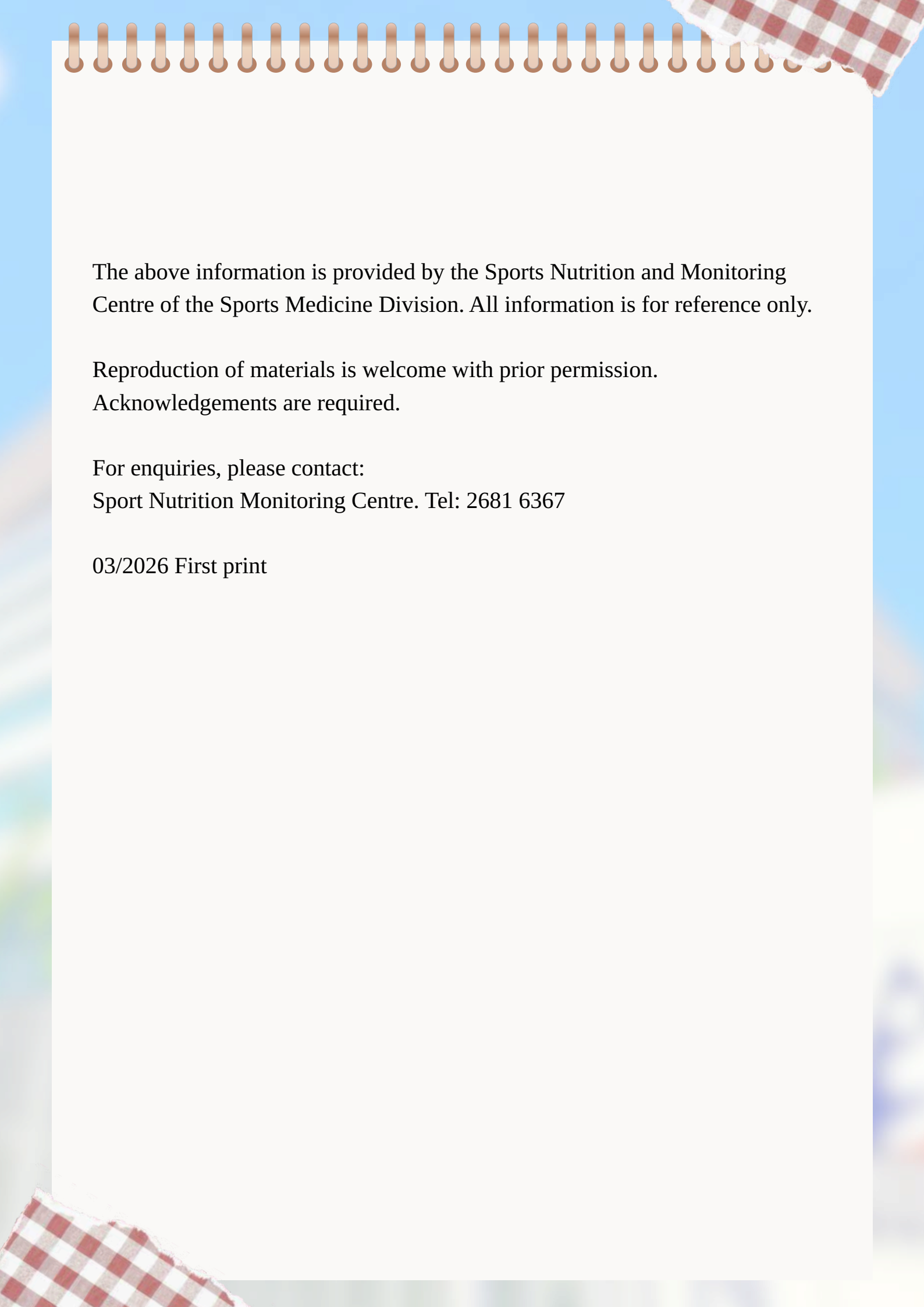


Champion's Cookbook





The above information is provided by the Sports Nutrition and Monitoring Centre of the Sports Medicine Division. All information is for reference only.

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Acknowledgements are required.

For enquiries, please contact:
Sport Nutrition Monitoring Centre. Tel: 2681 6367

03/2026 First print



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- Light or Night snack



SECTION 1: INTRODUCTION AND HOW TO USE THIS COOKBOOK

Purpose of the Cookbook

This cookbook is designed as a practical, evidence-informed resource for athletes who require accessible, performance-oriented meals, whether training at home or travelling overseas. All recipes and guidelines follow sports nutrition best practices, with emphasis on macronutrient and micronutrient balance, safe food handling, recovery optimization, and practical meal preparation techniques for environments with limited kitchen facilities.

Target Audience

*This cookbook is intended for **athletes**, as well as **support staff** and **coaches** involved in daily training environments and overseas training camps.*

How to Use This Cookbook

This cookbook is structured to support athletes in choosing meals that align with their training schedule and performance objectives. Each recipe is designed for a single serving and includes nutrient analysis with energy, carbohydrate, protein, fat, calcium, and iron values.

Recipes include athlete-specific functional tags

- ***High Carbohydrate (HC)***
- ***High Protein (HP)***
- ***Recovery (REC)***
- ***Weight Management (WM)***
- ***Muscle Gain (MG)***



Athletes can select meals based on timing relative to training, personal nutrition goals, and available kitchen equipment. Education sections (Sections 2 – 6) provide foundational knowledge on safe, efficient food preparation and performance-focused eating, while Section 7 offers 31 recipes suitable for use both at home and during travel.

SECTION 2 - BASIC COOKING AND FOOD PREPARATION

Overview

This section provides essential skills for athletes to prepare safe, nutritious meals with efficiency and consistency. It includes fundamental food preparation techniques, time-saving strategies, and practical methods suitable for home and overseas environments.

Core Cooking Techniques



Boiling and steaming

Ideal for rice, grains, vegetables, eggs, and shellfish.



Stir-frying

Efficient method requiring minimal equipment; suitable for protein-vegetable dishes.



Grilling/ pan-searing

Enables the preparation of lean meats such as chicken, beef, or fish.



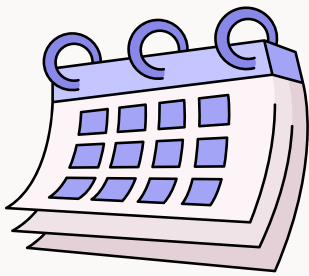
Microwave cooking

Essential in overseas settings; allows rapid heating of grains, vegetables, leftover meals, and ready-to-eat meals

SECTION 2 - BASIC COOKING AND FOOD PREPARATION

Meal Planning and Preparation

Athletes benefit from structuring meal preparation to align with training load and available time. Strategies include:



Planning 2 – 3 days of meals in advance.



*Preparing ingredients in **bulk**, such as rice, pasta, chopped vegetables, and cooked proteins.*



*Using **containers/ Ziploc bags** for storage of batch-cooked meals.*

Efficiency Tips

- Utilize pre-cut frozen vegetables to reduce preparation time.*
- Keep staple items available: eggs, canned tuna or salmon, rice, pasta, breads, oats, frozen vegetables (peas, corn, broccoli), or fresh vegetables with extended shelf life (carrots, bell peppers, and melons).*
- Prepare meals immediately after shopping or returning from training to reduce decision fatigue.*



SECTION 3 - BUDGETARY SHOPPING AND COOKING

Overview

This section outlines practical strategies for athletes to maintain high-quality nutrition while managing food costs, particularly during overseas training camps where availability and pricing may vary.

