



REFRESHERS

TASTY RECIPES FOR OPTIMAL HEALTH, RECOVERY AND PERFORMANCE



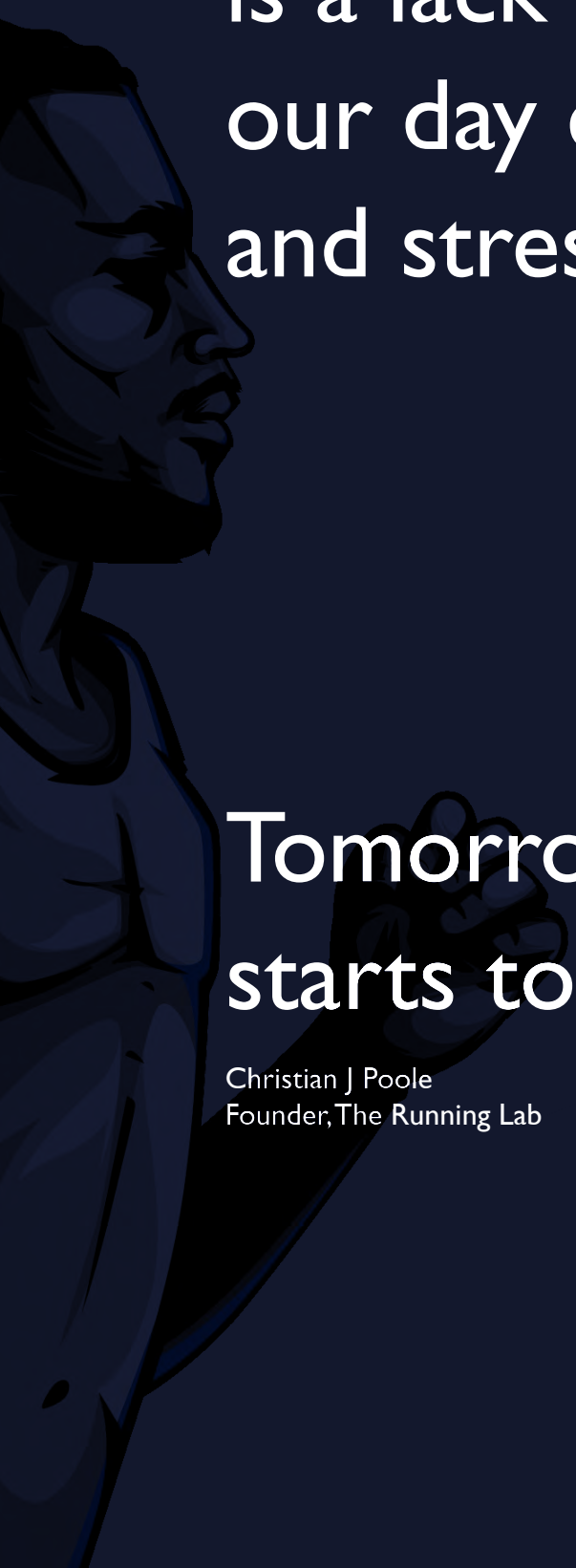
WHETHER YOU RUN TO IMPROVE HEALTH OR PERFORMANCE,



Running energises our body and calms our mind yet often we skip meals to squeeze in that all important run or worst still rely on sugary snacks and caffeine to get us through.

Nutrition is important to fuel our bodies to perform at our best and is just as important as the run itself. Proper daily nutrition promotes general health, aids in recovery and supports your immune system. We all know that we need to start eating healthier but often lack the time to sift through recipes, source ingredients and then prepare.

So here at The Running Lab, we have done the hard work for you. Within the pages of this cookbook, you will find healthy, nutritious and calorie controlled recipes as well as guides to assist you in making better choices when eating out.



AS runners we all share
one thing in common which
is a lack of spare time in
our day due to our busy
and stressful lives.

