



Preheat the oven to 180°C and grease a loaf tin.

Gently melt the butter and oil in a small pan then transfer into a bowl and mix with the eggs. Add the baking powder and stir well. Mash the bananas and add to the egg mixture with the honey and stir well. Add the spices and flour and stir well. Stir in the pecans and raisins. Transfer into the cake tin and bake for 40-50 minutes.

Remove from oven, allow to cool in the tin for 10 minutes before turning out onto a wire rack to fully cool.

Banana Bread (v)

3 large ripe bananas (330g without skin)
½ tsp cinnamon
½ tsp nutmeg
2 large eggs
50g honey
40g coconut oil (melted weight)
80g butter
250g wholemeal flour
¼ tsp baking powder
60g pecans (optional)
60g raisins/sultanas

Nutrition
(per 75g slice)
Carb: 23g
Protein: 4.8g

Allergy advice:
Gluten, Eggs,
Nuts



**UK
SPORTS
INSTITUTE**

NUTRITION Recipe cards



Banana & Coconut Bread (v)(gf)

Makes 8 slices

- 3 ripe bananas (300g without skin)
- 1 tsp nutmeg
- 1 tsp cinnamon
- 2 tsp honey
- 1 tsp vanilla extract
- 3 eggs
- 60g coconut flour
- 1 tsp baking powder
- 1 tsp seeds
- 1 tsp desiccated coconut

Preheat the oven to 190°C/Gas 5, then lightly grease a loaf tin and line with parchment paper.

Mash together the banana, nutmeg and cinnamon to form a smooth paste before adding the honey and vanilla. In a separate bowl, lightly whisk the eggs. Gradually add the eggs to the banana mixture adding a tablespoon of coconut flour with each addition to avoid the mixture from separating. After all the eggs have been added, fold in the remaining flour and baking powder and allow the batter to sit for a couple of minutes so the coconut flour is absorbed. Spoon the mixture into the prepared tin and sprinkle with seeds and desiccated coconut.

Bake for 50 minutes or until a skewer inserted into the centre comes out clean. If the cake is browning too quickly, simply cover with a little foil to avoid it burning.

Remove from oven, allow to cool in the tin for 10 minutes before turning out on a wire rack to fully cool.

Nutrition (per slice)

Carb: 13.5g

Protein: 5g

Allergy advice:
Seeds, Eggs



UK
SPORTS
INSTITUTE



Cookie Dough Energy Balls (v)

Place all the ingredients, minus the chocolate chips in a food processor and blend until a smooth dough is achieved.

Tip into a bowl along with the chocolate chips, and using clean hands, knead the chocolate into the dough. Divide the mixture into 8 and using the palm of your hands, roll into smooth balls.

Place on a lined baking sheet and put in the fridge for 20 minutes to firm up.

150g pecans
75g rolled oats
2 tbsp (42g) honey
1 tsp cinnamon
40g dark chocolate (70-84%) chips of cocoa nibs

Nutrition
(per 1 ball ~30g)

Carb: **11.6g**
Protein: **3.9g**

Allergy advice:
Nuts



**UK
SPORTS
INSTITUTE**



Preheat the oven to 200°C/Fan 180°C/Gas 6.

Mash the banana to a smooth paste with a fork.

Melt the coconut oil over a low heat. Remove from the heat and add the tahini and honey.

Mix the dry ingredients in a bowl plus a pinch of salt. Add the banana paste and honey mixture. Stir until combined.

Press into a lined 16cm x 16cm tin. Bake for 25 mins, or until firm and golden. Leave to cool in the tin before slicing into 12 bars.