Budget-Friendly Principles

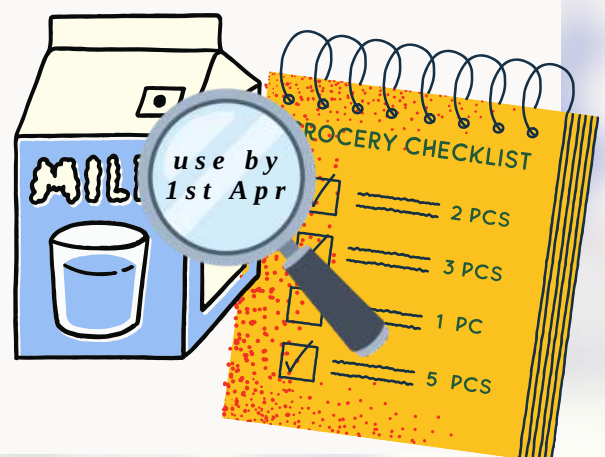
- Purchase staple carbohydrates in bulk: rice, pasta, oats, cereals, and potatoes.
- Utilize frozen vegetables, fruits, and meat for affordability, convenience, and nutrient retention.
- Choose lean proteins that are cost-effective: eggs, canned tuna, tofu, frozen chicken portions.
- Compare prices across supermarkets and avoid convenience store markups.

Shopping Strategies

- Prepare a weekly shopping list based on meal plans.
- Avoid shopping when fatigued or hungry to reduce impulse/unplanned purchases.
- Opt for store-brand or generic items where appropriate.
- Select seasonal vegetables and fruits to reduce expenditure.

Reducing Waste

- Cook only what is required for single portions or store leftovers properly.
- Match recipes with overlapping ingredients to prevent spoilage.
- Freeze perishable items such as bread, vegetables, and cooked grains.
- Check “use by” dates and eat accordingly



SECTION 4 - READING FOOD LABELS

Overview

Understanding food labels is essential for athletes to make informed decisions regarding carbohydrate availability, protein intake, fat quality, and micronutrient adequacy.

Key Components of Nutrition Labels

1. **Serving size:** Enables comparison between products.
2. **Energy (kcal):** Helps athletes align intake with training demands.
3. **Carbohydrate:** Important for fuelling and recovery.
4. **Protein:** Required for muscle repair and adaptation.
5. **Fat:** Supports hormone production and recovery, but should be monitored especially when athletes need to control body weight.
6. **Sodium:** Athletes should be aware that intake during travel and training helps ensure they remain hydrated.

Nutrition Facts	
Serving Size 180ml	
Servings Per Container 1	
Amount Per Serving	
Calories 70	Calories from Fat 45
% Daily Value*	
Total Fat 5g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	4%
Vitamin A 30%	Vitamin B1 45%
Vitamin B2 35%	Calcium 20%
Iron 2%	Vitamin B3 35%
Biotin 0%	Vitamin B6 40%
Magnesium 6%	Phosphorus 25%
Folic Acid 70%	

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

SECTION 4 - READING

FOOD LABELS

Interpreting Ingredient Lists

- *Ingredients are listed in descending order by weight.*
- *Foods with short ingredient lists are generally less processed.*
- *Hidden sugars may appear under names such as maltose, dextrose, and fructose.*



Ingredients

Peanuts (91%) · Sunflower Oil · Palm Oil · Cane Sugar · Sea Salt.

Not suitable for those with a Nut allergy.



Ingredients

Peanuts (100%).

For allergens see ingredients in bold.

Not suitable for those with a Nut allergy.

Date Labelling

- *“Use-by” dates refer to food **safety**.*
- *“Best-before” dates refer to food **quality**.*
- *Athletes should prioritize food safety, especially when travelling.*

Tips for Choosing Healthier Food

	High		Low	
	Per 100 g	Per 100 ml	Per 100 g	Per 100 ml
Total fat	> 17.5 g	> 17.5 g	≤ 3 g	≤ 1.5 g
Sugars	> 15 g	> 7.5 g	≤ 5 g	≤ 5 g
Sodium	> 600 mg	> 300 mg	≤ 120 mg	≤ 120 mg

SECTION 5 - ESSENTIAL UTENSILS FOR HOME AND OVERSEAS USE

Overview

Athletes require basic but reliable kitchen equipment to prepare meals safely and efficiently. Overseas environments may restrict available tools, therefore packing essential compact items can improve meal consistency and hygiene.

Essential Equipment

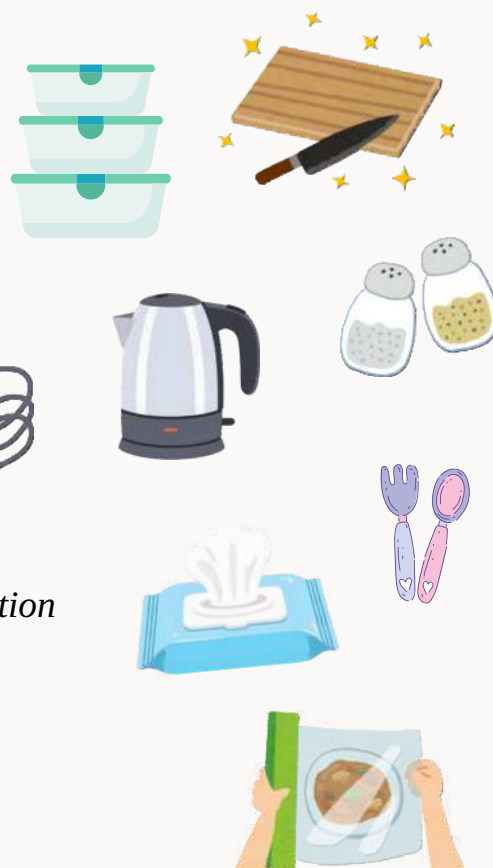
- Non-stick frying pan and pot
- Knife and chopping board
- Portable cutlery set and chopsticks
- Microwave-safe bowl
- Food storage containers
- Measuring utensils
- Can opener
- Vegetable peeler

Travel-Friendly Additions

- Small cutting board
- Collapsible container set
- Disposable or reusable food-safe gloves
- Mini spice kit (salt, pepper, soy sauce packets)
- Insulated lunch bag and ice packs
- Traveler kettle
- Adaptor

Equipment for Enhanced Safety

- Bottle cleaning brush
- Alcohol wipe
- Resealable bags for raw vs cooked food separation



SECTION 6 - FOOD HYGIENE AND SAFETY PRACTICES

Overview

Proper food hygiene reduces the risk of foodborne illness, particularly during overseas travel. Athletes must follow safe preparation, storage, and reheating guidelines to maintain health and performance.

Safe Food Handling Principles

- Wash hands thoroughly before preparing or consuming food.
- Keep raw and cooked foods separate in the fridge to prevent cross-contamination.
- Using different chopping boards to separate meat and vegetables
- Clean cutting boards, knives, and surfaces before and after use.
- **Do not** wash raw poultry, as this spreads bacteria.



