

# TBR COOK BOOK



Athlete friendly, recipes to help you meet your daily nutrition goals



## BREAKFAST

### Tropical Bircher Muesli (from VIS recipes)

#### INGREDIENTS (Serves 3)

2 cups Muesli

1 cup diced mango (fresh or frozen)

1 cup Greek yoghurt (plain or flavored – look for a low sugar one)

1 cup low fat milk

½ cup of apple juice

2 table spoons of shredded coconut

1 table spoon of honey

fresh fruit to serve (e.g. berries and/or banana)

#### METHOD

1. Place muesli in a large bowl and add the milk, juice, yoghurt, mango, coconut and honey
2. Mix well and let it stand overnight (covered)
3. Enjoy chilled with fresh seasonal fruit and extra yoghurt

### Savory Brekkie Wrap (from VIS recipes)

#### INGREDIENTS (Serves 1)

¼ medium red capsicum (diced)

2 spring onions (thinly sliced)

1 teaspoon olive oil

1 egg (extra large)

1 tablespoon low fat milk

2 slices of lean ham cut into strips

1 flour tortilla

#### METHOD

1. Dice the capsicum. Thinly slice spring onion
2. Heat a medium-sized non stick frying pan over a medium heat
3. Add the olive oil to the pan. Sautee, the capsicum and spring onion until tender
4. Lightly beat the egg and milk in a jug using a fork. Pour the mixture evenly into the frying pan and add sliced ham. Stir often until scrambled.
5. Heat up the tortilla as directed. Spoon the fixture onto the center of the tortilla and roll it up. Enjoy!

#### VARIATIONS

*You may like to add half an ripe avocado (sliced) and/or chopped tomato to the wrap. Place this on cooked egg mixture before you roll up the wrap.*



## Savory Pancake (Hambo's recipes)

INGREDIETS (Serves 2)

¼ cup brown rice flour OR coconut flour OR buckwheat flour

1 egg (extra large)

½ cup low fat milk

¼ cup blueberries

¼ banana (sliced)

1 teaspoon butter

### METHOD

1. Beat the egg lightly in a bowl using a fork
2. Gradually add brown rice flour OR coconut flour OR buckwheat flour AND milk, continue to stir until mixture is smooth
3. Slice banana and add banana and berries to the mix
4. Heat a medium-sized non stick frying pan over a medium heat and add butter to grease
5. Pour half of the mixture into the pan to cook 1 savory pancake

### VARIATIONS

*You may like to add some healthy toppings for extra flavor. A few berries and/or banana in the blender make a good healthy sauce.*



## LUNCH

### Mexi Salw (VIS recipes)

#### INGREDIENTS

	1 lime
1 can black beans	½ cup of greek yoghurt
1 can of sweet corn kernels	2 teaspoons of cumin
½ red cabbage	Drizzle of honey
1 carrot, grated	Salt
3 spring onions, finely chopped	Parsley, finely chopped

#### METHOD

1. Shred the cabbage and mix with grated carrot
2. Add beans, corn kernels and spring onion, mix to combine
3. To make the dressing; combine juice of the lime, cumin, yoghurt, honey and salt
4. When ready to serve, stir the dressing through the salad
5. Top with parsley

### Quick meat and veg skewers (Hambo's recipe)

#### INGREDIENTS

	Juice of 1 lemon
Chicken OR Lamb OR Beef fillets/steaks	1 teaspoon of diced garlic
Vegies of choice (Capsicum, Onion, Zucchini, Eggplant)	1 teaspoon of rosemary
	Spray oil

#### METHOD

1. Soak wooden skewers in water for an hour
2. Mix lemon juice, diced garlic and rosemary in a bowl
3. Pre heat fry pan or bbq hot plate
4. Dice meat and veggies into bite sized pieces and feed onto skewers
5. Dip meat and veg skewers in marinade
6. Spray hot plate/fry pan with oil. Fry meat and veg skewers until cooked.