Flapjack (v)

Makes 12 bars

- 1 ripe banana
- 2 tbsp melted coconut oil
- 3 tbsp tahini
- 60g runny honey
- 1 tsp cinnamon
- 45g mixed seeds (such as pumpkin, sesame and sunflower)
- 100g rolled oats
- 2 tbsp chia seeds
- 50g raisins or dried fruit of choice
- 50g pecans/or nuts of choice

Nutrition (per slice)

Carb: 15g
Protein: 4g

Allergy advice:
Nuts, Seeds,
Sesame, Sulphites



UK
SPORTS
INSTITUTE



Spoon the flesh of the avocado into a food processor along with all the other ingredients. Blitz the ingredients on high speed until they are completely smooth and represent a mousse-like texture. Part way through the process, you may have to stop the blender and stir all the ingredients together using a spatula to disperse any lumps.

Once smooth, spoon the mixture into 5 ramekins, cover with cling film and place in the fridge to set for 30 minutes.

To serve, simply scatter with grated dark chocolate or cocoa nibs and garnish with fresh raspberries.

Chocolate Avocado Mousse (v)

Makes 5 servings

- 2 avocados, ripe (280g – without skin and stone)
- 1 large banana, ripe (206g – with skin)
- 100g dates
- 3 tbs (45g) cacao
- 1 tbs (42g) almond butter
- 3 tbs water
- 1 tsp honey

To serve:

- grated dark chocolate or cocoa nibs
- raspberries

Nutrition
(per serving)

Carb: 22g

Protein: 5.8g

Allergy advice:
Nuts, Sulphites



**UK
SPORTS
INSTITUTE**



Egg Muffins (v)*

Makes 12 muffins

6 eggs

Salt and pepper

Fresh coriander (optional)

Variations:

12 cherry tomatoes chopped & 50g feta crumbled (v)

1/2 red pepper, diced & 80g ham, chopped

6 mushrooms, sliced & 3 spring onions finely chopped (v)

Nutrition (per muffin)

Tomatoes & feta - Carb: 1g Protein: 4g

Red Pepper & ham - Carb: 1g Protein: 5g

Mushrooms & onions - Carb: 0g Protein: 4g

Preheat the oven to 180°C/Gas 4.

Crack the eggs into a jug, add some roughly chopped coriander, salt and pepper before lightly whisking. Brush each hole of the muffin tin with a little oil using a brush or your finger. Pour the egg mixture equally between each hole before adding your desired ingredients.

Place in the oven and bake for 15 minutes or until muffins have risen and turned golden. Take out of the oven and allow to cool for a couple of minutes before removing from the tin.

Allergy advice:

Eggs



UK
SPORTS
INSTITUTE



Berry Smoothie (v)

150g mixed frozen berries
1 small (60g) banana
1 tbsp (45g) low fat Greek yoghurt
200ml semi-skimmed milk
1 tsp (7g) honey (optional)

Place all the ingredients into a blender and blitz until smooth.

Pour into a tall glass and serve straight away.

Nutrition
(per smoothie)

Carb: 37g
Protein: 13.6g

Allergy advice:
Milk Protein



UK
SPORTS
INSTITUTE



Chicken Souvlaki

Makes 8 skewers

12 boneless, skinless chicken thighs or
1kg of chicken breast
salt and pepper

Tip the chicken into a large bowl and add the marinade ingredients, season with salt and black pepper. Mix well, ensuring each thigh is well coated. Cover and chill for at least 3 hours, or up to 48 hours if you have time.

Heat the grill to its highest setting and line a roasting tin with foil. Remove the chicken from the fridge. Thread the pieces of chicken evenly between 8 skewers, leaving a slight gap between each piece. Position the skewers on top of the roasting tin.

Put the chicken under the hot grill and cook for 15-20 minutes, brushing with oil and any juices from the bottom of the tin regularly, and turning halfway through cooking. Once cooked, remove from the oven and rest for 5 minutes.

Remove the chicken from the skewers. We recommend serving in a warm pitta bread with lettuce, tomato, red onion, lemon wedges and tzatziki.