Cooking Safety

- Cook foods to appropriate internal temperatures.
- Reheat leftovers thoroughly until steaming hot.
- Foods should not remain in the temperature danger zone (4°C – 60°C) for prolonged periods.

Defrosting and Reheating

- Defrost foods in the refrigerator, not at room temperature.
- Microwave defrosting can be used if cooking immediately afterward.



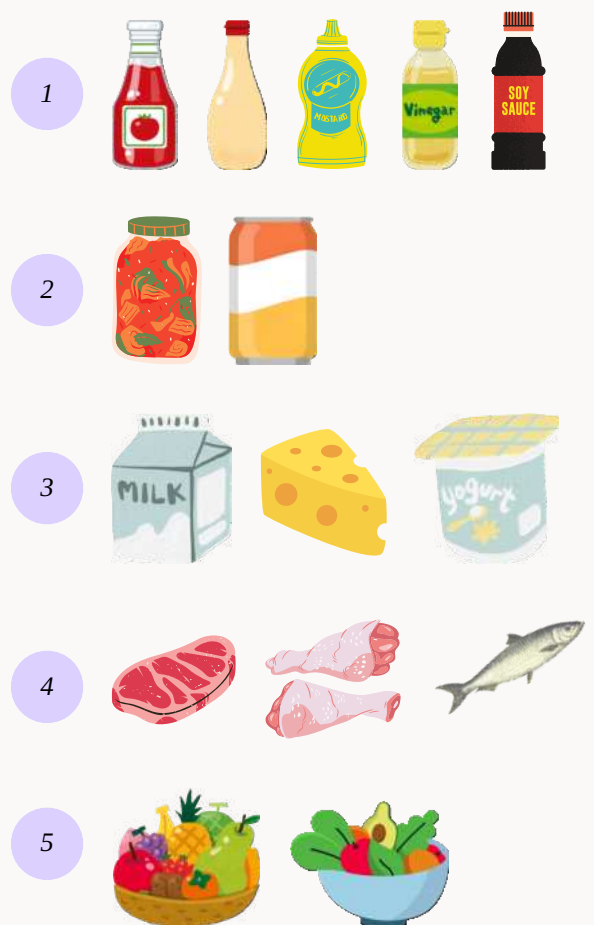
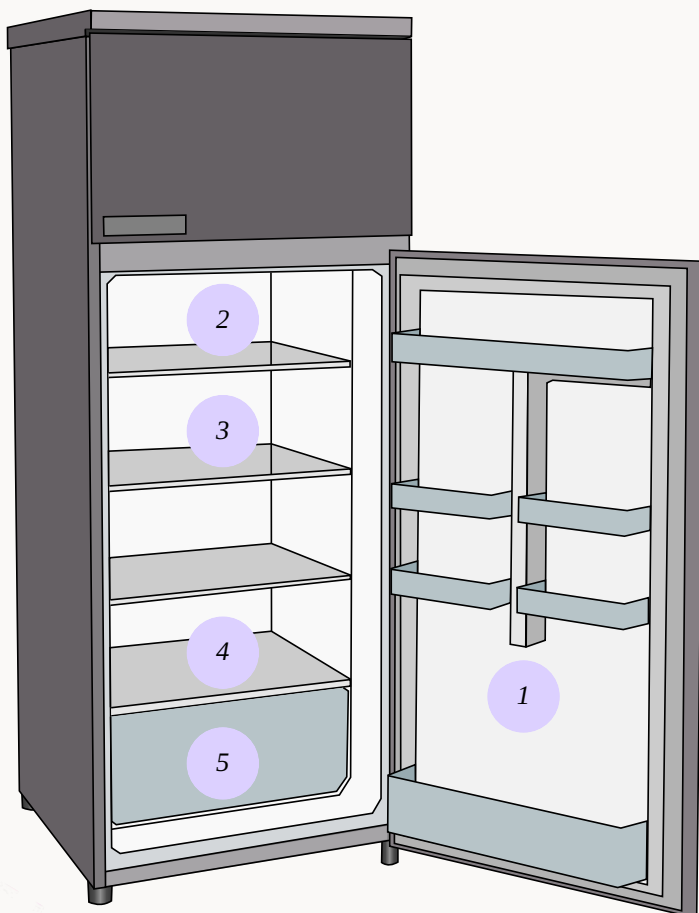
SECTION 6 - FOOD HYGIENE AND SAFETY PRACTICES

Storage Guidelines

- Store high-risk foods (meat, dairy, eggs) in refrigeration below 4°C.
- Refrigerate leftovers within 1 hour of cooking.
- Do not refreeze items that have been previously thawed.
- Use airtight containers to prevent contamination during travel.

Fridge Organization

1. Door shelf: condiments
2. Upper shelves: foods that do not need cooking, such as kimchi, pre-packaged beverages
3. Middle shelves: dairy
4. Bottom shelves: raw meat and fish
5. Drawers: vegetables, fruits, and salads



SECTION 7 - RECIPES (SINGLE-SERVING)

Breakfast



Pre-workout



Post-workout



Lunch + Dinner



Snack



SECTION 7 - RECIPES (SINGLE-SERVING)

Breakfast



Pre-workout



Post-workout



Lunch + Dinner



Snack



HIGH-PROTEIN OVERNIGHT OATS



TAG: HC, HP, WM, REC, MG

A balanced mix of carbohydrates and protein to replenish morning energy and support satiety.

Key Performance Function:
Provides sustained carbohydrate release with a sufficient protein base to support morning training.



Ingredients:

- 0.5 cup Rolled oats
- 0.5 cup Greek yogurt (plain)
- 0.5 cup Milk (any type)
- 1 tablespoon Chia seeds
- 1 teaspoon (optional) Honey/ maple syrup
- 0.5 cup Berries (fresh or frozen)

Directions:

1. Add oats, chia seeds, yogurt, and milk into a jar or container.
2. Stir well to combine, then top with berries.
3. Cover and refrigerate overnight; stir again before serving.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 449, **Carbohydrate** 58g, **Protein** 23g, **Fat** 16g, **Calcium** 369mg, **Iron** 2.7mg

Suggested Variations/Swaps:

For lactose-intolerant athletes, use lactose-free milk or soy milk.

Any fruit, such as bananas, mangoes, or kiwi, can be used instead of berries.

EGG + AVOCADO BAGEL SANDWICH



TAG: HC, HP, REC, MG

A high-protein and high-carbohydrate breakfast suitable for before a busy training day.

Key Performance Function:
Combines complex carbohydrates with high-quality protein and healthy fats to support both energy provision and satiety.



Ingredients:

- 1 piece Whole-wheat bagel
- 1 Egg
- 2 Egg whites
- 0.25 pieces Avocado
- A small handful (10 g) of baby spinach
- 1 teaspoon Canola oil
- Salt and pepper to taste

Directions:

1. Toast the whole-wheat bagel to your preferred level.
2. In a non-stick pan, scramble the egg and egg whites until fully cooked.
3. Mash the avocado onto the cut surfaces of the bagel.
4. Top with scrambled egg mixture and fresh spinach, season with salt and pepper, and serve warm.

