

THE FOOD PLAN

Get guided on using this performance meal plan in the EAT THIS FOR PERFORMANCE Facebook group.

You have a list of foods to eat. Now, where to go from here?

Make a week plan to eat them, simple right?

If you want to get a starter plan, I have you covered. I have created a week plan with 7 **superfoods** to eat in a week (1 each day) + 5 new recipes to try including 4 **EAT4PERFORMANCE** balanced meals and 1 **EAT4PERFORMANCE** pre-exercise snack.

- ✓ **Start by filling in the planner (page 2)**
- ✓ **Purchase the groceries (page 3)**
- ✓ **Follow recipes (page 4 + here)**
- ✓ **Post your recipes to the facebook group for support from me!**

Facebook group : [Eat This for Performance](#)

VEGAN "MEATBALLS" & SAUCE (4 PORTIONS)

Method

1. Preheat the oven to 190°C/375°F and lightly oil a baking dish.
2. Grind the flax seeds, then place them into a bowl or cup. Stir in the water, then let the mixture stand 10 min to allow it to gel.
3. Pulse the tofu in the food processor until crumbly. Add the rest of the ingredients, except the almond meal, then pulse. Place the tofu mixture into a mixing bowl then add the almond meal, mixing by hand until evenly combined.
4. Form the mixture into small balls (about the size of golf balls). Transfer the veggie balls to the previously oiled dish, then cook in the middle of the oven 30-45 min until they are crispy on the outside.
5. Meanwhile, warm up the veggie pasta sauce in a large pan over low heat.
6. A few minutes before the end of the cooking time, cook the pasta.
7. Drain the linguine then put them back in the pasta cooking pot and drizzle with the olive oil. Mix well then serve with the veggie balls and sauce.

EAT4PERFORMANCE MEALS & SNACKS

Same energy & muscle building material in each portion of the recipe. There are **4 types of recipes**.

1. Pre-exercise meal or anytime balanced meals. Eat **3-4h before activity**.
2. Pre-exercise snack. Eat **1-2h before activity**.
3. During exercise snack. Eat **during activity**.
4. Post-exercise snack. Eat **0-30min after activity**.

All recipes here are developed with SOS Cuisine for our recipe book for active families.
www.soscuisine.com

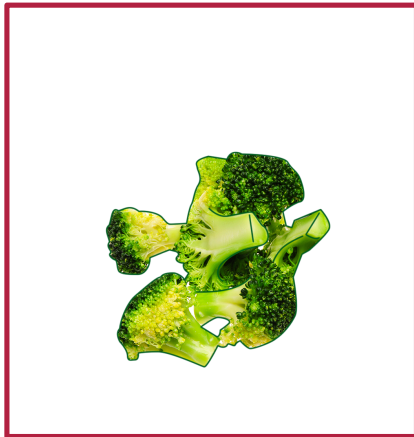
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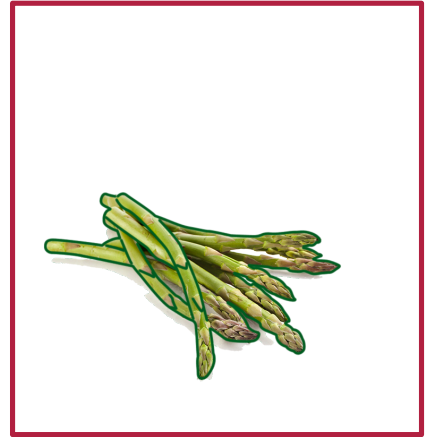
MONDAY



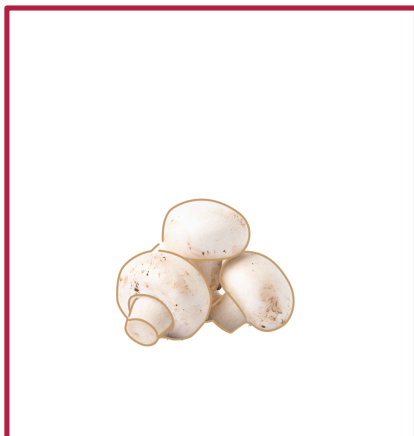
TUESDAY



WEDNESDAY



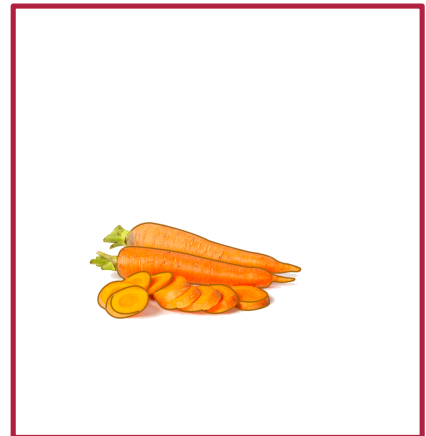
THURSDAY



FRIDAY



SATURDAY



PRE-TRAINING MEAL



SUNDAY



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THE INSTRUCTIONS:

MAKE 7 QUICK SIDE DISHES WITH THE VEGGIE OF THE DAY



MAKE 5 NEW RECIPES: 1 BREAKFAST . 1 SNACK . 3 MEALS



NEW RECIPES NEED INGREDIENTS!

