

Here are a few main meal & snack recipes.

The bolognese stuffed peppers can be served with a variety of different options (see the meal alterations at the bottom of the recipe). For a vegetarian alternative, exchange the beef for half quorn and half either red kidney beans/quinoa/brown lentils or exchange for tofu chunks.

The broccoli dish is an accompaniment and works really well with the salmon and cod fish cakes.

The prawn ratatouille can be served on its own for a no carb option, or add a tin of chick peas to the ratatouille for a low carb option which is ideal for rest days or for pre training meal serve with new potatoes or sweet potato

A good treat option is this delicious healthy ice cream that can be your Saturday night fix:
<http://oppoicecream.co.uk/>

The Chia pudding is a great breakfast option on a rest day or a post training snack at the end of the day (if using as a post training snack, make with just half a banana, add a little more nut butter and use fresh blueberries, strawberries or raspberries instead of making the compote.

The natural energy bars are great as a lunch time snack, pre training snack or mid training snack

The brownies sound unusual due to their ingredients, but actually taste great. They are good to have at a lunch time. You can use the base of this recipe to make a version of the protein nut balls.

This is the coconut flour used to make the pancakes. If the pancake mixture isn't thick enough, add another tsp of coconut flour, stir well and wait a few minutes, repeat if required.



Thanks
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