Suggested Variations/Swaps:

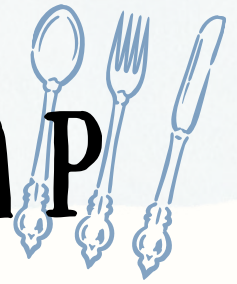
If avocado is unavailable, use hummus or a thin spread of cream cheese.

The sandwich can also be prepared with a wholemeal roll or two slices of wholemeal bread.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 470, **Carbohydrate** 55g, **Protein** 25g, **Fat** 19g, **Calcium** 146mg, **Iron** 3.3mg

CHICKEN + VEGGIE BREAKFAST WRAP



TAG: HP, REC, MG

A lean-protein breakfast provides steady energy and supports muscle repair.

Key Performance Function:
Provides a combination of wholegrain carbohydrate and lean protein, ideal before or after light morning training.



Ingredients:

- 1 piece Whole-wheat tortilla or flat bread
- 80 g Cooked chicken breast, shredded
- 1 egg
- 0.5 cup Baby spinach
- 2 tablespoons Tomato salsa
- 1 teaspoon Canola oil

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 395, **Carbohydrate** 22g, **Protein** 36g, **Fat** 18g, **Calcium** 149mg, **Iron** 3.3mg

Directions:

1. Gently warm the tortilla in a non-stick pan over low heat.
2. Prepare scrambled eggs in a non-stick pan until just set.
3. Place the tortilla on a plate and layer scrambled egg, shredded chicken, spinach, and salsa in the center.
4. Roll tightly into a wrap and serve warm or wrap in foil for on-the-go eating.

Suggested Variations/Swaps:

Chicken can be replaced with canned tuna, smoked salmon, roasted beef, or firm tofu. Use lettuce instead of spinach if preferred. In addition, tomato salsa can be replaced with sour cream or ricotta cheese.

SMOKED SALMON + CREAM CHEESE BAGEL



TAG: HP, REC, MG

A protein-rich breakfast that provides omega-3 fatty acids to support recovery and cardiovascular health.

Key Performance Function: Combines high-quality protein and healthy fats, suitable as a rest-day breakfast or light recovery meal.



Ingredients:

- 1 piece Whole-grain bagel
- 60 g Smoked salmon
- 2 tablespoons Light cream cheese
- 0.5 teaspoon Lemon juice
- 0.25 piece Sliced cucumber
- Black pepper to taste

Directions:

1. Toast the whole-grain bagel.
2. Spread cream cheese evenly on both halves.
3. Layer smoked salmon and cucumber slices on top.
4. Finish with a squeeze of lemon juice and a sprinkle of black pepper and serve immediately.

Suggested Variations/Swaps:

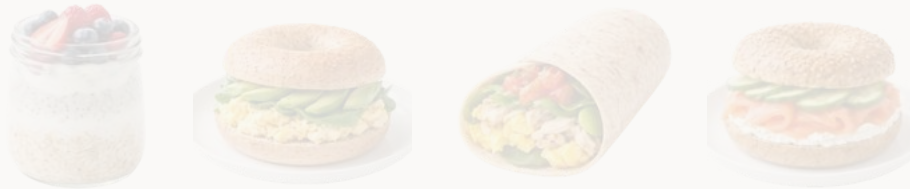
Canned tuna, sliced cooked chicken, or ham can be substituted if smoked salmon is unavailable. Avocado can be used for those with dairy intolerance.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 546, **Carbohydrate** 73g, **Protein** 32g, **Fat** 15g, **Calcium** 170mg, **Iron** 4.8mg

SECTION 7 - RECIPES (SINGLE-SERVING)

Breakfast



Pre-workout



Post-workout



Lunch + Dinner



Snack



PEANUT BUTTER + BANANA FUEL WRAP

TAG: HC

Provides fast-digesting carbohydrates with a small amount of fat for sustained energy.

Key Performance Function:
Useful 60 – 90 minutes before training to top up glycogen stores and reduce hunger without feeling too heavy.



Ingredients:

- 1 piece Whole-wheat tortilla
- 1 small Banana
- 1 tablespoon Peanut butter
- 1 teaspoon (optional) Honey
- A small pinch of ground cinnamon (optional)

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 328, **Carbohydrate** 52g, **Protein** 9g, **Fat** 12g, **Calcium** 99mg, **Iron** 1.7mg

Directions:

1. Lay the tortilla flat and spread peanut butter evenly over the surface.
2. Slice the banana and arrange it over the peanut butter.
3. Drizzle with honey if using and sprinkle with cinnamon.
4. Roll up tightly and slice in half if desired.

Suggested Variations/Swaps:

Peanut butter can be replaced with other nut butter.

Use a soft wrap, chapati, or pita bread if tortillas are not available.

JAM + COTTAGE CHEESE BAGEL



TAG: HC, HP, REC, WM

A high-carbohydrate snack with a protein boost, suitable before moderate-to-long sessions.

Key Performance Function: Provides easily digestible carbohydrates with a modest amount of protein to stabilize blood glucose without delaying gastric emptying.

Ingredients:

- 1 piece Whole-grain bagel
- 0.5 cup Low-fat cottage cheese
- 1 tablespoon Strawberry jam



NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 472, **Carbohydrate** 85g, **Protein** 25g, **Fat** 5g, **Calcium** 165mg, **Iron** 3.8mg

Directions:

1. Toast the bagel halves.
2. Spread cottage cheese over each half.
3. Top with a thin layer of jam and serve.

Suggested Variations/Swaps:

Greek yogurt can be used instead of cottage cheese.

Any fruit jam or honey may be used, depending on availability.

JAPANESE ONIGIRI FUEL BALL (TUNA MAYO)



TAG: HC, WM

Portable, rice-based fuel with added protein to support stable energy release.

Key Performance Function: Suitable as a pre-training snack or between events when solid carbohydrates are required in a compact form.

Ingredients:

- 1 cup Cooked short-grain rice
- 40 g Canned tuna in water, drained
- 1 teaspoon Light mayonnaise
- A small pinch of salt
- Small strip of seaweed for wrapping (optional)

Directions:

1. In a small bowl, combine tuna, mayonnaise, and a pinch of salt.
2. Wet your hands with water, then spread about half of the warm rice onto your palm.
3. Place the tuna mixture in the center and cover with the remaining rice, shaping it into a firm triangle or ball.
4. Wrap with seaweed if available, and consume fresh or wrap tightly in cling film if transporting.



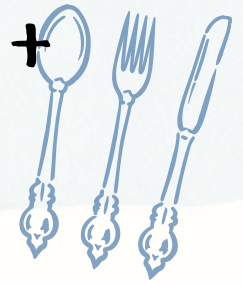
NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 328, **Carbohydrate** 58g, **Protein** 14g, **Fat** 3g, **Calcium** 8mg, **Iron** 3.3mg

Suggested Variations/Swaps:

The filling can be replaced with shredded chicken, egg, or natto. Use any cooked rice, including brown or mixed-grain rice, to increase micronutrients and fiber intake.