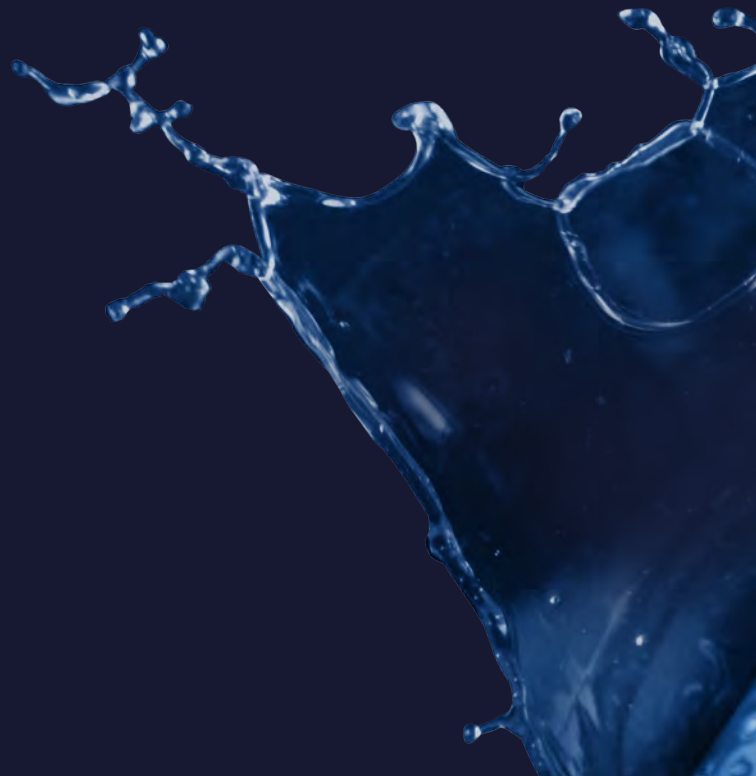
Tomorrow's performance
starts today...

Christian J Poole
Founder, The Running Lab

Christian

TOMORROW'S PERFORMANCE STARTS TODAY

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Mexican Breakfast Burritos
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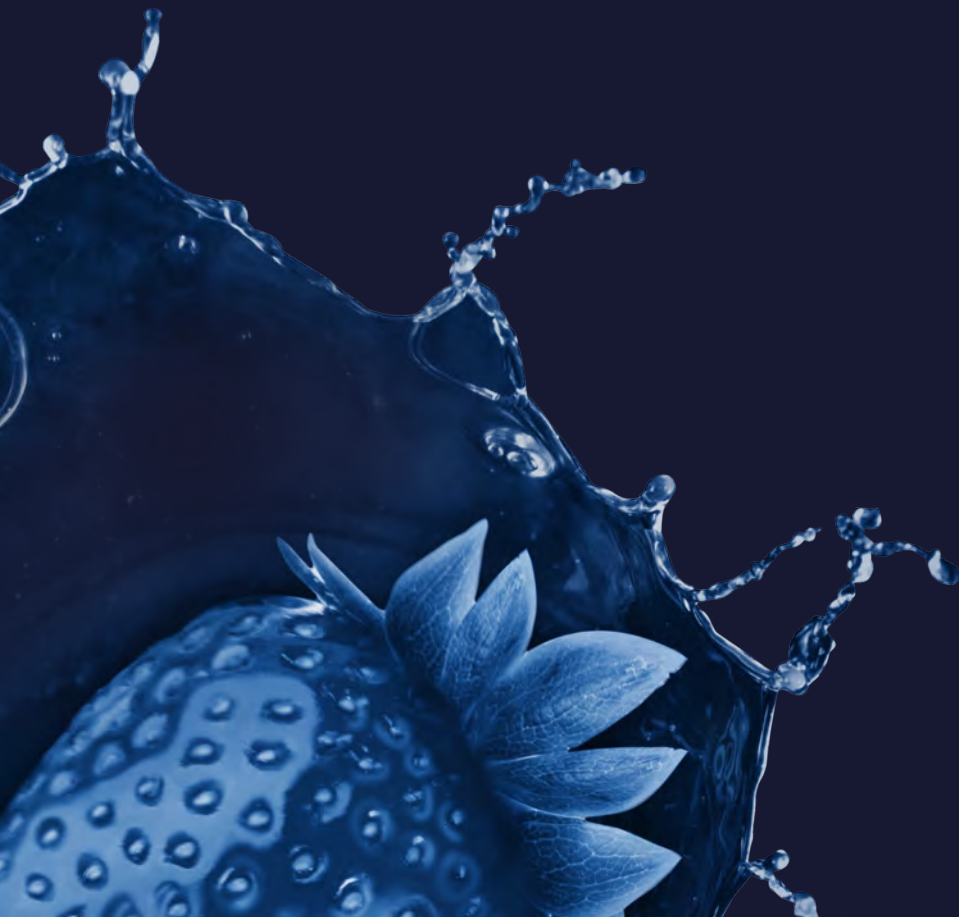
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Peanut Butter Brownies
Banana Bread
Strawberry Cheesecake Bites