For the marinade:

4 tbsp olive oil

2 tsp dried oregano

1 tsp dried mint

1 tsp ground cumin

1 tsp coriander

1 tsp sweet paprika

1 tsp ground cinnamon

Zest and juice 1 lemon

4 garlic cloves, crushed

Nutrition

(per skewer)

Carb: 1g

Protein: 30g



UK
SPORTS
INSTITUTE



Tandoori Chicken Skewers

Makes 8 skewers

400g chicken breast, diced

You will need to soak the wooden skewers in water before to avoid them from burning.

Mix all the marinade ingredients in a large bowl and then add your chicken and coat in the marinade. Cover with cling film and refrigerate for 1 to 2 hours. Weave the meat onto the prepared skewers. Place under a medium grill for 10 minutes turning halfway to allow to char on all sides.

We recommend serving with a squeeze of lime, fresh coriander, mixed salad and a warm pitta or rice.

Make it vegetarian and swap the chicken for tofu or tempeh (cooking times will vary).

For the marinade:
1 garlic glove, crushed
85g natural yoghurt
1 tbsp. tomato paste
1 tsp. garam masala
1 tsp. chilli powder
½ tsp. paprika
½ tsp. turmeric
1 tsp. curry powder

Nutrition
(per skewer)

Carb: 3.1g

Protein: 35g

Allergy advice:

Milk Protein,
Sulphites



**UK
SPORTS
INSTITUTE**



Pulled Chicken & Beans

Makes 4 servings

- 2 tsp olive oil
- 2 onions, sliced
- 4 boneless, skinless chicken thighs or 400g of chicken breast
- 3 garlic cloves, finely chopped
- 1 tsp oregano
- 1 tsp cumin seeds
- 2 tsp chipotle paste
- 350g passata
- 1 chicken stock cube
- 400g can black beans or beans of choice, drained but not rinsed
- 1/2 lime, juiced
- salt and pepper

Heat the oil in a shallow saucepan or with a lid. Tip in the onions and cook over a medium-low heat for 5 minutes until softened. Add the chicken and turn up the heat to medium. Stir in the garlic, the oregano, cumin seeds and season with salt and pepper.

Cook for a couple of minutes, then add the chipotle and cook for additional few minutes. Pour in the passata, 100ml water and add the stock. Season with salt and pepper and bring to a simmer. Cover with a lid and cook for 30 minutes, stirring occasionally until the chicken is tender.

Shred the chicken into the sauce using two forks, then stir through the beans. Simmer for 5 minutes more, then turn off the heat. Squeeze in the lime juice.

We recommend serving with rice or tortilla wraps, and some coriander, feta, lime wedges and red onion on the side.

Nutrition (per serve)

Carb: 4.5g
Protein: 4.7g

Allergy advice:
Sulphites



UK
SPORTS
INSTITUTE



Put a griddle pan on a high heat. Slice the pepper into thin strips and finely slice the onion. Slice the chicken lengthways into long strips, roughly the same size as the pepper strips.

Put the peppers, onion, and chicken into a bowl with the paprika and cumin. Squeeze over the juice of half a lime, drizzle over 1 tablespoon of oil, season with a good pinch of black pepper and mix well. Put aside to marinate for 5 minutes.

Using tongs, place the pepper, onion, and chicken onto the griddle and cook for 6 to 8 minutes, or until the chicken is golden and cooked through. Keep turning the pieces of chicken and vegetables over so they don't burn – you just want them to lightly chargrill.

Warm the tortillas in a microwave or warm, dry frying pan, then divide between serving plates. Squeeze the remaining lime juice over the sizzling pan.

Serve with the natural yoghurt and cheese. We also recommend adding guacamole and salsa.

Chicken Fajitas

Makes 2 servings

- 1 red pepper
- 1 medium red onion
- 2 skinless free-range chicken breasts
- 1 teaspoon smoked paprika
- 1 small pinch of ground cumin
- 2 limes
- olive oil
- 4 small or 2 large flour tortillas*
- 150ml fat-free natural yoghurt
- 50g grated cheddar cheese
- salt and black pepper

Nutrition (per serve)

Carb: 49g

Protein: 52g

Allergy advice:
Milk Protein,
Gluten*



**UK
SPORTS
INSTITUTE**



Chicken & Sweet Potato Tray Bake

Makes 4 portions

3 (900g) large sweet potatoes, peeled and cut into large chunks

2 tbsp olive oil

6-8 skinless and boneless chicken thighs or 1kg chicken breasts

2 red onions cut into wedges

25g piri-piri spice mix

300g long-stem broccoli

salt and pepper

Heat the oven to 180°C/160°C Fan.

