



Meal Plan & Recipe Book

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Contents:

- Sample Weekly Meal Plan
- Template for customising your plan
- Recipes for:
 - Breakfast
 - Lunch
 - Dinner
 - Snacks



Please note: Photographs of dishes are for illustrative purposes only. Final dish appearance, ingredients, and portion sizes may vary



Important: Please Read Before Starting

This guide is intended as recipe and meal inspiration, somewhere to dip into when you're stuck for ideas or fancy mixing things up. Use it loosely, swap meals around, repeat your favourites, and build the week in a way that works for you.

A few things to keep in mind:

- Snacks are part of the plan, not optional. Aim for 1 to 3 snacks daily. They keep your energy and hunger steady.
- Listen to your body. If you're hungry, eat. If you're training hard, you need more food, not less.
- Adjust portions to suit you. Treat this as a starting point and tweak based on hunger, energy, and how you're feeling.
- This is a guide, not a replacement for personalised advice. You will need to tweak the meal plan based on your own individual nutritional needs.

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Please Note: Nutritional values in this guide are estimated based on standard food composition data and rounded for ease of reference. Actual values may vary slightly depending on specific brands, portion sizes and preparation methods. Individual energy and nutrient requirements vary from person to person. This guide is intended as general nutrition information only and is not a substitute for personalised medical or nutrition advice. Please continue to follow any guidance provided by your healthcare team or registered dietitian.

Sample Weekly Meal Plan



Monday

Breakfast

- Berry Smoothie

Lunch

- Everyday Chicken Sandwich

Dinner

- Tomato, Pesto Cod and Baby Potatoes

Tuesday

Breakfast

- 2 egg bacon muffins and 1-2 slices of wholegrain bread

Lunch

- Mexican Loaded Potatoes

Dinner

- Chicken Satay Salad with Baby Potatoes

Wednesday

Breakfast

- Berry Chia Seed Pudding

Lunch

- Veggie Hummus Wrap

Dinner

- Chicken and Chickpea Curry

Thursday

Breakfast

- Banana and Cinnamon Overnight Oats

Lunch

- Burrito Bowl

Dinner

- Korean Mince and Lettuce Cups

Snacks

Aim for 1 to 3 snacks daily, more on training days.

- Fruit (apple, banana, 2 mandarins)
- 125 to 150g Greek or Skyr yoghurt
- 1 slice wholegrain toast + 1 tsp peanut butter
- 1 to 2 tbsp hummus + carrot sticks
- 2 corn cakes + 1 tbsp nut butter + banana
- 2 oat cakes + 1 tbsp cottage cheese + tsp honey
- Small bag of popcorn

Or

Choose a homemade snack from the recipe book!

Sample Weekly Meal Plan



Friday

Breakfast

- Creamy Veggie Egg Scramble

Lunch

- Lentil and Chickpea Soup with 2 wholegrain bread

Dinner

- Sweet Chilli Salmon

Saturday

Breakfast

- Protein Pancakes

Lunch

- Couscous Salad with Feta Cheese

Dinner

- Mediterranean Chicken Traybake

Sunday

Breakfast

- Shakshuka

Lunch

- Tuna Niçoise Salad

Dinner

- Turkey, Bean and Veg Chilli

Snacks

Aim for 1 to 3 snacks daily, more on training days.

- Fruit (apple, banana, 2 mandarins)
- 125 to 150g Greek or Skyr yoghurt
- 1 slice wholegrain toast + 1 tsp peanut butter
- 1 to 2 tbsp hummus + carrot sticks
- 2 corn cakes + 1 tbsp nut butter + banana
- 2 oat cakes + 1 tbsp cottage cheese + tsp honey
- Small bag of popcorn

Or

Choose a homemade snack from the recipe book!

Notes

Weekly Meal Planner:

(Customise)

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Breakfast Recipes:



Berry Smoothie

Ingredients

- Half cup berries (fresh or frozen)
- 40g oats
- 1 tablespoon flaxseed
- 2 tablespoons Greek yoghurt
- Half cup water
- 150ml milk
- 30g protein powder (optional but recommended)

Directions

1. Place all ingredients into a blender and blend until desired consistency is reached.

Plant Based Option

Use fortified plant milk and yoghurt alternatives. Choose pea or soy protein powder if adding protein.