BREAK

FASTS

VEGAN BREAKFAST SANDWICH



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8

INGREDIENTS

175 gram extra-firm tofu, pressed for a minimum of 30 minutes, then cut into 4 slices
1 tablespoons nutritional yeast
1 tablespoons olive oil
1 tablespoons soy sauce
1 tablespoons water
½ teaspoon Sriracha, or other hot sauce (optional)
teaspoon garlic powder
For the vegan breakfast sandwich:
2 English muffins, sliced in half and toasted (gluten-free if preferred)
½ avocado, mashed
½ large tomato, sliced

INSTRUCTIONS

To prepare the tofu: mix the nutritional yeast, olive oil, soy sauce, water, Sriracha, and garlic powder together in a large resealable bag. Add the tofu pieces and coat evenly. Marinade for a minimum of 30 minutes, the slices should keep in the fridge for about a week if required.

To cook the tofu, heat a large skillet or frying pan over medium-high heat. Add the tofu slices and any remaining marinade. Cook for about 5 minutes on each side until golden brown. The marinade will get sticky and brown, so just push it onto the tofu with a spatula as this will add even more flavour.

To prepare the vegan breakfast sandwich: take ½ of the mashed avocado and spread it on the bottom half of an English muffin. Top the avocado with a slice of tofu, add 1 - 2 tomato slices and then add the English muffin top. Repeat with the remaining ingredients to make 4 sandwiches. Enjoy hot.

SERVES

4

TIME

1 HOUR 15 MINS

CALS

352

PROTEIN

16

CARBS

34

FATS

18

FIBRE

2



DESS

ERTS

AVOCADO CHOCOLATE TRUFFLES



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66

INGREDIENTS

100 gram mashed ripe avocado
2 tablespoons sugar free flavoured maple syrup
170 gram sugar free vegan dark chocolate
4 tablespoons unsweetened cocoa powder
½ teaspoon vanilla extract - optional
2-3 drops stevia -optional add to increase sweetness if you like

INSTRUCTIONS

Using a fork, mash the avocado into a smooth purée in a bowl.
Melt the chocolate gently over a bowl of hot water
Add the sugar free maple syrup, melted chocolate, unsweetened cocoa powder vanilla (and stevia drops if you want to increase the sweetness). Stir to combine.
Cover and refrigerate for 30 minutes.
Slightly grease your hands with coconut oil and shape the truffles in your palms
Roll each truffle into the coating of your choice : unsweetened cocoa powder or desiccated coconut and place them on a plate covered with parchment paper. Store in the fridge for a further 30 minutes before eating.
This recipe makes about 25 truffles. Store in the fridge for up to 4 days, in an airtight container.

SERVES

25

TIME

20 MINUTES

CALS

43

PROTEIN

1

CARBS

4

FATS

4

FIBRE

3



PEANUT BUTTER BROWNIES



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MICHAEL ULLOA RECIPE BOOK



HEALTHY EATING MADE EASY



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FITNESS  NUTRITION

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The word **'diet'** comes from the Greek term **'diaita via diaitan'**, which means **'way of life'**.

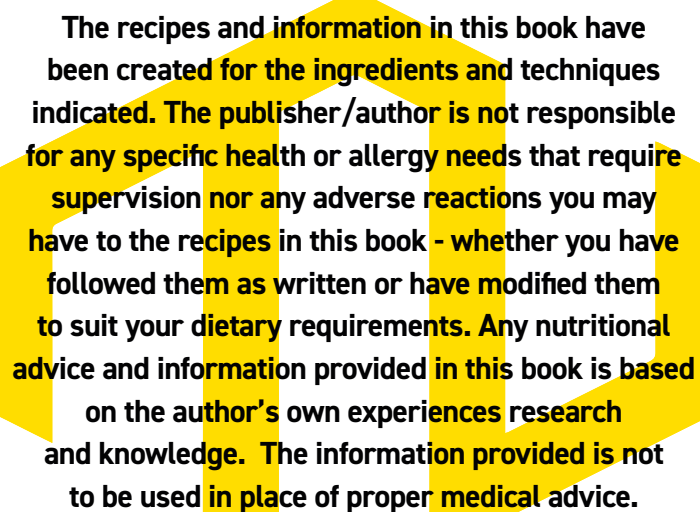
Sadly, this true meaning has been lost amongst modern day dieting culture and celebrity endorsed weight loss products.