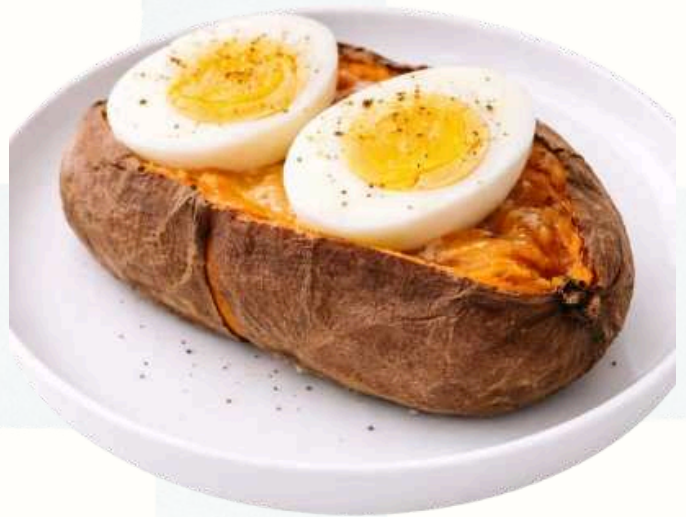
SWEET POTATO EGG MINI BOWL



TAG: HC, WM

Provides slow-release carbohydrates with a small amount of protein, gentle on the stomach.

Key Performance Function:
Ideal when a light, easily digested snack is needed 60 – 120 minutes before training.



Ingredients:

200 g Sweet potato, washed
1 Egg, hard-boiled or poached
0.5 teaspoon Olive oil
Salt and pepper to taste

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)**
263, **Carbohydrate** 41g, **Protein** 9g,
Fat 7g, **Calcium** 88mg, **Iron** 2.1mg

Directions:

1. Pierce the sweet potato several times with a fork and microwave on high for 5 – 6 minutes or until soft.
2. Allow to cool slightly, then split open and drizzle with olive oil.
3. Top with sliced egg and season with salt and pepper before serving.

Suggested Variations/Swaps:

Use chicken, beef, or mixed beans instead of egg if preferred.
The sweet potato can also be baked in an oven if more time is available.

TURKEY + EGG SANDWICH



TAG: HC, WM

A simple, light, savory sandwich combining lean turkey ham and egg for balanced carbohydrates and high-quality protein before training.

Key Performance Function:
Provide easily digestible carbohydrate for energy with moderate protein to support muscle function, suitable for 60 minutes before training.



Ingredients:

- 2 slices of white bread
- 2 slices of turkey ham
- 1 Egg
- A light sprinkle of black pepper (optional)

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)**
246, **Carbohydrate** 26g, **Protein** 18g,
Fat 7g, **Calcium** 99mg, **Iron** 3.1mg

Directions:

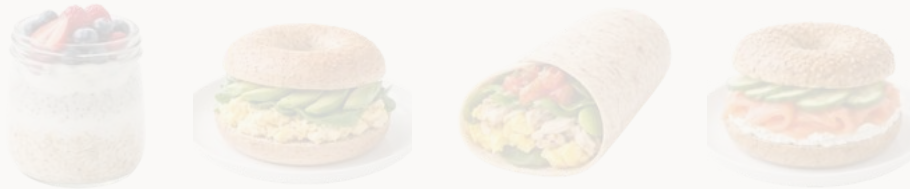
1. Boil an egg until hard-boiled, then cool and slice.
2. Place the turkey ham evenly over one slice of bread.
3. Top with sliced chicken to maintain texture.
4. Cover with the second slice of bread to form a sandwich.

Suggested Variations/Swaps:

Turkey ham can be replaced with diced chicken breast or canned salmon/tuna.

SECTION 7 - RECIPES (SINGLE-SERVING)

Breakfast



Pre-workout



Post-workout



Lunch + Dinner



Snack



CHOCOLATE PROTEIN YOGURT BOWL



TAG: HP, REC

High-quality protein source to support muscle repair with some carbohydrates for glycogen restoration.

Key Performance Function: Useful within the first 1 – 2 hours after training, when appetite may be poor, but protein needs are high.



Ingredients:

- 1 cup Low-fat Greek yogurt
- 1 scoop of chocolate whey or plant protein powder
- 0.5 pieces of banana, sliced
- 1 teaspoon Chia seeds (optional)

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 343, **Carbohydrate** 27g, **Protein** 45g, **Fat** 7g, **Calcium** 361mg, **Iron** 1.1mg

Directions:

1. Combine Greek yogurt and protein powder in a bowl and mix until smooth.
2. Top with sliced banana and sprinkle with chia seeds.
3. Consume shortly after preparation.

Suggested Variations/Swaps:

Use plain protein powder plus 1 tsp cocoa if chocolate flavor is unavailable.

Any mixed berries can be substituted for bananas.

Nuts can be used as a substitute for chia seeds to enhance healthy fat content.

QUICK CHICKEN FRIED RICE (RECOVERY VERSION)



TAG: HC, HP, REC, MG

Provides a full meal containing carbohydrates, lean protein, and vegetables for comprehensive recovery.

Key Performance Function:
Suitable as a main post-training meal to restore glycogen, support muscle repair, and contribute to overall micronutrient intake.



Ingredients:

- 1 cup Cooked rice
- 80 g Cooked chicken breast, diced
- 0.5 cup Frozen mixed vegetables
- 1 Egg
- 1 teaspoon Soy sauce
- 0.5 teaspoon Sesame oil (optional)
- 2 teaspoons Canola oil

Directions:

1. Heat canola oil in a non-stick pan and scramble the egg, then remove and set aside.
2. In the same pan, stir-fry the mixed vegetables until heated through.
3. Add cooked rice and diced chicken, stir to combine.
4. Season with soy sauce and sesame oil, then stir the scrambled egg back through before serving.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)**
614, **Carbohydrate** 67g, **Protein** 38g,
Fat 20g, **Calcium** 73mg, **Iron** 4.1mg

Suggested Variations/Swaps:

- Any leftover meat (turkey, pork, tofu) can replace chicken.
- Brown rice can be used to increase fiber content.

TUNA + AVOCADO RICE BOWL



TAG: HC, HP, REC, MG

Simple, nutrient-dense bowl combining carbohydrates, protein, and healthy fats.

Key Performance Function:

Appropriate after training sessions when a balanced meal is needed, but preparation time is limited.



Ingredients:

- 1 cup Cooked short-grain rice
- 80 g Canned tuna in water, drained
- 0.5 piece Avocado, sliced or diced
- 1 teaspoon Soy sauce
- A squeeze of lemon or lime juice

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 527, **Carbohydrate** 66g, **Protein** 27g, **Fat** 18g, **Calcium** 45mg, **Iron** 3.8mg

Directions:

1. Place hot cooked rice in a bowl.
2. Top with drained tuna and sliced or diced avocado.
3. Drizzle with soy sauce and a squeeze of lemon or lime juice and serve.

Suggested Variations/Swaps:

- Avocado can be replaced with cucumber, edamame, or corn.
- Use brown or mixed-grain rice if preferred.

HIGH-PROTEIN EGG TOAST WITH SPINACH



TAG: HP, REC

Light savory recovery snack delivering high-quality protein with some carbohydrates.

Key Performance Function: Useful for evening recovery when a smaller meal is appropriate, or as part of a larger meal.