## DINNER

### Quinoa and roast veg salad (VIS recipes)

#### INGREDIENTS

¼ pumpkin OR 1 medium sweet potato	4 tbsp currants
1 zucchini	Handful of mixed greens (e.g. spinach/kale)
1 red capsicum	3 tbsp olive oil
200g feta cheese	½ lemon squeezed
Handful of mint leaves	Drizzle of honey
2 packets of sunrice microwave rice and quinoa (or you can pre cook quinoa from scratch, 2 cups)	1 garlic clove crushed or chopped
	Salt and pepper to season

#### METHOD

1. Preheat oven to 200 degrees Celsius
2. Chop up into 3cm cubes of pumpkin/sweet potato, zucchini and capsicum mix together with a sprinkle of oil, lemon juice, honey and garlic
3. Combine packet rice and quinoa, currants, mint leaves, almonds, spinach, feta, roasted vegetables and dressing and toss to mix. Season with salt and pepper.

### Easy slow cooker pumpkin risotto (VIS recipes)

#### INGREDIENTS (serves 4)

30g butter	½ cup of low fat cream
2 spring onions, sliced	1 cup of grated parmesan
1.5 cups of pearl barley, rinsed	2 cups of spinach
½ teaspoon of thyme	¼ cup of pine nuts toasted
1 chicken stock cube, crumbled	Fried sage leaves to garnish (fry in a bit of butter)
600g of butternut pumpkin	NOTE: add diced chicken pieces to boost protein of this meal

#### METHOD

1. Preheat slow cooker on a high setting for 5min. Add butter, spring onion and barley
2. Cut pumpkin in 1cm cubes and add to the slow cooker with thyme, chicken stock cube (if adding chicken lightly fry until just browned and add to slow cooker now)
3. Stir in 3.5 cups of boiling water and cover with the lid
4. Cook for 2.5 hours on higher setting or 5 hours on low setting
5. Once cooked, stir through the cream, ½ of the parmesan and spinach. Recover and cook for a further 15 minutes.
6. Spoon into serving bowls and top with toasted pine nuts, parmesan and fried sage leaves.

## Prosciutto wrapped chicken with tomato basil salad (Kate's recipe)

### INGREDIENTS

	A few basil leaves, shredded
125 g chicken breast or mini chicken fillets	Juice of ½ lemon
4 slices of lean prosciutto	½ teaspoon Dijon mustard
2 big tomatoes, sliced	sea salt and ground black pepper

### METHOD

1. Preheat oven to 180 C
2. Wrap the chicken breast in the prosciutto slices, or wrap each mini chicken fillet in a single slice and season with salt and pepper. Bake for about 15min, until cooked through.
3. Serve with a tomato and basil salad, dressed with the lemon juice, olive oil, mustard and salt/pepper.

## Pad Thai (VIS recipes)

### INGREDIENTS (serves 4)

	1 tbsp fish sauce
200g Pad Thai rice noodles	2 eggs, lightly beaten
1 tbsp olive oil	1 cup bean sprouts
2 small chicken breast (diced)	½ cup coriander leaves
4 spring onions, roughly chopped	¼ cup crushed peanuts
150g snow peas, trimmed and halved	Lime wedges to serve
1 tbsp natural peanut butter	

### METHOD

1. Prepare the noodles following packet directions.
2. Heat a wok (or large fry pan) over medium-high heat, add the olive oil. Stir-fry half the chicken for 3min or until cooked through. Transfer to a plate. Repeat with the remaining chicken.
3. Stir-fry the spring onions and snow peas for 1 min. Add the peanut butter and fish sauce and mix through. Stir-fry for 1 min or until vegetables are tender crisp.
4. Make a well in the center. Add egg and stir-fry for 1 min or until egg is almost cooked. Add bean sprouts, noodles and chicken. Stir fry for 1 min or until combined. Top with the coriander and peanuts, serve with lime wedges.

## Mexican bowl (VIS recipes)

### INGREDIENTS (serves 4)

500g of lean turkey mince (any lean mince can be used)

1 carrot, peeled and grated

½ white onion, diced

1 teaspoon of garlic

1 tin of 4 bean mix

1 sachet of taco seasoning

2 tomatoes, diced

1 avocado, sliced

1 cup of corn kernels

2 cups of cooked brown rice (option to increase carb content)

1 small tub of hummus dip

Low fat grated cheese

### METHOD

1. If adding rice to this dish, cook according to packet directions. Alternatively, can use the 90 sec microwave pouches.
2. Fry garlic and onion in fry pan with a drizzle of olive oil for 1-2 min.
3. Add mince, grated carrot, 4 bean mix and taco seasoning. Mix until cooked
4. Divide the rice up between 5 bowls, add cooked mince on top
5. Add tomato, avocado, corn kernels, hummus dip and low fat grated cheese.