The ingredients for each recipe are shown here in the recipe amounts. The recipe # is shown next to each ingredient so you can easily organize them into the recipes - instructions follow on the next page.

FRESH

- 2** 16 fresh dates
- 2 tbsp **4** + **3** 1 tsp fresh lemon juice
- 3** 2 avocados
- 4** 2 cups baby arugula
- 2 large carrots, grated **4**
- 4** 2 celery stalks, finely diced
- 2 green onions **4**
- V** 1 broccoli
- 1 box of button mushrooms
- 1 pack of asparagus
- 5** ¼ yellow onion
- 1 bag of baby carrots **V**
- 3** 4-5 peppers
- 140g cheddar cheese **1**
- 4** 4 & **1** 12 eggs
- 1 ¼ cup **1** + **3** 1 tbsp milk
- 3** 1/3 cup sour cream
- 30mL plain yogourt **3**
- 2 chicken breasts (400g) **3**
- 5** 1 block firm tofu (400g)
- 1 bag of frozen green peas **V**

AISLES (PANTRY)

- 1 1/3 cup **2** + **5** 1/3 cup Almond meal
- 1** 1.5 cups Skim milk powder (170g)
- 2 tbsp Nutritional yeast **5**
- 5** 1 tbsp Apple cider vinegar
- 3 cups vegetable pasta sauce **5**
- 3 tbsp Olive oil **5**
- 4** 1.5 cups green or white canned beans (375mL)
- 4** 400g Salmon canned
- 260g pasta - linguine or other **5**
- 4** 1 ¼ + **1** 2 ¼ cups brown rice (600g)
- 1 cup rice puffs **2**
- 2** 80g Chocolate, dark and semi-sweet
- 1/3 cup peanut butter **2**
- 3** 4 whole wheat tortillas
- 1 tbsp ground flaxseeds **5**

FLAVOURING

- Chicken broth (4 cups) **1**
- 5** 1 pinch Cayenne pepper **3**
- 3** Curry Powder (1/2 tsp) **1**
- Herbes de Provence (1 tbsp)
- Garlic (2 cloves **1** + 1 clove **5**)
- Vanilla extract (2 tsp) **2**
- 5** Soy sauce, low sodium (1 tsp)

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PERFORMANCE QUICHES (6 PORTIONS)

Method

1. Preheat the oven to 175°C/350°F. Spray a muffin pan with a vegetable oil spray. Cook the rice in the broth, about 30 min.
2. In a large bowl, whisk the eggs, milk and milk powder using a fork. Stir in cheese, garlic and herbes de Provence, then mix well.
3. Spoon the cooked rice into the cups of a muffin pan (fill 6 cavities for 3 servings and 12 cavities for 6 servings). Press the rice lightly to the bottom of each cup, so that it forms a crust. Fill the muffin cups with the egg mixture.
4. Bake in the middle of the oven for about 25-30 min, until a tooth-pick inserted into the center of a muffin comes out clean. Take the pan out of the oven, leave to cool for a few minutes. Serve 2 mini-quiches per person.

NO-COOK DATE BARS (12 PORTIONS)

Method

1. Line one or multiple 20 cm (8 in) square baking pan with parchment paper, according to number of servings.
2. Put the pitted dates in a food processor then purée. Add the peanut butter and vanilla then mix well.
3. In a large bowl, combine the puffed rice and almonds. Add the date mixture then mix well. Tip this mixture into the prepared baking pan(s) and press the mixture so it is compact.
4. Put the chocolate in a bowl, then put it in the microwave. Cook using short periods to avoid burning the chocolate. Spread the melted chocolate on top of the date mixture using the back of a spoon.
5. Transfer the pan(s) to the fridge then let set for at least 45 min. Cut each squares into 12 pieces then serve.

CHICKEN & AVOCADO WRAP (4 PORTIONS)

Method

1. Grill chicken breasts: Preheat the grill or the oven broiler. In a bowl, mix well the yogurt, milk and curry. Brush the chicken breasts with this mixture. Grill or broil 10 cm from the heat. Cook for about 10-12 min, turning the pieces once. They are ready when the meat loses its pink colour. Take out of the oven, add salt and pepper, then slice into strips.
2. Grill peppers: follow homemade recipe or use fresh peppers if time crunched.
3. In a small bowl, mix together the sour cream, lemon juice and cayenne.
4. Put the tortillas on a working surface. Portion out the chicken, oven-roasted peppers, avocado and sour cream mixture onto the tortillas. Roll each tortilla into a wrap and serve.

SALMON & RICE BUDDHA BOWL (4 PORTIONS)

Method

1. Cook the rice. Let stand in the refrigerator at least 1 h.
2. Boil the eggs (10 min), cool them down immediately in cold water. Set aside.
3. When ready to serve, prepare the vegetables : grate the carrots, dice the celery, and chop the green onions. Put them in a salad bowl, with the rice, flageolet (green) or white beans and arugula. Drizzle with the oil and lemon juice. Adjust the seasoning, then toss.
4. Transfer the salad to serving bowls. Cut the salmon into pieces and quarter the eggs. Place them on top of the salad, garnish with cilantro if desired and serve.