

RECIPES

Quick & easy meals



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Easy egg sandwich

Serves 2

Adapted from Australian Institute of Sport

No time to cook lunch? This healthy egg sandwich is not only budget-friendly, it also takes no time to prepare!

Ingredients

- 4 eggs
- 2 tablespoons mayonnaise
- 1 tbsp Dijon mustard
- Salt and pepper, to taste
- 4 slices wholemeal/wholegrain bread
- 1 cup rockets or lettuce (to place between bread)

Method

1. Hard boil eggs for 10 minutes and while warm, remove shell and mash eggs well.
2. In a bowl, thoroughly combine egg with mayonnaise and mustard. Season with salt and pepper
3. Spread egg on half of the bread slices, top with rockets or lettuce, and finish with another slice of bread. Cut into half or triangles as desired.



Image: <https://recipes.sainsburys.co.uk/recipes/snacks/egg-mayonnaise-sandwich>

Tip: Omit the mayonnaise to further reduce the fat content

Nutrition information per serving:

517 calories, 41g carbohydrates, 24g protein, 27g fat

Healthy Overnight Oats

Serves 2

Recipe adapted from Healthy Fitness Meals

Oats are a fantastic breakfast option because it is loaded with fibre. The fibre in oats helps keep you full and satisfied and provides a slow release of glucose to fuel you for a longer period of time. Adding milk and yoghurt increases the protein content of the meal while providing added nutrients. Overnight oats are a really popular recipe because it is so easy to make and extremely versatile.

Ingredients

- 1 cup (80g) Rolled oats
- 1 cup milk
- 1/2 cup Greek yoghurt
- 1 tablespoon Chia seeds
- 1/2-1 teaspoon cinnamon powder (optional)
- 1-2 tablespoon honey (optional)
- Toppings (choose 1-2): 1 handful frozen fruit, 1 banana, 1 handful mixed nuts or 1 tablespoon peanut butter

Method

- 1) Place the oats, milk, yogurt, chia seeds, cinnamon powder and honey in a bowl/mason jar/container. Stir with a spoon until combined well.
- 2) Cover the bowl and place It in the fridge overnight.
- 3) In the morning, divide the oat mixture into two bowls. Top with your desired toppings. For protein options, choose nuts and/or peanut butter.



Nutrition information per serving (excludes optional ingredients and toppings):
361 calories, 35g carbohydrates, 14g protein, 17g fat

Peanut Butter Baked Oats

Serves 1

Recipe adapted from Tornadough Alli

Baked oats really do live up to the hype. It is just like having cake for breakfast, only a healthier and more nutritious cake.



Ingredients

- 1/2 cup (40g) Rolled oats
- 1/2 cup milk
- 2 tablespoons peanut butter, divided
- 1 tablespoon honey
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 chocolate square for topping (optional)
- Healthier topping ideas (choose 1-2): banana, mixed nuts, or dried fruit

Method

- 1) Preheat the oven to 200°C and grease a small baking dish or larger ramekin and set aside.
- 2) Add the oats, milk, 1 tablespoon peanut butter, honey, baking powder, vanilla extract, and salt to a blender and blend until smooth.
- 3) Pour the blended oat mixture into the baking dish or ramekin.
- 4) Bake for 20-22 minutes or until a toothpick inserted into the center comes out clean.
- 5) Remove from the oven and allow to cool for a few minutes (but not for too long). Top with the remaining 1 tablespoon of peanut butter and additional toppings of your choice.



Nutrition information per serving (excludes optional ingredients and toppings):
526 calories, 60g carbohydrates, 17g protein, 24g fat

Tuna salad sandwich

Serves ~5

Adapted from Hummusapien

Ingredients

- 2 cans tuna, drained
- 1/2 cup sauerkraut
- 2 tablespoons low-fat mayonnaise
- 1 tablespoon finely chopped dill
- 1/3 cup finely chopped bell pepper
- 1/3 cup finely chopped onion
- 1/3 cup finely chopped celery
- 2 tablespoons Dijon mustard
- Pinch of salt and pepper (to taste)
- Lettuce (to place between sandwich)
- 10 slices of bread (2 slices for each sandwich)