Difficulty: Simple



3 Minutes



1 Serving

Nutrition: Around 350 kcal | Protein: 13g | Fibre: 7g

With 30g whey protein powder: around 430 kcal, 37g protein, 7g fibre



Bacon Egg Muffins

Ingredients

- 4 eggs
- 2 handfuls spinach
- Half a red pepper, diced
- Half a green pepper, diced
- 3 to 4 unsmoked bacon medallions, chopped
- 1 teaspoon paprika
- Pinch salt and pepper
- 50g grated cheese

Directions

1. Preheat oven to 180C and line a muffin tray.
2. Beat the eggs in a bowl and season with paprika, salt and pepper.
3. Stir in peppers, spinach and bacon.
4. Divide mixture evenly into muffin cases until nearly full.
5. Bake for 12 minutes. Store in an airtight container in the fridge.

Plant-based option

Use 200g crumbled tofu instead of eggs. Replace bacon with plant-based bacon or tempeh. Optional: add 1 tablespoon nutritional yeast before serving.

Serving Suggestion - Serve two muffins per portion.

Difficulty: Simple  6 Serving  10 Minutes

Nutrition: 2 muffins + 2 slices wholegrain toast: around 445 kcal | Protein: 22g | Fibre: 7g





Berry Chia Pudding

Ingredients

- 2 tablespoons chia seeds
- 1 tablespoon flaxseed
- 125ml milk of choice
- 1 teaspoon honey
- Approximately 3 tablespoons berries
- 2 tablespoons Greek yoghurt

Directions

1. Combine chia seeds, flaxseed, milk and honey in a bowl or jar.
2. Cover and chill overnight.
3. Top with berries and Greek yoghurt before serving.

Plant Based Option

Use fortified plant milk and plant yoghurt. Replace honey with maple syrup or agave.

Difficulty: Simple



1 Serving



5 Minutes & Chilling time

Nutrition: Around 350 kcal | Protein: 12g | Fibre: 13g





Banana & Cinnamon Overnight Oats

Ingredients

- 40g porridge oats
- 1 banana (half mixed in, half for topping)
- 100ml milk
- 100g Greek yoghurt
- 1 teaspoon chia seeds
- Pinch cinnamon

Directions

1. Combine oats, milk, yoghurt, chia seeds and half the banana in a bowl or jar.
2. Stir well, cover and refrigerate overnight or for at least 2 to 4 hours.
3. Stir before eating and top with remaining banana and cinnamon.

Plant Based Option

Use fortified plant milk & plant yoghurt. Replace honey with maple syrup or agave if sweetener is added.

Difficulty: Simple



1 Serving



5 Minutes

Nutrition: Around 430 kcal | Protein: 18g | Fibre: 7g





Creamy Veggie Egg Scramble

Ingredients

- 2 eggs
- Half a tablespoon olive oil
- Dash of milk or water
- Half a red pepper, diced
- Handful spinach
- 25g light cream cheese
- Pinch chilli flakes
- 2 slices wholegrain bread or 1 wholemeal pitta
- Salt and pepper to season

Directions

1. Beat eggs with milk or water in a bowl.
2. Heat olive oil in a non-stick pan. Cook pepper and spinach for 2 minutes over medium heat.
3. Add egg mixture, cream cheese and chilli flakes. Season and cook while stirring until eggs are set.
4. Remove from heat.
5. Toast bread or pitta and serve eggs on top or inside.

Plant Based Option

Use 100g crumbled tofu instead of eggs, plant milk if required and 1–2 tablespoons nutritional yeast instead of cream cheese.

