

Protein and Fat Meals

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Best used:

- Anytime of the day other than around training (goal dependent)
- Rest days
- Breakfasts (especially meals containing red meat)
- During a low carb or 'reset' plan/phase

Why eat these meals:

- To help regulate blood sugar levels throughout the day
- To 'teach' your body to use fats as fuel, resulting in greater fat loss long term
- To keep you fuller for longer
- To help 'clean out' your digestive system and liver pathways
- Increase mental focus and awareness

Homemade Beef Burgers

Prep time: 5 mins

Cooking time: 20 mins

Ingredients: Makes 3-4 burgers

500g grass fed lean beef mince

1 whole egg

1 egg white

1tsp coconut oil

½ cup onions

2 cloves garlic

2 fresh chillies (optional)

Salt, pepper, mixed herbs to taste

2 handful of spinach

4 slices of beetroot



Cooking Instructions:

Mash the egg and egg white into the mince and add the onions, garlic, chillies and spices in the same bowl. Use your hands to mould the mixture into 3-4 patties. Fry the patties in the coconut oil on a medium heat, turning throughout till cooked. Layer the spinach and beetroot on top of each one.

Baked Salmon and Saut

Prep time: 5 mins

Cooking time: 15 mins

Ingredients

200g Salmon fillet

Optional seasoning for salmon:

Salt, pepper, mixed herbs and chilli flakes

1 tsp coconut oil or grass fed butter

1 cup red cabbage

¼ white onion

1 fresh red chilli



Cooking Instructions:

Season salmon and bake in the oven for 12-15 minutes at 190°C/374°F

Whilst cooking melt the coconut oil/butter in the pan, add the red cabbage and saute for 3-4 minutes. Add the onion and chopped up red chilli and continue to cook and mix till onion and cabbage starts to brown. Serve beside salmon.

The Simple Steak

Prep time: 2 mins

Cooking time: 5-10 mins

Ingredients:

200g Grass-fed Sirloin Steak

Salt, pepper, chilli flakes

1 tsp coconut oil

1 cup broccoli

20g almonds/cashews (optional)



Cooking Instructions:

Season the steak with salt, pepper and chilli flakes on both sides, whilst the oil is melting in a pan. Reduce to a low-medium heat and add the steak and broccoli. Keep turning the steak over until it's cooked to your pleasure (keep an eye on it). Cook the broccoli till it's slightly brown and add the nuts for 30s before removing.

Tuna Wraps

Prep time: 10 mins

Cooking time: 0 mins

Ingredients:

1 can tuna in brine or water (drained)

1 carrot

1 plum tomato

1 mini cucumber

¼ red onion

Large handful spinach

½ avocado

3 lettuce wraps

1 tbsp extra virgin olive oil

1 tbsp apple cider vinegar (optional)

Salt, pepper & paprika



Cooking Instructions:

Prepare the lettuce wraps ready to be filled. Cut up the carrot, cucumber, tomato, red onion and avocado into small pieces and put in a bowl. Drain the tuna and add it to the bowl along with the olive oil, vinegar and seasonings. Mix with your hands and fill each lettuce wrap with the tuna and vegetables. (Can be made as a simple salad without the lettuce wraps)

Protein and Carbohydrate Meals

Best Used:

- Before and/or after training
- Before bed
- During a high carb or muscle building phase

Why eat these meals:

- To promote muscle growth
- To provide fuel for training
- To aid recovery from training

- To help relax before bed and improve sleep quality

Ginger and Mixed herbs Chicken 'n' Rice

Prep time: 10 mins

Cooking time: 25 mins

Ingredients:

200g chicken breast

Desired amount of raw white jasmine rice

1 vegetable stock cube

1 tsp turmeric

¼ tsp coconut oil

¼ red or yellow peppers

1 carrot

½ cup chopped green beans

1 tsp fresh ginger



1 tablespoon mixed herbs (oregano, basil, thyme)

Fish 'n' Chips

Prep time: 10 mins

Cooking time: 25 mins

Ingredients:

200g white fish fillet of your choice

250g sweet or white potato (cut into 'chip' shapes)

½ cup peas

Salt, pepper, paprika, cinnamon, chilli flakes

1 tsp olive oil

Cooking Instructions:

Add stock cube to boiling water and simmer rice till cooked adding the turmeric with a few minutes to go. At the same time bake the chicken at 190°C/374°F for 18-20 mins until cooked. When the chicken and rice is around 5 minutes from being done, add the coconut oil to the pan and sauté the beans, carrot and pepper. When the oil starts to run out add 3 tablespoons of the broth from the rice and add the ginger. Cook for 3-4 more minutes and add the mixed herbs before serving everything together.



Cooking Instructions:

Place the fish fillet on one baking tray and season with salt, pepper, paprika and chilli flakes. In a bowl add the sweet potato chips and mix with the olive oil, salt and cinnamon till each chip is coated. Place the chips on a separate baking tray. If you have 2 ovens cook the fish at 190°C and the chips at 230°C. If you only have one oven set it to 190°C and turn it up once the fish is removed. Cook the fish for 10-15 minutes until cooked and the chips for 20-25 minutes turning once half way through. Boil your peas till cooked and serve all together.