Ingredients:

- 2 slices Whole-grain bread, toasted
- 1 Egg
- 2 Egg whites
- 0.5 cup Fresh spinach, chopped
- 0.5 teaspoon Canola oil

Directions:

1. Heat canola oil in a non-stick pan over medium heat.
2. Add chopped spinach and cook briefly until wilted.
3. Add the egg and egg whites and scramble until cooked through.
4. Serve the egg and spinach mixture on top of the toasted bread slice.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 372, **Carbohydrate** 39g, **Protein** 24g, **Fat** 14g, **Calcium** 168mg, **Iron** 4.2mg

Suggested Variations/Swaps:

- Wholemeal pita or tortilla can be used instead of bread.
- Add tomatoes or mushrooms for additional vegetables.

COTTAGE CHEESE BERRY PLATE



TAG: HP, REC, WM

Low-fat, high-protein option suitable for late-night recovery.

Key Performance Function:

Provides casein-rich dairy protein that is slowly digested, supporting overnight muscle repair.



Ingredients:

- 0.5 cup Low-fat cottage cheese
- 0.5 cup Mixed berries (fresh or frozen)
- 0.5 teaspoon Honey (optional)

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 189, **Carbohydrate** 20g, **Protein** 19g, **Fat** 4g, **Calcium** 211mg, **Iron** 0.44mg

Directions:

1. Place cottage cheese in a bowl or on a small plate.
2. Top with mixed berries.
3. Drizzle lightly with honey if desired and serve.

Suggested Variations/Swaps:

Use Greek yogurt if cottage cheese is not available.

Frozen berries can be thawed briefly in the refrigerator or used straight from frozen.

STRAWBERRY RECOVERY SMOOTHIE



TAG: HP, REC, WM

Provides a combination of carbohydrates and rapidly absorbed protein to optimize early recovery.

Key Performance Function: Suitable immediately after training, when fluid intake is also a priority.



Ingredients:

- 1 cup Frozen strawberries
- 1 scoop Whey or plant protein powder
- 1 cup Milk (any type)
- 1 teaspoon Honey (optional)

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 285, **Carbohydrate** 33g, **Protein** 29g, **Fat** 5g, **Calcium** 429mg, **Iron** 1.5mg

Directions:

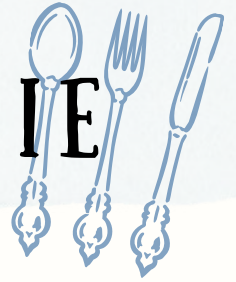
1. Add all ingredients to a blender.
2. Blend until smooth, adjusting liquid as needed for desired consistency.
3. Serve immediately.

Suggested Variations/Swaps:

Any frozen mixed berries can be used in place of strawberries.

Lactose-free milk or fortified soy milk can be used for athletes with lactose intolerance.

CHOCOLATE BANANA MUSCLE GAIN SMOOTHIE



TAG: HP, REC, MG

Energy- and protein-dense smoothie designed for athletes with higher energy requirements.

Key Performance Function:
Useful after heavy strength or high-volume sessions where both muscle repair and increased energy intake are desired.

Ingredients:

- 1 piece Banana, medium
- 2 tablespoons Instant oat
- 1 scoop Chocolate protein powder
- 1 cup Milk (any kind)
- 1 teaspoon Peanut butter

Directions:

1. Add banana, protein powder, milk, and peanut butter to a blender.
2. Blend until smooth and creamy.
3. Serve immediately after preparation.

Suggested Variations/Swaps:

Peanut butter can be omitted for a lower-fat version.



NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)**
381, **Carbohydrate** 51g, **Protein** 32g,
Fat 4g, **Calcium** 366mg, **Iron** 1.6mg

SECTION 7 - RECIPES (SINGLE-SERVING)

Breakfast



Pre-workout



Post-workout



Lunch + Dinner



Snack



STIR-FRY PORK + CABBAGE WITH RICE



TAG: HC, HP, REC

A simple lean pork and cabbage stir-fry served over rice, providing balanced carbohydrate and high-quality protein for training days.

Key Performance Function:
Supports glycogen replenishment and muscle recovery after moderate to high intensity sessions while remaining easy to digest.



Ingredients:

- 1 cup Cooked rice
- 120 g Pork tenderloin, thinly sliced
- 1.5 cups Cabbage, shredded
- 1 teaspoon Soy sauce
- 1 clove Garlic, minced
- A light sprinkle of black pepper(optional)
- 2 teaspoons Canola oil

Directions:

1. Heat canola oil in a nonstick pan over medium heat.
2. Add garlic and sauté briefly until fragrant.
3. Add sliced pork and cook until lightly browned and fully cooked.
4. Add shredded cabbage and stir-fry until just tender but slightly crisp.
5. Stir in soy sauce and a light sprinkle of black pepper.
6. Serve with rice.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 534, **Carbohydrate** 64g, **Protein** 32g, **Fat** 15g, **Calcium** 77mg, **Iron** 4.21mg

Suggested Variations/Swaps:

- Swap pork, beef, or fish fillet for chicken.
- Use firm tofu for the vegetarian version.

BEEF + EGG FRIED UDON



TAG: HC, HP, MG

High-carbohydrate meal with moderate protein for athletes with greater energy needs.

Key Performance Function:
Suitable on heavy training days or before long sessions where a larger carbohydrate load is required.



Ingredients:

- 200 g Udon noodles, cooked
- 80 g Lean beef slices
- 1 Egg
- 1 teaspoon Soy sauce
- 1 teaspoon Oyster sauce
- Spring onion (optional)
- 2 teaspoons Canola oil

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 486, **Carbohydrate** 87g, **Protein** 28g, **Fat** 17g, **Calcium** 28mg, **Iron** 2.8mg

Directions:

1. Heat canola oil in a non-stick pan or wok and stir-fry the beef slices until browned.
2. Add cooked udon noodles and toss with soy sauce and oyster sauce.
3. Push noodles to one side, crack in the egg and scramble, then mix through.
4. Garnish with sliced spring onion if available and serve.

Suggested Variations/Swaps:

Chicken, pork, or tofu can replace beef.

Use whole-wheat noodles where available to increase fiber intake.

THAI BASIL CHICKEN RICE



TAG: HC, HP, REC

a flavorful chicken and rice dish providing lean protein and carbohydrate for recovery.

Key Performance Function: Useful when variety in flavor is needed while still meeting basic performance nutrition principles.



Ingredients:

- 100 g Ground chicken
- 1 cup Cooked jasmine rice
- A small handful of fresh basil leaves
- 0.5 teaspoon Garlic, minced
- 1 teaspoon Soy sauce
- 0.5 teaspoon Fish sauce
- 1 teaspoon Oyster sauce
- Chilli to taste (optional)
- 2 teaspoons Canola oil

Directions:

1. Heat a canola oil in a non-stick pan and stir-fry garlic (and chilli, if using) briefly until fragrant.
2. Add ground chicken and cook until fully browned.
3. Stir in soy sauce, fish sauce, and oyster sauce.
4. Add basil leaves and cook until just wilted.
5. Serve the chicken mixture over hot jasmine rice.