Difficulty: Simple



1 Serving



10 Minutes

Nutrition: Around 470 kcal | Protein: 25g | Fibre: 7g



High Protein Oat Pancakes

Ingredients

- 70g oats
- 100ml milk of choice
- 1 tablespoon Greek yoghurt
- 2 eggs
- 1 banana
- 1 teaspoon baking powder
- 6 tablespoons mixed berries (3 tablespoons per serving)
- 1 teaspoon honey or a drop of vanilla extract

Directions

1. Place oats, milk, yoghurt, eggs, banana and baking powder in a blender.
2. Blend until smooth.
3. Heat a non-stick pan on medium heat and lightly drizzle with olive oil.
4. Pour ladles of batter onto the pan.
5. Cook for 1 to 2 minutes each side until golden.
6. Serve topped with berries.

Plant Based Option

Use fortified plant milk and yoghurt. Replace eggs with flax or chia egg substitute and use maple syrup or agave instead of honey.

Difficulty: Simple  2 Serving  15 Minutes

Nutrition: Around 340 kcal per serving | Protein: 16g | Fibre: 6g





Shakshuka

Ingredients

- 1 tablespoon olive oil
- 1 onion, finely sliced
- 1 red pepper, sliced
- 2 garlic cloves, crushed
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- Pinch of chilli flakes
- 400g tin chopped tomatoes
- 4 eggs
- 50g feta cheese, crumbled
- Handful fresh parsley, chopped
- Salt and pepper
- 1 wholegrain pitta or 2 slices sourdough per person to serve

Plant-based option

Replace eggs with 200g crumbled firm tofu, skip the feta and add 1 tin of butter beans (drained) with the tomatoes for protein.

Tip: The tomato base can be made the night before, then just heat through and add the eggs in the morning. Brilliant Sunday brunch and the kids love it.

Directions

1. Heat olive oil in a deep pan over medium heat.
2. Add onion and red pepper. Soften for 5 to 6 minutes until starting to caramelise.
3. Add garlic, paprika, cumin and chilli flakes. Stir for 1 minute.
4. Pour in chopped tomatoes. Simmer for 8 to 10 minutes until thickened.
5. Make 4 small wells in the sauce and crack an egg into each.
6. Cover with a lid and cook for 5 to 7 minutes until whites are set but yolks are still soft.
7. Scatter with feta and parsley.
8. Serve with toasted pitta or sourdough for dipping.

Difficulty: Simple



2 Serving



20 Minutes

Nutrition: Around 420 kcal per serving (with sourdough) | Protein: 22g | Fibre: 9g





Lunch Recipes:



Everyday Chicken Sandwich

Ingredients

- 2 slices wholegrain bread
- 70g cooked chicken breast, sliced
- 1 teaspoon chutney
- Quarter onion, chopped
- Quarter pepper, chopped
- 2 tablespoons sweetcorn
- Handful of lettuce
- Half a tomato, sliced

Directions

1. Spread chutney onto one slice of bread.
2. Layer chicken, onion, pepper, sweetcorn, lettuce and tomato onto bread.
3. Top with second slice of bread and serve.

Plant Based Option

Replace chicken with 100g tofu, tempeh or seitan.

Difficulty: Simple



1 Serving

10 Minutes



Nutrition: Around 400 kcal | Protein: 30g | Fibre: 8g





Mexican Loaded Potatoes

Ingredients

- 4 medium baked potatoes
- 2 tablespoons olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 400g kidney beans, drained and rinsed
- Small tin sweetcorn, drained
- 1 red chilli, deseeded and chopped
- 1 red pepper, diced
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 50g grated cheddar (optional)
- Greek yoghurt to serve

Directions

1. Preheat oven to 180C. Pierce potatoes and rub with olive oil. Bake for 50 minutes or until soft.
2. Alternatively microwave potatoes for 8 to 10 minutes then crisp in oven.
3. Heat oil in pan and saute onion and garlic until softened.
4. Add pepper and cook until tender.
5. Stir in spices, beans and sweetcorn and heat through.
6. Scoop potato flesh and mix into filling.
7. Refill potato skins with mixture, top with cheese if using and bake for 10 minutes.

Serve with Greek yoghurt.