## Asian inspired salmon and veg (VIS recipes)

(serves 2)

### INGREDIENTS SALMON

2 x 150g salmon fillets

1 tablespoon of sesame oil

2 teaspoons of lemongrass (tube option is fine)

1 teaspoon of crushed garlic (fresh or jar)

1 teaspoon chili powder

2 tablespoons of lime juice

1 teaspoon of coriander, finely chopped

### INGREDIENTS VEG

2 bunches of bok choy (stem removed)

1 bunch of chinese broccoli, lightly boiled so it's a little soft

1-2 carrots, grated using the zucchini noodle grater (makes long thin strips)

2 teaspoons of sesame oil

2 teaspoons of garlic

2 tablespoons of soy sauce

1 tablespoon of fish sauce

1 teaspoon of coriander, finely chopped

A handful of peanuts, crushed

### METHOD

1. Start with marinating the fish. In a bowl, add the oil, lemongrass, garlic, chili, lime juice and coriander. Mix well
2. Spread over the fish and let the fish marinate for 10-15min.
3. Preheat the oven to 180 degrees C and line a baking tray with baking paper.
4. Meanwhile boil the broccoli for 2-3 min, just until a little soft.
5. Once fish is marinated, bake in the oven for 10-12 min (depending on thickness of fish)
6. In a large fry pan, add sesame oil and garlic and heat for 1 min. Add the broccoli and bok choy and stir.
7. Next add the soy sauce, fish sauce and coriander.
8. Add the carrot last (it cooks the quickest).
9. Stir all veggies to combine, divide between 2 plates and top with crushed peanuts.
10. Remove fish from the oven and serve with the veg.

## SNACKS

### Cashew, Coconut & Cacao Bliss Balls (VIS recipes)

#### INGREDIENTS

	2 tablespoons of natural peanut butter
½ cup of raw cashew nuts	1 tablespoon of raw cacao
½ cup of desiccated coconut	A little extra coconut for rolling
¾ cup of pitted dates (note: cook the dates for 2min in a saucepan with 3-4 tablespoons of water to soften)	

#### METHOD

1. Blend all ingredients in a food processor until combined
2. If mixture is too dry, add a little water or using a few tablespoons of coffee gives a nice flavor
3. Roll mixture into balls
4. Roll in coconut
5. Refrigerate before serving

### Savory Muffin (VIS recipe)

#### INGREDIENTS (makes 12 muffins)

	150g peeled and grated sweet potato
100g baby spinach	1/3 cup finely grated parmesan
2 eggs	spray oil
1 ½ cups plain flour	2 tablespoons olive oil
3 teaspoons baking powder	2/3 cup skim milk
6-8 cherry tomatoes, halved	

#### METHOD

4. grease and line a 12 hole muffin tray. Preheat oven to 180 degrees C
5. Boil water in saucepan, then place spinach into water for 10 seconds or until it starts to wilt and remove from water. Drain well.
6. Sift flour and baking powder into a large bowl. Add spinach, sweet potato, cherry tomato and cheese.
7. Place eggs, milk and oil in a large jug and whisk to combine. Add wet ingredients to the dry ingredients and stir until just combined (do not over mix)
8. Divide mixture between prepared muffin holes. Bake for 15-20 min or until muffins are golden and cooked through
9. Remove muffins from tray, transfer to a wire rack and set aside to cool. Serve.



## Healthy Mexican Canapés (Hambo's recipe)

### INGREDIENTS

Fresh Coriander	½ red onion
2 large ripe tomatoes	1 lime
½ cucumber	pitta bread

### METHOD

1. Pre heat oven to 180 degrees C
2. Dice tomatoes, cucumber, red onion and fresh coriander, cut lime in half
3. Place pitta bread in oven for 5-8min or until hot
4. Put tomatoes, cucumber, red onion, coriander in blender and squeeze the juice of the lime into the blender also. Blend into a salsa.
5. Cut pitta bread into triangles and serve with the salsa.

