

BREAKFAST RECIPES

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	Carbs	Protein	Fats
658kcal	82g	25g	16g

🏃 For Intensive Exercise



French Toast with Bacon and Honey

🍳 Breakfast

French toast works incredibly well with bacon and honey. It makes for a delicious and satisfying breakfast or lunch.

★★★★☆ 4.50 stars from 2 votes

Calories	Carbs	Protein	Fats
446kcal	39g	31g	19g

🏃 For Exercise Day



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	Carbs	Protein	Fats
305kcal	24g	21g	14g

🏃 For Exercise Day



Pesto and Avocado Smash

🍳 Breakfast

Crispy bacon medallions on a layer of smashed avocado and basil pesto, topped with a poached egg or two, makes for a delicious breakfast or lunch.

☆☆☆☆☆ No ratings yet

Calories	Carbs	Protein	Fats
597kcal	44g	34g	31.5g

🏃 For Rest Day



Strawberry Delight Overnight Oats

🍳 Breakfast

Overnight oats are my go to breakfast during the week. They save so much time in the mornings and keep you full for hours. These Strawberry Delight Overnight oats are no different.

★★★★☆ 4 stars from 2 votes

Calories	Carbs	Protein	Fats
535kcal	60g	35g	14g

🏃 For Intensive Exercise



Overnight Chocolate Pudding

🍳 Breakfast

A creamy chocolate pudding you can whip up in a couple of minutes and enjoy for breakfast or on the go the next day! I'm not sure if this recipe should be a breakfast or dessert.

★★★★☆ 4 stars from 1 vote

Calories	Carbs	Protein	Fats
613kcal	73g	42g	17g

🏃 For Intensive Exercise



Roast Broccoli Frittata

🍳 Breakfast

This is a belter of a meal that can be enjoyed any time of the day.

☆☆☆☆☆ No ratings yet

Calories	Carbs	Protein	Fats
384kcal	10g	29g	25g

🏃 For Rest Day



Overnight Blueberry Pie Oatmeal

🍳 Breakfast

The overnight oats method has been a revelation for people who need a quick, healthy breakfast in the morning.

☆☆☆☆☆ No ratings yet

Calories	Carbs	Protein	Fats
441kcal	55g	17.4g	16.7g

🏃 For Intensive Exercise



Scrambled Egg & Salmon Bagel

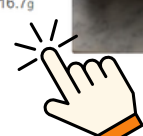
🍳 Lunch

This tasty yet simple recipe will liven up your usual scrambled eggs into a tasty loaded bagel sandwich, with stringy mozzarella, smoked salmon and fresh cherry tomatoes. Far from a boring egg sandwich.

☆☆☆☆☆ No ratings yet

Calories	Carbs	Protein	Fats
658kcal	29g	41g	42g

🏃 For Rest Day



CLICK TO ACCESS RECIPE





LUNCH RECIPES

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







Pad Thai

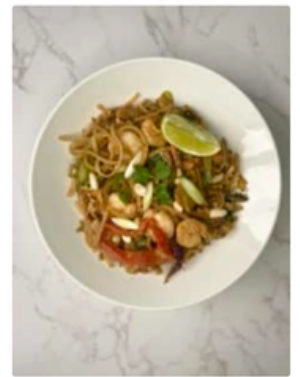
Dinner

This Pad Thai recipe is adapted from the traditional Thai dish and is really simple to throw together. It uses ingredients that are particularly easy to get your hands on.

☆☆☆☆☆ No ratings yet

 Calories	 Carbs	 Protein	 Fats
640kcal	74g	37g	22g

 For Intensive Exercise








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







Creamy Salmon Mega Mix

Lunch

This salmon pasta is very simple to make, tastes great and is nutrient-packed. The fresh taste of dill and lemon work very well with the salmon.

☆☆☆☆☆ No ratings yet

 Calories	 Carbs	 Protein	 Fats
597kcal	69g	35g	20g

 For Intensive Exercise







Coconut Curry Pumpkin Soup

Lunch

A delicious warming pumpkin soup topped with crispy chorizo and salted pumpkin seeds. This soup is a literal hug in a bowl!

★★★★★ 5 stars from 1 vote

 Calories	 Carbs	 Protein	 Fats
430kcal	30g	11g	30g

 For Rest Day







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





Spicy Green Coconut Curry

Dinner, Lunch

This curry makes for a brilliant, filling evening meal. The spice provided by the chillies combines really well with the sweetness of the coconut milk to create a mild-tasting curry sauce for those averse to too much spice.

☆☆☆☆☆ No ratings yet

 Calories	 Carbs	 Protein	 Fats
573kcal	14g	37g	40g

 For Rest Day







Lackey Laksa

Lunch

My take on the Malaysian Laksa curry using sweet potato and chicken. It is ridiculously quick and easy to make and the combination of sweet, savoury and creamy is incredible.

☆☆☆☆☆ No ratings yet

 Calories	 Carbs	 Protein	 Fats
479kcal	47g	30g	18.9g

 For Exercise Day



DINNER RECIPES

Vegetarian Burrito Bowl

Lunch

This recipe is a delicious vegetarian dish full of amazing taste and flavour. This hits all the nutrition markers and is absolutely perfect for a day that you have exercised.

☆☆☆☆☆ No ratings yet



Calories	Carbs	Protein	Fats
573kcal	70g	24g	19g

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

Creamy Pumpkin Pasta

Dinner

A creamy pasta sauce using cream cheese, mascarpone cheese and roasted pumpkin for a comforting autumnal meal. You can use butternut squash or use up the pumpkins that are in season.

☆☆☆☆☆ 5 stars from 2 votes



Calories	Carbs	Protein	Fats
440kcal	43g	26g	18g

For Exercise Day

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

Mince Taco Boats

Dinner

An easy mexican inspired recipe, that is great for sharing with family or why not invite your friends around to help you prepare.

☆☆☆☆☆ No ratings yet



Calories	Carbs	Protein	Fats
543kcal	31g	41g	29g

For Rest Day

One-pot Chili

Dinner

Set yourself up for dinner over the next few days with a tasty chilli con carne using Irish beef, balsamic vinegar, Worcestershire sauce and dark chocolate as the key ingredients.

☆☆☆☆☆ No ratings yet



Calories	Carbs	Protein	Fats
550kcal	26g	33g	35g

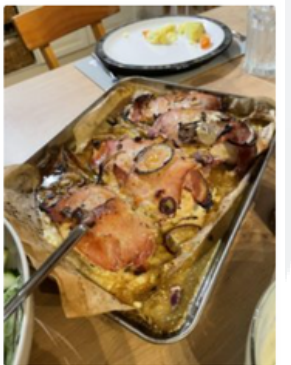
For Rest Day

Chicken Goats Cheese Melt

Dinner

This delicious chicken dish can be served with rice or potatoes. My mother Eileen makes this often on a Sunday and serves it up to us with mashed or garlic potatoes which just makes for one of the most delicious meals.

☆☆☆☆☆ No ratings yet



Calories	Carbs	Protein	Fats
478kcal	4g	44g	32g

For Rest Day