Always remember, if you fuel yourself with healthy and nourishing foods, you will be rewarded with a healthy and energetic body.

I hope you find these recipes both exciting to cook, and delicious to eat.

Michael **Ulloa**





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THE SMOOTHIE EDITION

Kiwi Banana Breakfast Smoothie



CALORIES: 297 | **PROTEIN: 11** | **CARBS: 59** | **FATS: 3** | **FIBRE: 9**

6

SERVES: 2 | **TIME: 3 Minutes**

INGREDIENTS

- 3 kiwi fruits
 - 2 bananas
 - 180 millilitres chilled milk (any milk is fine, soy, almond, coconut etc)
 - 190 grams chilled low fat yoghurt
 - 4 tablespoons porridge oats
 - 1 thumb sized piece of ginger, grated
- Optional:
- 1 teaspoon honey (if you like it that bit sweeter)

INSTRUCTIONS

- Skin the kiwis, slice off the top and bottom, stand and then slice off the edges.
- Peel the bananas then chop or grate the ginger.
- Blitz everything until smooth in a blender
- Pour into tall glasses and enjoy!



Peanut Butter and Jelly



CALORIES: 260 | **PROTEIN: 29** | **CARBS: 29** | **FATS: 4.5** | **FIBRE: 5**

8

SERVES: 2 | **TIME: 10 Minutes**

INGREDIENTS

227 grams chilled plain, fat free Greek yoghurt
120 millilitres chilled Unsweetened Vanilla Almond Milk
2 packets Natural Sweetener (Truvia, stevia, etc.)
25 Green Grapes
60 grams Peanut Flour
4 Ice Cubes

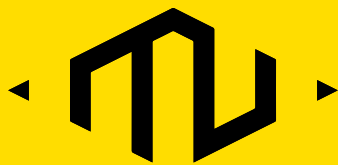
INSTRUCTIONS

Blitz the Greek yoghurt, milk, sweetener and grapes in a blender until the grape skins are completely mixed in and no bits are visible.

Add the peanut flour and ice and blend again until silky and smooth.

Serve immediately or keep cold in your refrigerator.





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michaelulloa.com

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HEALTHY
RECIPES
FOR EATING
& LIVING
WELL!



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WELCOME TO THE NUTRITION NAILED COOKBOOK.

We have developed this book to provide you with healthy recipes to eat and live well. Following these recipes should make the transition into your new healthy LIFESTYLE A LITTLE EASIER.

Recipes are at the heart of living a healthy lifestyle. At Nutrition Nailed we know that salads although healthy, get boring quickly. Providing you with healthy recipes ensures that food remains interesting, fun and enjoyable. We hope that our recipes spark

your creativity and imagination and show you that healthy living is not just about salad.

Although we will provide a few salad recipes from time to time... you know; for good measure!





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- Shakshuka with Feta 10
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BANANA NUT BREAD

CALORIES: 127 | PROTEIN: 2 | CARBS: 20 | FATS: 4 | FIBRE: 1

SERVES: 2 LOAFS (26 SLICES) | TIME: 1 HOUR AND 10 MINUTES

INGREDIENTS INSTRUCTIONS

7 ripe bananas, mashed
120 millilitres of apple sauce
380 grams of all purpose flour
1½ teaspoons of baking soda
½ teaspoon of salt
4 tablespoons of butter, softened
180 grams of light brown sugar
The whites of 4 large eggs
1 teaspoon of vanilla extract
85 grams of walnuts, chopped

Begin by preheating your oven to 180°C/350°F/gas 4 and greasing two loaf tins with baking spray.

In a medium sized bowl, combine the flour, baking soda and salt and then set aside for the time being.

