

# Run Down the Stairs Overnight Oats

 Breakfast, Snack

I laughed out loud when Dublin footballer Paul Flynn said he wakes in the mornings and literally runs down the stairs to have his chocolate-flavoured overnight oats.

★★★★★ 4.60 stars from 5 votes



Calories  
305kcal



Carbs  
24g



Protein  
21g



Fats  
14g



 For Exercise Day



**Performance Benefits**



This recipe provides a good quantity of each macronutrient, making it a simple on the go breakfast on a busy day of training



**Health Benefits**



Porridge oats are a great source of fibre which helps regulate blood sugar levels and has cholesterol lowering effects.

## Ingredients



- 50 g Oats
- 200 ml Milk
- 2 tbsp Greek yoghurt
- 1 scoop Whey protein powder
- 50 g Mixed berries
- 1 tbsp Chia seeds
- 1 tbsp Almonds
- 1 tbsp Almond butter

# Fuel up Banana Pancakes

 Breakfast

The caramelised banana not only increases the carbohydrate and nutrient quality of the meal but also adds another level of flavour that a regular chopped banana just can't compare to!

★★★★☆ 4.50 stars from 2 votes



Calories  
658kcal



Carbs  
82g



Protein  
25g



Fats  
16g



For Intensive Exercise



## Performance Benefits



Topping up your glycogen stores (stored carbohydrate) before competition will support your performance and help to delay the onset of fatigue. With adequate carbohydrates on board, you will recover faster for your next training session



## Health Benefits



Porridge oats are a great source of fibre which helps regulate blood sugar levels and has cholesterol lowering effects.

### Ingredients



- 1 tbsp Olive oil
- 100g Oats
- 100g 0% fat Greek yoghurt
- 50ml Low fat milk
- 2 Eggs
- 1 Banana
- 1 tsp Baking soda
- 1 tbsp Honey

# YOUR SHOPPING LIST

The list below has all the ingredients you will need to make each of the recipes for this week.

- 0% fat Greek yoghurt
- Almond butter
- Almonds
- Baking soda
- Banana
- Chia seeds
- Eggs
- Greek yoghurt
- Honey
- Low Fat Milk
- Milk
- Mixed berries
- Oats
- Olive oil
- Whey protein powder

## Extras:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



# LUNCH

CLICK TO ACCESS RECIPE



## Chicken Burrito Bowl

Lunch

An easy and nutritious meal that is packed full of flavour, fresh vegetables and a brilliant one to prepare ahead and bring for lunch the next day!

★★★★☆ 4 stars from 1 vote

Calories	Carbs	Protein	Fats
500kcal	57g	35g	23g

For Exercise Day



## Sweet Potato and Chickpea Satay

Lunch

A healthy vegetarian take on the traditional chicken satay dish.

☆☆☆☆☆ No ratings yet

Calories	Carbs	Protein	Fats
490kcal	53g	12g	26g

For Exercise Day



## Harissa Chicken Burger

Lunch

There are a few recipes that you should have up your sleeve and this is most definitely one of them. It ticks all the boxes as being quick, tasty and nutritious.

★★★★★ 5 stars from 1 vote

Calories	Carbs	Protein	Fats
571kcal	27g	52g	27g

For Rest Day



# YOUR SHOPPING LIST

The list below has all the ingredients you will need to make each of the 3 lunch recipes for this week.