Difficulty: Simple



4 Serving



30 Minutes

Nutrition: Around 470 kcal per serving | Protein: 17g | Fibre: 12g





Veggie Hummus Wrap

Ingredients

- 1 wholegrain wrap
- 1 tablespoon hummus
- Handful spinach
- Quarter carrot, grated or sliced
- Quarter cucumber, sliced
- Quarter avocado, sliced
- Handful finely sliced red cabbage
- 50g edamame beans
- Optional: baby tomatoes, sweetcorn, peppers, courgette, sprouts

Directions

1. Spread hummus evenly over wrap.
2. Add edamame, spinach, avocado, carrot, cucumber and other vegetables.
3. Drizzle lightly with olive oil.
4. Roll wrap tightly and serve.

Tip

Add cooked chicken or turkey for additional protein if desired.

Difficulty: Simple



1 Serving



5 Minutes

Nutrition: Around 410 kcal | Protein: 15g | Fibre: 11g



Burrito Bowl

Ingredients

- 1 red onion, diced
- 1 medium tomato, sliced
- 2 garlic cloves, crushed
- 1 tablespoon extra-virgin olive oil
- 400g tin black beans, drained and rinsed
- Half an avocado, chopped
- 250g cooked brown or basmati rice
- 50g sweetcorn, drained
- Half a tablespoon soy sauce
- 1 teaspoon cumin
- 1 lime (half for beans, half for dressing)
- 1 chicken breast (optional)
- 1 teaspoon paprika (if using chicken)
- Handful of salad leaves
- Dressing: 125g natural, Greek or soya yoghurt, half a tablespoon honey, juice of half a lime

Directions

1. If using chicken, season with paprika and cook using grill, pan or air fryer. Slice when cooked.
2. Cook rice according to packet instructions.
3. Heat oil in frying pan, add garlic and cook for 1 minute.
4. Add sweetcorn, beans, cumin, soy sauce and lime juice. Cook for 3 minutes.
5. Mix dressing ingredients together in a bowl.
6. Assemble bowl starting with salad leaves or rice, then bean mixture. Add tomato, avocado and chicken. Drizzle with dressing.

Difficulty: Simple



2 Serving



15-30 Minutes

Nutrition: Around 580 kcal | Protein: 19g | Fibre: 15g

With chicken breast: around 680 kcal, 45g protein, 15g fibre



Lentil & Chickpea Soup

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 teaspoons paprika
- 1 teaspoon cumin
- 150g red split lentils
- 400g tinned tomatoes
- 200g chickpeas, drained and rinsed
- 750ml vegetable stock (add extra liquid if needed)
- Handful fresh coriander, chopped
- 1 to 2 slices homemade brown bread or wholegrain bread to serve

Directions

1. Heat a large saucepan and add olive oil. Saute onion and spices for 3 to 5 minutes.
2. Add lentils, tomatoes and vegetable stock. Bring to the boil.
3. Reduce heat and simmer for 15 minutes until lentils soften.
4. Blend soup to desired consistency, adding water if needed.
5. Stir in chickpeas and heat through.
6. Serve with 1 to 2 slices of brown bread and sprinkle with coriander.

Difficulty: Simple



4 Serving



20 Minutes

Nutrition: Soup only: around 320 kcal | Protein: 16g | Fibre: 11g

Soup with 2 slices of wholegrain bread: around 470 kcal | Protein: 22g | Fibre: 16g





Couscous Salad

Ingredients

- 100g whole wheat couscous
- 200ml vegetable stock
- 400g chickpeas, drained and rinsed
- 1 red pepper, diced
- 1 onion, diced
- Half a cucumber, diced
- Half a pomegranate (seeds only)
- 50g feta cheese, crumbled
- 1 tablespoon extra-virgin olive oil
- Juice of half a lime

Directions

1. Place the couscous in a heatproof bowl. Pour over the boiling vegetable stock, cover and leave to stand for 5 minutes.
2. Fluff the couscous with a fork once the liquid has been absorbed.
3. Add the chickpeas, onion, red pepper, cucumber and pomegranate seeds to the couscous and mix well.
4. Sprinkle over the crumbled feta cheese.
5. Drizzle with the olive oil and lime juice. Mix gently and serve.