In a large bowl, cream the butter and sugar. The most efficient way to do this is with an electric mixer but if you do not have one the back of a wooden spoon works well. After the butter and sugar have formed a fluffy mixture, add the egg whites, apple sauce and vanilla extract. Whisk this at a medium speed until it has formed thick and glossy mixture. Again, if you do not have an electric whisk stir them together using a wooden spoon.

Gradually add the flour mixture to the larger bowl and blend at a low speed until it has all combined. After the flour has been mixed in, add the mashed bananas and blend at a low speed until it has formed a smooth batter. The last stage before baking is to fold the chopped walnuts into the batter.

Pour the batter into the loaf tins and bake in the middle shelf of the oven for 50 minutes, or until a knife inserted into the centre of the loaf comes out clean.

Remove from the oven and let the loaf cool for 20 minutes, as the bread will be easier to slice at room temperature.



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TASTY  NOURISHING
MEALS THAT WILL
BRING A NEW MEANING
TO THE WORD  DIETING. 

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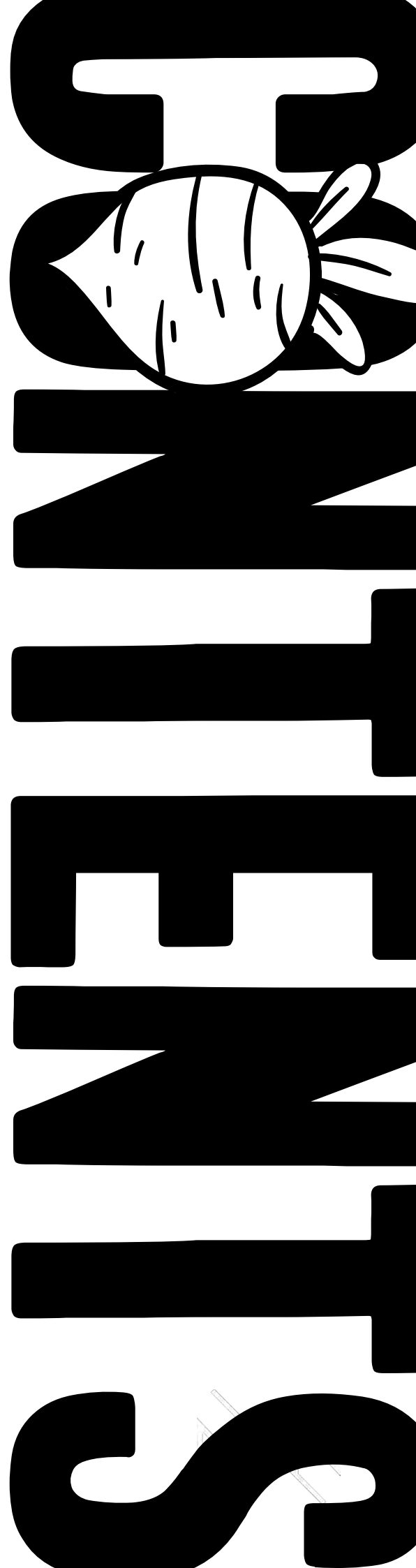
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SERVES: 2
TIME: 25 MINUTES

66



CALORIES: 195
PROTEIN: 5
CARBS: 28
FATS: 7
FIBRE: 2

INGREDIENTS

2 pears, peeled, quartered and cored
The juice of 1 lemon
A pinch of lemon zest
50 grams of sugar
250 millilitres of water
2 cinnamon sticks, broken to release their flavour (alternatively use 2 teaspoons of ground cinnamon)
200 grams of natural yoghurt
2 tablespoons of flaked almonds, toasted
1 tablespoon of natural yoghurt

INSTRUCTIONS

Begin by heating the water, sugar, lemon zest and juice and cinnamon sticks in a saucepan over a medium heat. Keep stirring the mixture until the sugar dissolves and it forms a syrup.

Once the mixture begins to boil, add the pears. Reduce the heat to a medium-low and let it simmer for 5 minutes, or until the pears are turning tender and have absorbed the flavour of the syrup.

Remove the pan from the heat and allow it to cool for around 10 minutes. Meanwhile, toast the almonds in a dry frying pan.

To serve, remove the pears from the syrup and divide among the serving dishes. Top them with a drizzle of the syrup, a dollop of yoghurt and the flaked almonds, which will add a nutty crunch.

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POACHED PEARS



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