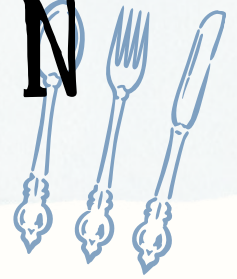
Suggested Variations/Swaps:

Ground lean pork or beef can be used instead of chicken. For a lower-sodium version, reduce the amount of sauces and add lime juice for extra flavor.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 501, **Carbohydrate** 61g, **Protein** 24g, **Fat** 17g, **Calcium** 39mg, **Iron** 1.8mg

TERIYAKI SALMON BOWL



TAG: HC, HP, REC, MG

A meal providing high-quality protein and omega-3 fatty acids with a carbohydrate base.

Key Performance Function: Appropriate recovery days when both muscle repair and anti-inflammatory nutrients are prioritized.



Ingredients:

- 120 g Salmon fillet
- 1 cup Cooked rice
- 1 tablespoon Teriyaki sauce
- 1 cup Broccoli florets, steamed
- 2 teaspoons Canola oil

Directions:

1. Heat canola oil in a non-stick pan over medium heat and cook the salmon fillet for 3 – 4 minutes per side until cooked through.
2. During the final minute of cooking, add teriyaki sauce to the pan and coat the salmon.
3. Serve salmon on top of hot rice with steamed broccoli on the side.
4. Dizzle any remaining sauce from the pan over the bowl.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 663, **Carbohydrate** 70g, **Protein** 35g, **Fat** 27g, **Calcium** 98mg, **Iron** 4.2mg

Suggested Variations/Swaps:

- Frozen salmon can be used if fresh is unavailable.
- Substitute broccoli with any available green vegetable.

JAPANESE CHICKEN CURRY



TAG: HC, REC, MGG

Comfort-style curry with rice supplies substantial carbohydrate and moderate protein.

Key Performance Function:
Suitable for refueling after high-volume sessions or as an evening meal prior to the next day's training.



Ingredients:

- 100 g Chicken breast, diced
- 1 cube Instant Japanese curry cube
- 0.5 piece Potato, small, diced
- 0.5 piece Carrot, small, diced
- 0.5 cup Water
- 1 cup Cooked rice
- 2 teaspoons Canola oil

Directions:

1. Boil diced potato and carrot in a small pot of water for 5 – 7 minutes until just tender.
2. Heat canola oil in a non-stick pan and add diced chicken, and cook until no longer pink.
3. Reduce the heat and add the curry cube, stirring until fully dissolved and the sauce thickens.
4. Adjust water as needed for the desired consistency.
5. Serve the curry over hot rice.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 631, **Carbohydrate** 79g, **Protein** 31g, **Fat** 20g, **Calcium** 48mg, **Iron** 3.3mg

Suggested Variations/Swaps:

Chicken can be replaced with tofu or chickpeas for a vegetarian version. Additional vegetables such as pea, mushroom or onions can be added.

PESTO CHICKEN PASTA



TAG: HC, HP, REC, MG

High-carbohydrate pasta dish with lean protein for robust refuelling.

Key Performance Function:
Appropriate for athletes requiring substantial energy intake around hard training days.



Ingredients:

- 80 g Dried pasta
- 100 g Cooked chicken breast, sliced
- 1 tablespoon Pesto sauce
- 0.5 cup Cherry tomatoes, halved

Directions:

1. Cook pasta in boiling water according to packet instructions, then drain.
2. In a bowl, combine hot pasta with pesto sauce, stirring to coat evenly.
3. Add sliced chicken and cherry tomatoes and mix gently.
4. Serve immediately.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 538, **Carbohydrate** 64g, **Protein** 42g, **Fat** 11g, **Calcium** 61mg, **Iron** 2.2mg

Suggested Variations/Swaps:

- Use whole-wheat pasta to increase fiber intake.
- Chickpeas or kidney beans can replace chicken for a vegetarian version.

BEEF QUINOA BOWL



TAG: HP, WM

High-protein meal with iron-rich beef and quinoa.

Key Performance Function:
Supports muscle repair and optimizes iron intake, which is particularly important for endurance athletes.



Ingredients:

90 g Lean beef mince
0.75 cup Cooked quinoa
0.5 cup Frozen peas
0.5 teaspoon Olive oil
Salt and pepper to taste

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 430, **Carbohydrate** 38g, **Protein** 26g, **Fat** 20g, **Calcium** 56mg, **Iron** 5.4mg

Directions:

1. Heat olive oil in a non-stick pan and cook minced beef until browned, breaking up lumps.
2. Add frozen peas and cook until heated through.
3. Stir in cooked quinoa and season with salt and pepper.
4. Serve hot in a bowl.

Suggested Variations/Swaps:

Use lean turkey or chicken mince instead of beef if preferred.
Mixed vegetables can replace peas.

LEMON HERB CHICKEN + POTATOES



TAG: HP, WM

Simple, balanced dish with lean protein and slow-digesting carbohydrate.

Key Performance Function: Suitable for both training and rest days when a moderate-energy, whole-food meal is desired.



Ingredients:

- 120 g Boneless chicken thigh, without skin
- 200 g Baby potatoes, halved
- 1 teaspoon Olive oil
- 1 teaspoon Lemon juice
- 0.5 teaspoon Mixed dried herbs
- 2 teaspoons Canola oil
- Salt and pepper to taste

Directions:

1. Microwave or boil baby potatoes for about 5 minutes until just tender.
2. Heat canola oil in a non-stick pan and cook the chicken thigh over medium heat, seasoning with herbs, salt, and pepper, until thoroughly cooked.
3. Add the par-cooked potatoes to the pan and lightly brown.
4. Finish with lemon juice and serve.

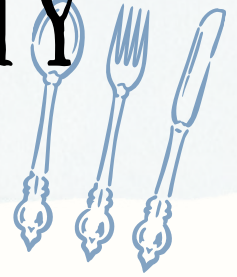
Suggested Variations/Swaps:

- Chicken breast can be used instead of thigh to increase iron content.
- Sweet potatoes can be substituted for baby potatoes.

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 422, **Carbohydrate** 37g, **Protein** 26g, **Fat** 23g, **Calcium** 156mg, **Iron** 3.3mg

HIGH-PROTEIN CREAMY MUSHROOM PASTA



TAG: HC, HP

Satisfying pasta dish with additional protein to support muscle repair.

Key Performance Function:
Useful as a post-training meal or main evening meal when intake needs are higher.



Ingredients:

- 80 g Dried pasta
- 1 cup Mushrooms, sliced
- 120 g Cooked chicken breast, sliced
- 0.5 cup Milk (any kind)
- 1 tablespoon Grated Parmesan cheese
- 0.5 tsp Canola oil
- Salt and pepper to taste

Directions:

1. Cook pasta according to packet instructions and drain.
2. Heat canola oil in a pan and sauté mushrooms until soft.
3. Add milk and simmer briefly, then stir in Parmesan to form a light sauce.
4. Add cooked pasta and chicken, and mix to coat.
5. Season with salt and pepper and serve hot.

NUTRITION INFORMATION

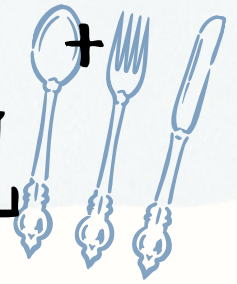
Amount per 1 serving: **Energy (kcal)** 597, **Carbohydrate** 69g, **Protein** 53g, **Fat** 10g, **Calcium** 228mg, **Iron** 2.3mg

Suggested Variations/Swaps:

Use whole-wheat pasta if available.