Difficulty: Simple  2 Serving  15 Minutes

Nutrition: Around 500 kcal per serving | Protein: 19g | Fibre: 11g



Tuna Nicoise Salad

Ingredients

- 2 eggs
- 200g baby potatoes, halved
- 100g green beans, trimmed
- 2 tins tuna in spring water (around 240g drained)
- 1 baby gem lettuce
- 1 punnet cherry tomatoes, halved
- Quarter cucumber, sliced
- Half a red onion, finely sliced
- Small handful pitted black olives
- 1 tablespoon capers (optional)
- Dressing: 2 tablespoons olive oil, 1 tablespoon red wine vinegar, 1 teaspoon Dijon mustard, half a teaspoon honey, salt and pepper

Plant-based option

Replace tuna with 1 tin chickpeas plus 100g cubed feta, and skip the eggs (or keep them if vegetarian).

Directions

1. Boil potatoes for 12 to 15 minutes until tender. Add green beans for the last 3 minutes. Drain and rinse under cold water.
2. Boil eggs for 7 to 8 minutes for soft-set yolks. Cool, peel and quarter.
3. Whisk dressing ingredients in a small jar.
4. Tear lettuce leaves into a large bowl or platter.
5. Top with potatoes, beans, cherry tomatoes, cucumber, red onion, drained tuna, olives, capers and eggs.
6. Drizzle dressing over and serve.

Tip

A lovely make-ahead lunch. Cook the eggs, beans and potatoes the day before and assemble in 5 minutes. Holds up well for a packed lunch the next day too.

Difficulty: Simple  2 Serving  20 Minutes

Nutrition: Around 470 kcal per serving | Protein: 38g | Fibre: 8g





Dinner Recipes:



Tomato & Pesto Cod, Baby Potatoes

Ingredients

- 2 cod fillets
- 2 tablespoons pesto
- 1 lemon, halved
- 10 cherry tomatoes
- 200g tenderstem broccoli
- 8 to 10 baby potatoes
- 1 tablespoon butter
- 2 garlic cloves, crushed
- Salt and pepper

Directions

1. Preheat oven to 180C.
2. Place each cod fillet onto foil or baking parchment.
3. Top each with pesto, garlic and juice of half a lemon. Add tomatoes.
4. Fold parcel around fish and bake for 15 to 20 minutes.
5. Boil potatoes for 15 to 20 minutes until tender.
6. Drain potatoes, add butter and garlic and season.
7. Steam broccoli for 3 to 4 minutes and squeeze remaining lemon juice over before serving.
8. Serve cod with potatoes and vegetables.

Difficulty: Simple  2 Serving  30 Minutes

Nutrition: Around 500 kcal per serving | Protein: 36g | Fibre: 6g





Chicken Satay Salad

Ingredients

- 1 teaspoon medium curry powder
- Quarter teaspoon ground cumin
- 1 garlic clove, crushed
- 1 teaspoon honey
- 2 chicken breasts
- 1 tablespoon peanut butter (no palm oil preferred)
- 1 tablespoon sweet chilli sauce
- 1 tablespoon lime juice
- Baby gem lettuce
- Pomegranate seeds
- 8 to 10 baby potatoes

Directions

1. Mix curry powder, cumin, garlic and honey in a bowl.
2. Slice chicken breasts horizontally to create four fillets and coat in marinade. Refrigerate for at least one hour or overnight.
3. Mix peanut butter, chilli sauce, lime juice and 1 tablespoon water to make the satay sauce.
4. Cook chicken in a lightly oiled pan over medium heat until fully cooked.
5. Cook baby potatoes by boiling, baking or air-frying.
6. Arrange lettuce and pomegranate seeds on a plate. Slice chicken and place on top. Add potatoes and drizzle with satay sauce.

Plant Based Option

Replace chicken with tofu.