Toss the sweet potatoes in the oil, salt and pepper, and tip into a very large roasting tin. Push the potatoes to one end of the tin, then, in the other end, toss the chicken with the onions, spice mix, a drizzle of oil, salt and pepper.

Roast for 40 minutes, stirring everything halfway through. Add the broccoli to the tin, drizzle with a little oil, salt and pepper, then roast for 10 minutes. Remove the chicken, onions and broccoli from the tin.

Roughly mash the potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan. Spread the mash over the base of the tin, then top with the broccoli, chicken and onions.

Nutrition
(per portion)

Carb: 74g

Protein: 32g

Allergy advice:
Sulphites



**UK
SPORTS
INSTITUTE**



Chop the salmon into 1cm chunks.

Mix the lemongrass paste and ginger puree together with the chopped coriander, leaving some to garnish later. Then mix with half the salmon chunks. Chop the rest of the salmon until super-fine, almost like a purée, mix thoroughly with the other ingredients and season with sea salt and black pepper.

Divide into 4, then shape and squash into 2cm-thick patties. Place a large non-stick frying pan on a medium-high heat with olive oil.

Cook the patties for 2 minutes on each side, or until nicely golden. Serve drizzled with chilli jam and sprinkled with the reserved coriander.

Thai Style Fish Burgers

Makes 4 patties

500g salmon fillets, skin off
1 tbsp lemongrass paste
1 tbsp ginger puree
½ a bunch of fresh coriander, finely chopped
1 tbsp olive oil
2 tbsp chilli jam

Nutrition
(per fish burger)

Carb: 6.4g
Protein: 26g

Allergy advice:
Fish, Sulphites



**UK
SPORTS
INSTITUTE**



Stir Fry (v)* Makes 2 servings

- 1 tbsp coconut oil
- Thumb (5g) of ginger
- 1 (3g) clove of garlic
- 1 (60g) small red onion, chopped
- 2(120g) carrots, chopped
- 1 (150g) pepper (any colour), sliced
- 100g broccoli (tenderstem), chopped into florets
- 2 tbsp (36g) soy sauce
- 1 (7g) tsp honey
- Juice from a lime (20g)
- 1 (20g) chilli , and pepper (optional)

Heat the oil in a large frying pan or wok and fry the ginger and garlic for 1 minute (if using chicken, add here and fry until golden brown).

Add the onion and cook on a medium to high heat until just softened. Add the pepper, carrot and broccoli to the pan coating them in the ginger and garlic, and fry for 2 minutes. Mix the soy, honey and lime juice in a cup, then add to the vegetables (if using prawns, add here). Allow the vegetables to steam in the liquid until tender but not over cooked (if using egg, add here at the last minute and continuously stir until cooked).

Season with the chilli and pepper to taste. We recommend serving with rice or noodles.

For extra protein add edamame beans, cashews, peanuts, tempeh or tofu.

Variations:

- 200g pre-cooked prawns
- 2 large eggs (v)
- 200g skinless chicken breast, cut into strips

Nutrition (per portion)

- Vegetarian- Carb: 16.9g Protein: 4.3g
- Prawns- Carb: 16.9g Protein: 19.8g
- Eggs- Carb: 16.9g Protein: 11.5g
- Chicken- Carb: 16.9g Protein: 28g

Allergy advice:
Soya, Fish/Shellfish*



UK
SPORTS
INSTITUTE



Crack the eggs into a jug and whisk with a little salt and pepper. Add the chopped feta to the eggs and set aside and turn the grill on high.