Chickpeas or tofu can be added instead of chicken for a vegetarian option.

TUNA COUSCOUS VEGETABLE BOWL



TAG: HP, WM

A quick, nutrient-dense meal providing carbohydrate, protein, and fiber.

Key Performance Function:
Useful when kitchen access is limited, as couscous only requires hot water and minimal cooking facilities.



Ingredients:

- 0.75 cup Couscous, cooked
- 80 g Canned tuna in water, drained
- 0.5 cup Frozen peas
- 1 teaspoon Lemon juice
- 0.5 teaspoon Olive oil
- Salt and pepper to taste

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 301, **Carbohydrate** 36g, **Protein** 27g, **Fat** 5g, **Calcium** 41mg, **Iron** 1.1mg

Directions:

1. Prepare couscous according to packet instructions using hot water.
2. Microwave or briefly boil frozen peas until hot.
3. Combine couscous, peas, and drained tuna in a bowl.
4. Dress with lemon juice, olive oil, salt, and pepper and mix well before serving.

Suggested Variations/Swaps:

- Use canned salmon or chickpeas instead of tuna if desired.
- Add chopped fresh herbs such as parsley for extra flavor.

SECTION 7 - RECIPES (SINGLE-SERVING)

Breakfast



Pre-workout



Post-workout



Lunch + Dinner



Snack



GREEK YOGURT MATCHA BOWL



TAG: HP, WM

High-protein snack with added antioxidants from matcha, suitable before sleep.

Key Performance Function:
Provides slowly digested dairy protein to support overnight muscle repair with minimal energy load.



Ingredients:

- 0.75 cup Plain Greek yogurt
- 0.5 teaspoon Matcha powder
- 0.5 teaspoon (optional) Honey
- 1 teaspoon (to dissolve matcha) Water

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 185, **Carbohydrate** 10g, **Protein** 17g, **Fat** 9g, **Calcium** 180mg, **Iron** 0.2mg

Directions:

1. Dissolve matcha powder in 1 teaspoon of water to form a smooth paste.
2. Stir the matcha paste into the Greek yogurt until evenly mixed.
3. Add honey or sweetener if desired and serve chilled.

Suggested Variations/Swaps:

Cocoa powder can be used instead of matcha.

Lactose-free yogurt or soy yoghurt may be used for athletes with lactose intolerance.

KIWI PROTEIN SLEEP SHAKE



TAG: HP, WM

A light, easily digested, low-calorie protein shake incorporating kiwi fruit – a natural source of melatonin that may support sleep quality.

Key Performance Function:
Provides protein to support overnight muscle repair while kiwi fruit enhances sleep onset and improves sleep quality.

Ingredients:

- 1 scoop Whey or casein protein (vanilla or unflavored)
- 2 pieces of kiwi fruit, medium
- 250 – 300 ml Cold water
- Ice cubes (optional)



NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 188, **Carbohydrate** 23g, **Protein** 19g, **Fat** 3g, **Calcium** 40mg, **Iron** 0.4mg

Directions:

1. Peel and chop the kiwi fruit into small pieces.
2. Add kiwi fruit, protein powder, and cold water into a blender.
3. Blend for 15 – 20 seconds.
4. Add ice cubes for extra thickness if desired.

Suggested Variations/Swaps:

Replace water with coconut water (sweetened or unsweetened) for a natural electrolyte boost.

HIGH-PROTEIN SOY MILK JELLY



TAG: HP, WM

Light, low-calorie dessert providing a modest amount of protein and calcium.

Key Performance Function:
Suitable for athletes who prefer a dessert-style snack in the evening without excessive energy intake.



Ingredients:

- 1 cup Sweetened soy milk
- 1 teaspoon Gelatin powder
- A few drops of vanilla extract
- Sweetener of choice to taste (optional)

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 151, **Carbohydrate** 17g, **Protein** 10g, **Fat** 4g, **Calcium** 62mg, **Iron** 1.6mg

Directions:

1. Gently heat soy milk in a small pot until warm but not boiling.
2. Sprinkle gelatin over the warm milk and whisk until completely dissolved.
3. Stir in vanilla extract and sweetener if using.
4. Pour into a small bowl or mould and refrigerate for 2 – 3 hours until set.

Suggested Variations/Swaps:

Almond milk or low-fat dairy milk can be used instead of soy milk.
For a firmer jelly, slightly increase the gelatin.

TOFU SAVORY PROTEIN BITES

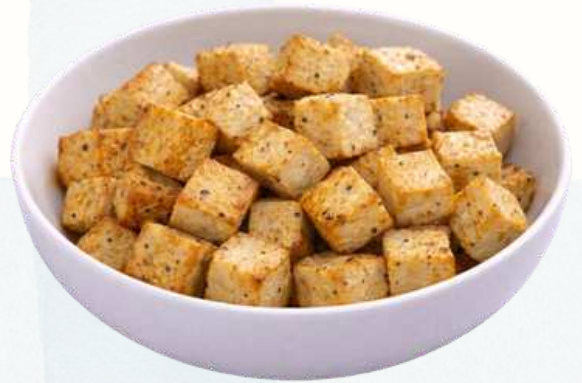


TAG: HP, WM

Plant-based snack delivering moderate protein with minimal carbohydrate.

Key Performance Function:

Useful for vegetarian or vegan athletes requiring additional evening protein without large volumes of food.



Ingredients:

- 120 g Firm tofu, cut into small cubes
- 0.25 teaspoon Soy sauce
- 1 teaspoon Canola oil
- A pinch of garlic powder
- Black pepper to taste

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 157, **Carbohydrate** 2g, **Protein** 12g, **Fat** 10g, **Calcium** 142mg, **Iron** 2.6mg

Directions:

1. Heat canola oil in a non-stick pan over medium heat.
2. Add tofu cubes and pan-fry, turning regularly, until lightly browned on all sides.
3. Sprinkle with soy sauce, garlic powder, and pepper and toss briefly before serving.

Suggested Variations/Swaps:

- Add a small amount of chili powder or paprika for extra flavor.
- Can also be baked in an oven or a cooking pan.

COTTAGE CHEESE + CINNAMON APPLE BOWL



TAG: HP, WM

Low-energy sweet snack providing slow-digesting casein protein.

Key Performance Function: Suitable close to bedtime to support overnight recovery, especially in athletes with higher protein requirements.



Ingredients:

- 0.5 cup Low-fat cottage cheese
- 1 piece Apple, medium fruit, finely chopped
- A sprinkle of ground cinnamon

NUTRITION INFORMATION

Amount per 1 serving: **Energy (kcal)** 180, **Carbohydrate** 29g, **Protein** 13g, **Fat** 3g, **Calcium** 145mg, **Iron** 0.6mg

Directions:

1. Place cottage cheese in a small bowl.
2. Top with finely chopped apple.
3. Sprinkle with cinnamon and serve.

Suggested Variations/Swaps:

Apple can be replaced with a pear or berries. Lactose-free cottage cheese or a lactose-free yogurt may be used for athletes with lactose intolerance.



Thank you!