- |  |   |
|--|---|
| <input type="checkbox"/> Avocado         | <input type="checkbox"/> Extra virgin olive oil |
| <input type="checkbox"/> Black beans     | <input type="checkbox"/> Garlic                 |
| <input type="checkbox"/> Burger bun      | <input type="checkbox"/> Garlic powder          |
| <input type="checkbox"/> Cheddar cheese  | <input type="checkbox"/> Ginger                 |
| <input type="checkbox"/> Cherry tomatoes | <input type="checkbox"/> Harissa                |
| <input type="checkbox"/> Chicken Breast  | <input type="checkbox"/> Lettuce leaves         |
| <input type="checkbox"/> Chickpeas       | <input type="checkbox"/> Lime juice             |
| <input type="checkbox"/> Coconut milk    | <input type="checkbox"/> Onion                  |
| <input type="checkbox"/> Coriander       | <input type="checkbox"/> Onion powder           |
| <input type="checkbox"/> Courgette       | <input type="checkbox"/> Peanut butter          |
| <input type="checkbox"/> Cucumber        | <input type="checkbox"/> Rice                   |
| <input type="checkbox"/> Cumin           | <input type="checkbox"/> Salad leaves           |
| <input type="checkbox"/> Curry powder    | <input type="checkbox"/> Smoked paprika         |
| <br>                                     | <input type="checkbox"/> Soy sauce              |
| <b>Extras:</b>                           | <input type="checkbox"/> Spinach                |
| <input type="checkbox"/> _____           | <input type="checkbox"/> Sweet corn             |
| <input type="checkbox"/> _____           | <input type="checkbox"/> Sweet potato           |
| <input type="checkbox"/> _____           | <input type="checkbox"/> Thai red curry paste   |
| <input type="checkbox"/> _____           | <input type="checkbox"/> Thyme                  |
| <input type="checkbox"/> _____           | <input type="checkbox"/> Tomatoes               |
| <input type="checkbox"/> _____           | <input type="checkbox"/> Turmeric               |
| <input type="checkbox"/> _____           |   |



# DINNER

CLICK TO ACCESS RECIPE







## Spicy Mince Bonanza

 Dinner

This recipe combines potatoes, vegetables and a spicy mince to create an excellent recovery meal.

★★★★★ 4.38 stars from 8 votes

			
Calories	Carbs	Protein	Fats
889kcal	76g	41g	49g

 For Intensive Exercise







## Chorizo and Garlic Pasta

 Dinner

I love a quick and simple pasta dish but this is on a level of it's own. Minimal ingredients, minimal time but maximum flavour! A great get out of jail card recipe for days when you're short on time.

★★★★★ 4.15 stars from 7 votes

			
Calories	Carbs	Protein	Fats
531kcal	51g	28g	24g

 For Exercise Day



## Chicken Pie with Garlic Potatoes

 Dinner

This one is a good one! A combination of chicken, garlic, mushrooms underneath and the addition of proper tasty potatoes to top it off.

★★★★★ 4.84 stars from 6 votes

			
Calories	Carbs	Protein	Fats
501kcal	38g	36g	22g

 For Exercise Day



# YOUR SHOPPING LIST

The list below has all the ingredients you will need to make each of the 3 dinner recipes for this week.

- |   |   |
|---|---|
| <input type="checkbox"/> Baby spinach           | <input type="checkbox"/> Greek yoghurt    |
| <input type="checkbox"/> Butter                 | <input type="checkbox"/> Ground beef      |
| <input type="checkbox"/> Butternut squash       | <input type="checkbox"/> Mushrooms        |
| <input type="checkbox"/> Cheddar cheese         | <input type="checkbox"/> Onion            |
| <input type="checkbox"/> Chicken Breast         | <input type="checkbox"/> Oregano          |
| <input type="checkbox"/> Chilli flakes          | <input type="checkbox"/> Paprika          |
| <input type="checkbox"/> Chorizo                | <input type="checkbox"/> Parmigiano Reggi |
| <input type="checkbox"/> Courgette              | <input type="checkbox"/> Parsnip          |
| <input type="checkbox"/> Cream                  | <input type="checkbox"/> Potato           |
| <input type="checkbox"/> Cumin                  | <input type="checkbox"/> Potatoes         |
| <input type="checkbox"/> Extra virgin olive oil | <input type="checkbox"/> Red bell pepper  |
| <input type="checkbox"/> Fresh pasta            | <input type="checkbox"/> Roasted pepper   |
| <input type="checkbox"/> Garlic                 | <input type="checkbox"/> Sweet potato     |
|   | <input type="checkbox"/> Tin of tomatoes  |
|   | <input type="checkbox"/> Tomato puree     |

## Extras:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