Difficulty: Simple  2 Serving  20 Minutes & Marinating Time

Nutrition: Around 500 kcal per serving | Protein: 42g | Fibre: 6g



Chicken & Chickpea Curry

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- Thumb-sized piece of ginger, grated
- 2 garlic cloves, crushed
- 1 teaspoon chilli powder
- 1 tablespoon curry powder
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon cumin
- 400g chopped tomatoes
- 400g light coconut milk
- 400g chickpeas, drained and rinsed
- 500g chicken
- 2 handfuls spinach
- 600g cooked basmati or brown rice

Directions

1. Heat oil in a large pan and cook onion, garlic and ginger until softened.
2. Stir in spices and cook for 1 minute.
3. Add tomatoes and coconut milk and simmer for 10 minutes.
4. Add chickpeas and cook for 5 minutes.
5. Stir through spinach until wilted.

Serve with rice.

Difficulty: Simple



1 Serving



3 Minutes

Nutrition: Around 660 kcal per serving | Protein: 40g | Fibre: 8g





Korean Mince & Lettuce Cups

Ingredients

- 1 tablespoon olive oil
- 500g lamb, turkey or plant-based mince
- 2 garlic cloves, crushed
- Thumb-sized piece of fresh ginger, grated
- 1 red pepper, diced
- Handful peas and sweetcorn
- Broccoli florets
- 2 red chillies, chopped
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce
- 50g light brown sugar
- Juice of 1 lime
- To serve: iceberg lettuce leaves, 200g uncooked brown or basmati rice

Directions

1. Heat oil in frying pan over medium heat.
2. Cook garlic, ginger and chillies for 1 minute.
3. Add mince and cook for 5 to 8 minutes until browned.
4. Add sugar, soy sauce, fish sauce and lime juice. Cook for 1 minute.
5. Add vegetables and cook for 5 minutes until tender.
6. Cook rice according to packet instructions.

Serve in lettuce cups.

Difficulty: Simple



4 Serving



20 Minutes

Nutrition: Around 500 kcal per serving (turkey mince) | Protein: 32g | Fibre: 7g
With lamb mince: around 580 kcal per serving



Sweet Chilli Salmon

Ingredients

- 2 skinless salmon fillets
- 1 tablespoon honey
- 1 tablespoon sweet chilli sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- Thumb-sized piece of ginger, grated
- To serve: 200g mixed vegetables (bok choy, broccoli, spinach or carrots), 300g cooked egg noodles or brown rice

Directions

1. Preheat oven to 200C.
2. Mix honey, chilli sauce, soy sauce, rice wine vinegar and ginger in a bowl.
3. Place salmon in oven dish and pour sauce over.
4. Bake for 10 minutes.
5. Steam or boil vegetables until tender.
6. Cook noodles or rice.

Serve with noodles or rice and vegetables.

Difficulty: Simple



2 Serving



20 Minutes

Nutrition: Around 570 kcal per serving | Protein: 36g | Fibre: 5g

Mediterranean Chicken Traybake

Ingredients

- 4 chicken breasts (or 8 skinless thighs)
- 1 red pepper, chunked
- 1 yellow pepper, chunked
- 1 red onion, cut into wedges
- 1 courgette, sliced into half-moons
- 1 punnet cherry tomatoes
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 teaspoon smoked paprika
- 2 garlic cloves, crushed
- Juice of 1 lemon
- 50g feta cheese, crumbled (optional)
- Small handful of pitted black olives (optional)
- Salt and pepper
- 8 to 10 baby potatoes per portion, or
- 60g uncooked orzo per portion

Plant-based option

Replace chicken with 400g cubed firm tofu or 2 tins of chickpeas, drained. Roast for 20 minutes instead of 30.

Tip

Brilliant for batch cooking. Double the tray and have leftovers cold over salad leaves the next day.

Directions

1. Preheat oven to 200C fan.
2. In a large bowl, toss chicken with olive oil, oregano, paprika, garlic, lemon juice, salt and pepper.
3. Spread peppers, onion, courgette and cherry tomatoes onto a large baking tray. Drizzle with a little olive oil and season.
4. Nestle the chicken pieces among the veg.
5. Roast for 25 to 30 minutes until chicken is cooked through and veg is golden at the edges.
6. Meanwhile, boil baby potatoes for 15 to 20 minutes until tender, or cook orzo according to packet instructions.
7. Scatter feta and olives over the traybake before serving.