On the hob, heat the oil on a medium heat in a small non-stick pan. Fry the onion until golden brown. Add the pepper and cook for a couple of minutes. Add the tomatoes and cook for a further minute. Add the spinach and sweetcorn and mix well.

Pour in the eggs and feta, quickly stir to coat the veg. Sprinkle on the sunflower seeds. Leave to cook through for a few minutes. Place the pan under the grill to brown the top of the omelette off.

We recommend serving the omelette with a mixed salad, avocado and some wholemeal seeded toast or new potatoes.

Rainbow Omelette (v)

2 tsp rapeseed oil
½ small red onion, finely diced
½ an orange/yellow pepper, finely diced
10 baby plum tomatoes, finely diced
Small handful spinach leaves, chopped
1 tbsp sweetcorn
20g feta cheese, cubed
3 large eggs
1tsp sunflower seeds
Salt and pepper

Nutrition

Carb: 18g

Protein: 331g

Allergy advice:

Eggs



UK
SPORTS
INSTITUTE

NUTRITION Recipe cards



Falafel Burger with Poached Egg (v)

Makes 2 burgers

Preheat the oven to 180C/Gas 4. Then place the parsley, coriander, mint and garlic clove in a food processor and blend to form a smooth herb paste. Add the zest of half a lemon along with a squeeze of juice before adding the harissa, almonds and red onion to the blender. Blend until all the ingredients have combined.

In a dry pan, gently fry the cumin and coriander powder over a medium heat until they become aromatic. Tip the spices into the food processor along with the chickpeas, gram flour, salt and pepper. Blend the ingredients once again until the mixture represents a soft dough consistency and is starting to come away from the edge of the bowl.

Divide the mixture in two and on a lightly floured surface, mould into large patties. Place on a lined baking tray and bake for 15 - 20 minutes, until golden. Flip the falafel over halfway through cooking to ensure the patties cook evenly. To serve, place the falafel on a handful of rocket leaves and top with a soft-poached egg.

We recommend eating this with sweet potato wedges and a lemon and mint courgette salad.

Parsley, approx. 10g	1 large garlic clove
6 - 8 (4g) mint leaves	40g red onion, diced
Coriander, approx. 10g	1/2 (20g) lemon
1 tsp (6g) harissa paste	
2 tsp coriander powder	
40g almonds, toasted	
1 can chickpeas, drained and washed	
1 tbsp gram flour or wholemeal flour*	
salt and pepper	

To serve:
handful of rocket, poached egg, grated
beetroot & tahini dressing

Nutrition
(each burger & egg)
Carb: 25g
Protein: 22g

Allergy advice:
Nuts, Sulphites
Eggs, Sesame,
Gluten*



**UK
SPORTS
INSTITUTE**



Shakshuka (v)

Make 2 servings

- 2 tbsp olive oil
- 2 tbsp harissa paste
- 2 tsp tomato purée
- 2 red/orange bell peppers, diced
- 3 garlic cloves, finely chopped
- 1 tsp ground cumin
- 2 tins chopped or plum tomatoes
- 6 medium free-range eggs
- 150g thick yoghurt
- salt and pepper

Heat the oil over a medium heat in a large frying pan and add the harissa, tomato purée, peppers, garlic, cumin. Then stir and cook on a moderate heat for about 5-6 minutes or until the peppers are soft. Add the tomatoes, bring to a gentle simmer and cook for a further 10 minutes until you have quite a thick sauce.

Add salt and pepper to taste. Then make 6 little dips in the sauce, gently break the eggs and carefully place each into a dip. Simmer gently for 8-10 minutes, until the egg whites are set but the yolks are still runny (you can cover the pan with a lid if you wish to hasten the process).

Remove from the heat, leave for a couple of minutes to settle, then spoon into 2 individual plates and serve with yoghurt.

Nutrition (per serve)

Carb: 22g
Protein: 23g

Allergy advice:
Milk Protein,
Eggs, Sulphites



UK
SPORTS
INSTITUTE