritional yeast flakes (vegan option)

Method

1. Bring water to boil in a medium sized pot, salt water and add a drizzle of olive oil to the water (this stops gluten free pasta from sticking) and add pasta - cook as per instructions on the packet
2. Heat olive oil in a medium sized frying pan add onion, garlic and chilli flakes until onion turns transparent, add zucchini fry until turns golden brown then add tin of tomatoes, stir until all ingredients are evenly coated
3. Add salt and pepper to taste
4. Add strained pasta to the tomato sauce and stir until evenly coated
5. Add basil at the end and remove from the heat
6. Top with cheese or nutritional yeast

Frittata & rocket salad

Gluten Free | Vegetarian | Dairy free option

Cooking time: 45 minutes + time to roast sweet potato

Servings: 6

Ingredients

Frittata

6 eggs
1/2 cup greek yoghurt or natural dairy free yogurt (as dairy free option)
150g fetta cheese (omit for dairy free option)
3 cups broccoli & kale - chopped finely
1 cup mushrooms - diced
2 cups of roast sweet potato - diced (pre-roasted)
1 red onion - finely diced
2 tbsp sunflower seeds
2 tbsp pumpkin seeds
Salt and pepper
1 tbsp extra virgin olive oil

Salad

2 cups of rocket
1 tbsp capers
1 tbsp extra virgin olive oil
1 tsp apple cider vinegar
2 tsp lemon juice
Salt and pepper

Method

Frittata

1. Pre-heat oven to 220 degrees
2. Add eggs and cream to a large bowl and whisk until smooth, add salt and pepper
3. Heat oil in a large ovenproof fry pan on a medium heat, add red onion and cook for 1-2 minutes, then add mushrooms, broccoli, kale and roast potato stir to combine and remove from the heat
4. Pour the egg mixture over the vegetables make sure they are evenly coated, sprinkle fetta cheese and seeds over the top
5. Place into the oven and bake for 20 minutes until lightly golden and the egg mixture has fully set
6. Allow to stand for 10 minutes before slicing into wedges to serve with salad

Salad

1. Wash rocket well and dry off before placing into a medium sized bowl
2. Add capers, olive oil, apple cider vinegar and lemon juice and season with salt and pepper, stir until combined and serve

*Keep the extra servings of frittata in an airtight container in the fridge, it's a great nutrient dense snack or can be used for breakfast and lunch

Nutritional Information

Eggs - provide a source of protein and omega-3 healthy fats along with choline needed for brain health and to support detoxification.

Rocket - is a bitter vegetable which supports digestion and is a good source of B vitamins.

Green stir fry bowl

Gluten Free | Vegetarian | Vegan

Cooking time: 35 minutes

Servings: 4

Ingredients

1 cup of brown rice

Stir fry

1 tbsp coconut oil

1 brown onion

4 cloves of garlic - crushed

1 medium sized head of broccoli - chopped into florets

2 cups of kale - chopped finely

10 Brussel's sprouts - grated or chopped finely/into quarters

1 cup of edamame beans or green peas - thawed if from frozen

Juice of half a lemon

Herbs & spices

Salt and pepper

2-3cm ginger - grated

1 tsp turmeric

1 tsp paprika

2 tbsp tamari

Seed mix

1 tbsp sunflower seeds

1 tbsp pumpkin seeds

1/2 tbsp sesame seeds

Method

1. Cook rice as per cooking instructions on the packet
2. Heat oil in a large frying pan on a medium to high heat, add onion and garlic and allow to cook until onion becomes transparent, then add spices tamari and maple syrup allow to warm, the mixture should thicken a little bit
3. Add broccoli, Brussel's sprouts and edamame beans or peas to the pan (if cooking from frozen cook for a little longer), stir until all ingredients are coated in the sauce. You want to cook until the greens turn darker but they are still crunchy when you bite into them
4. Add the kale and wakame to the mix and stir through
5. Place around a 1/3 of a cup of quinoa into a bowl, and top with stir fry veggies, sprinkle the seed mix over the top

If you have any feedback, questions or would like to work one on one with Elizabeth,
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