Serve with potatoes or orzo.

Difficulty: Simple



4 Serving



35 Minutes

Nutrition: Around 520 kcal per serving (with baby potatoes) | Protein: 42g | Fibre: 7g
With feta and olives: around 580 kcal, 44g protein, 7g fibre



Turkey, Bean & Veg Chilli

Ingredients

- 500g lean turkey mince
- 1 onion, diced
- 1 tablespoon olive oil
- 1 red pepper, diced
- 1 green pepper, diced
- Half a tin sweetcorn
- 2 garlic cloves, crushed
- 1 red chilli, chopped
- 1 teaspoon chilli flakes
- 1 tablespoon smoked paprika
- 2 teaspoons cumin
- 400g kidney beans, drained and rinsed
- 400g chopped tomatoes
- Juice of 1 lime
- 600g cooked brown rice
- To serve: Greek yoghurt, 25g grated cheese (optional)

Directions

1. Heat oil in a large pan and cook onion, garlic and chilli until softened.
2. Add turkey mince and cook until browned.
3. Stir in spices, peppers, beans, sweetcorn and tomatoes.
4. Simmer for 20 minutes.
5. Stir in lime juice and season.

Serve with brown rice & toppings.

Difficulty: Simple



4 Serving



40 Minutes

Nutrition: Around 550 kcal per serving | Protein: 40g | Fibre: 12g



A reminder:

These recipes are flexible. Swap proteins, change sides, add extra veg.

Always include your snacks to hit your daily energy needs.

On training days, eat more, not less. Your body needs the fuel to recover and adapt.

Any questions, just message me.



Snacks!

Hummus, Carrots & Celery Sticks

Ingredients

- 2tbsp hummus
- 1 carrot, cut into sticks
- 2 celery stalks, cut into sticks

Nutrition:
Around 150 kcal | Protein: 4g | Fibre: 5g

Greek Yoghurt, Berries and Honey

Ingredients

- 125g Greek yoghurt
- 1/2 cup mixed berries
- Tsp honey

Plant-based option

Use plant yoghurt and replace honey with maple syrup or agave.

Nutrition:
Around 160 kcal | Protein: 11g | Fibre: 2g





Dates, Peanut Butter & Chocolate

Ingredients

- 6 Medjool dates
- 3 tbsp peanut butter
- 1/2 cup dark chocolate chips

Directions

1. Slice each date lengthwise and remove the pit.
2. Fill each date with about 1/2 tablespoon of peanut butter.

3. In a microwave-safe bowl, melt the dark chocolate chips in 30-second intervals, stirring in between until smooth.
4. Dip each stuffed date into the melted chocolate, ensuring it's fully coated.
5. Place the chocolate-covered dates on a baking sheet lined with parchment paper.
6. Refrigerate for about 15-20 minutes, or until the chocolate hardens.

Plant-based option

Use a dairy-free dark chocolate (most are naturally plant-based-check the label).

Roasted Chickpeas

Ingredients

- 1 tin (400g) chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon paprika
- Half a teaspoon garlic powder
- Pinch of salt and pepper

Tip

Store in an airtight container for up to 3 days. They're crispiest on the day they're made.

Directions

1. Preheat the oven to 200C.
2. Pat the chickpeas dry with a paper towel.
3. Toss the chickpeas with olive oil, paprika, garlic powder, salt and pepper.
4. Spread them out on a baking sheet.
5. Roast for 25 to 30 minutes, shaking the pan halfway through, until crispy.

Nutrition: Around 150 kcal per serving | Protein: 7g | Fibre: 6g





Energy Balls

Ingredients

- 100g porridge oats
- 125g nut butter
- 110g honey or maple syrup
- 30g mini chocolate chips or raisins
- 20g chia seeds or flaxseed
- 1 teaspoon vanilla extract

Variations

- Nuts & seeds: Add crushed nuts (almonds or cashews) or seeds (sunflower or pumpkin) for extra crunch.
- Spices: Mix in cinnamon, nutmeg or cocoa powder for additional flavour.
- Fruits: Include dried fruits like cranberries, apricots or chopped dates for natural sweetness.
- Protein boost: Add a scoop of your favourite protein powder for an extra protein hit.