Protein Porridge

Prep time: 2 mins

Cooking time: 3 mins

Ingredients:

100g organic porridge oats

1 tablespoon 100% natural nut butter

1 cup water

1 scoop chocolate protein powder

Dash of cinnamon

1 tsp shredded coconut (optional)



Cooking Instructions:

Add the oats and nut butter into a bowl and cover with water (or so all the oats are covered). Microwave on full power for 2-3 minutes until majority of the water has been used up. Add the protein powder and mix well. Sprinkle the cinnamon and shredded coconut on top.

Post Workout Pizza

Prep time: 5 mins

Cooking time: 30 mins

Ingredients:

200g chicken breast

1 whole wheat wrap

3 tbsp green pesto

½ cup broccoli florets (cut very small)

½ cup asparagus (cut small)

1 plum tomato (thinly sliced)

½ cup mature cheddar cheese (optional)



Cooking Instructions:

Bake the chicken at 190°C/374°F for 18-20 mins until cooked. Cut up into pieces and mix in a bowl with the broccoli and asparagus. Lay the wrap on a baking tray and spread the pesto on top leaving an inch around the edges for the crust. Place the other ingredients on top including the sliced tomato. Put back into the oven for 10 mins, cut into slices and serve.

Side Dishes

Best Used:

- With any meal
- Combined with your meat/fish of choice
- Make double servings of any of these to improve food prep efficiency

Why eat these meals:

- To keep your meals flexible and interesting

- To increase vegetable and fibre intake
- To keep you fuller for longer

Spiced Cauliflower Sauté

Prep time: 5 mins

Cooking time: 10 mins

Ingredients:

3 cups cauliflower

1 whole carrot sliced

1/3 cup peas

1/4 cup water



2 tsp ground cinnamon

1 tbsp extra virgin olive oil

Cooking Instructions:

In a frying pan add the cauliflower and sliced carrot and the $\frac{1}{4}$ cup of water on a medium heat. Once the water has almost evaporated add the peas and cook till cauliflower is slightly brown. Add the cinnamon for the last minute and stir. Remove and cool down for 2 mins before stirring in the olive oil.

Curried Coconut Cabbage

Prep time: 5 mins

Cooking time: 15 mins

Ingredients:

1 tbsp coconut oil/natural butter

1 cup white cabbage

½ cup onion

½ cup red pepper

½ cup coconut milk

1 tsp fresh garlic

1 tsp fresh ginger

1 tsp curry powder

Salt, pepper, paprika to taste



Cooking Instructions:

Add the cabbage to the coconut oil/butter in a medium heat pan. Sauté till cabbage shrinks down, add onions and peppers and sauté 2-4 mins more. Add one tablespoon of the coconut milk along with the garlic, ginger and curry powder and sauté for 2 more minutes. Add remaining coconut milk and salt, pepper and paprika to taste.

Pan Fried Asparagus

Prep time: 5 mins

Cooking time: 10 mins

Ingredients:

1 pack asparagus

1 tbsp natural butter

Salt, pepper, paprika



Cooking Instructions:

Season the spears and melt the butter in a pan on a medium heat. Fry for 8-10 minutes until slightly brown both sides.

Healthy 'Treats'

Best Used:

- As an OCCASSIONAL treat
- On the same day as a workout

Why eat these meals:

- To keep mentally relaxed
- As a healthier approach to process and refined sugars
- To satisfy cravings

Peanut Butter Protein Cups

Prep time: 30 mins

Cooking time: 3 hours (freezer)

Ingredients:

1/3 cup coconut oil

3 tablespoons cocoa powder

3 tablespoons chocolate protein powder

3 tablespoons 100% natural peanut butter



Cooking Instructions:

Grease a muffin tray with butter. Melt HALF the coconut oil in the microwave to a liquid and mix in HALF the protein powder and HALF the cocoa powder. Take the mixture and split evenly between the muffin tins (2-3 mm in each). Put tray into the freezer for 20 minutes.

Remove tray from freezer and evenly spoon peanut butter onto each chocolate layer. Repeat step 1 with the remaining coconut oil, protein powder and cocoa, and pour mixture on top of the half cups.

Put completed cups back into the freezer for at least 3 hours before eating.

Chocolate Chip Cookies

Prep time: 10 mins

Cooking time: 10 mins

Ingredients:

1 cup oat flour (oats blended)

$\frac{3}{4}$ cup natural Greek yoghurt

2 egg whites

$\frac{1}{2}$ tsp vanilla essence

1 tsp baking powder

$\frac{1}{2}$ tsp salt



½ cup organic dark chocolate chips

Cooking Instructions:

Mix dry ingredients (oat flour, baking powder and salt) together and mix wet ingredients (yoghurt, egg whites and vanilla) separately.

Combine together in one bowl and stir in chocolate chips. Dollop the batter onto a baking tray in 8-12 circles. Bake for 8-10 minutes at 190°C BUT keep an eye on them so they don't burn! Leave to cool for 5 minutes before eating.