Directions:

1. In a large bowl, combine the oats, chia or flaxseed, and chocolate chips or raisins.
2. Add the nut butter, honey or maple syrup and vanilla extract. Mix until everything is evenly combined.
3. Using your hands or a small cookie scoop, form the mixture into balls about 1 to 1.5 inches in diameter.
4. Place the energy balls on a tray and chill in the refrigerator for at least 30 minutes.
5. Once firm, transfer them to an airtight container and keep refrigerated. They'll last up to a week.

Plant-based option

Use maple syrup instead of honey.

(Makes 12)

Nutrition: Around 140 kcal per ball | Protein: 4g | Fibre: 2g





No-Bake Granola Bars

Ingredients

- 180g porridge oats
- 120g mixed nuts, chopped
- 125g nut butter
- 170g honey or maple syrup
- 40g dark chocolate chips
- Half a teaspoon vanilla extract
- Pinch of sea salt (optional)
- Raisins or dried fruit (optional)

Variations

- **Seeds:** Add chia seeds, flaxseed or sunflower seeds for extra texture and nutrition.
- **Spices:** Include cinnamon or nutmeg for added flavour.
- **Fruit:** Use different dried fruits like apricots or chopped dates for varied taste.

Directions:

1. Line an 8x8-inch baking dish with parchment paper, leaving extra over the edges for easy removal.
2. In a large bowl, combine the oats, chopped nuts, chocolate chips and dried fruit if using.
3. In a small saucepan, warm the nut butter and honey over low heat until smooth and well combined. Stir in the vanilla extract.
4. Pour the warm nut butter and honey mixture over the dry ingredients and mix until everything is well coated.
5. Transfer the mixture into the prepared baking dish and press firmly with a spatula or the back of a spoon to ensure it's evenly spread and compacted.
6. Refrigerate for at least 2 hours to allow the bars to set.
7. Once firm, remove from the dish using the parchment paper edges. Cut into bars or squares.
8. Store in an airtight container in the refrigerator for up to a week.

Plant-based option

Use maple syrup instead of honey and check that your dark chocolate chips are dairy-free.

Nutrition: Around 210 kcal per bar | Protein: 6g | Fibre: 3g





Snack on the go!

- Small bag of popcorn
- Fruit- any type you like
- 125-150g Greek yoghurt
- Nuts & seeds
- Homemade granola bar
- Energy ball
- Thin layer of cottage cheese on wholegrain toast with berries
- Veggies (carrots, cucumber, celery) sticks and hummus
- 2 squares dark chocolate and 6-8 nuts
- Roasted chickpeas
- Thin layer of cottage cheese on wholegrain toast with berries
- A handful of frozen grapes- really refreshing!

This is an educational resource created by Sinead O'Donovan, Dietitian & Performance Nutritionist RD, MSc in collaboration with Novo Nordisk Ireland and is intended for people living with overweight or obesity.

Information in the Nutrition Guide is not intended to replace advice from your healthcare professional.

Visit [TruthAboutWeight.ie](https://www.truthaboutweight.ie) to view the full Nutrition Guide



Nutrition Guide

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Dietitian & Performance Nutritionist RD, MSc



Please Note: The information provided in this resource has been developed by a qualified Irish dietitian for general educational purposes. The recipes and accompanying nutritional information, including calorie and macronutrient values, are intended to support awareness and understanding of food composition.

Nutritional values in this guide are estimated based on standard food composition data and rounded for ease of reference. Actual values may vary slightly depending on specific brands, portion sizes and preparation methods. Individual energy and nutrient requirements vary from person to person. This guide is intended as general nutrition information only and is not a substitute for personalised medical or nutrition advice. Please continue to follow any guidance provided by your healthcare team or registered dietitian.

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