Method

1. Place all ingredients in a mixing bowl and mix well.
2. Serve between 2 slices of toasted bread and place lettuce between bread



Nutrition Information per serving:

388 calories, 46g carbohydrates, 29g protein, 8g fat

Whole Wheat Pancakes

Serves 3

Adapted from Hummusapien

Ingredients

- 50g melted unsalted butter
- 180g whole wheat flour
- 3 ½ teaspoons baking powder
- ½ teaspoon cinnamon (optional)
- 1 tablespoon sugar
- 300ml milk
- 1 large egg
- Optional toppings: Blueberries or chocolate chips
- Maple syrup to serve



Method

- 1) In a large bowl, whisk together flour, baking powder, salt, cinnamon and sugar.
- 2) In a small bowl, add milk, egg, melted butter and whisk until smooth. Pour this mixture into dry ingredients and mix just until combined. Be careful not to over-mix the batter. Mixture might have lumps, which is okay.
- 3) Add 1 tablespoon of butter or oil in a large skillet over medium heat. Once hot, add 1/3 cup of pancake batter to skillet. Cook 2 - 3 minutes per side, flipping once bubbles start to form and cook 1 - 2 minutes or until golden.
**Optional toppings: Add chocolate chips or blueberries toppings to each side of the pancake before flipping over*
- 4) Repeat Step 3 with the rest of the batter. Serve with maple syrup if desired.



Nutrition Information for 2 pancakes (excludes maple syrup and toppings):
447 calories, 52g carbohydrates, 13g protein, 20g fat

Muffin Pan Frittatas

Makes 6

Running out of ideas to pack a healthy snack? These muffin pan frittatas are not only easy to prepare, they are also packed with flavour!

Ingredients

- 1 tbsp olive oil
- Half green bell pepper (chopped)
- Half red pepper (chopped)
- 1 small red onion (chopped)
- 6 eggs
- 80 g shredded Cheddar cheese
- Sprinkle of salt and pepper
- Mixed herbs



Method

1. Preheat oven to 175°C. Brush 6 muffin cups with olive oil.
2. Heat olive oil in a skillet over medium heat; cook and stir onions for 2 minutes, then add in peppers. Stir fry for another 2 minutes.
3. Whisk eggs, salt, and black pepper together in a bowl. Mix cooked vegetables and cheddar cheese into egg mixture. Spoon mixture into each muffin cup and sprinkle the top with mixed herbs.
4. Bake in the preheated oven until frittatas are set in the middle and lightly browned, about 20 minutes.

Nutrition information per piece:

153 calories, 3g carbohydrates, 10g protein, 11g fat

No-Bake Brownie Bites

Makes 14 brownie bites

Adapted from Minimalist Baker

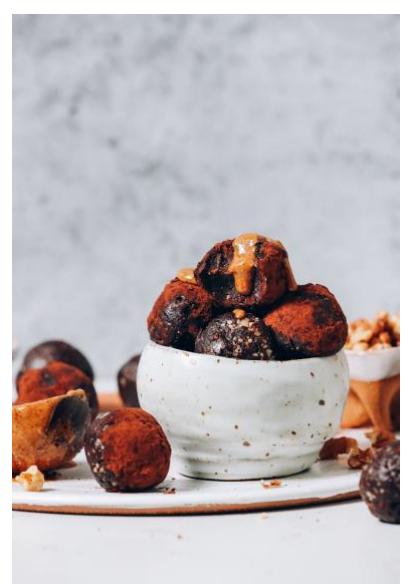
Fudgy, nutty and wholesome - make these easy no-bake brownie bites to satisfy your sweet tooth!

Ingredients

- 250g medjool dates (~14 dates, measured after pitting)
-if dates are dry, soak in warm water for 10 minutes then drain and pat dry
- 24g cacao or cocoa powder, plus more for rolling
- 30g roughly chopped raw or lightly roasted walnuts
- 24g creamy almond butter (or any nut butter)
- 1 pinch sea salt
- $\frac{1}{4}$ teaspoon vanilla extract

Method

1. Add pitted dates, cacao powder, walnuts, almond butter, salt, vanilla extract into a food processor
2. Pulse until mixture is well blended and starts to lump together (~30 seconds to 1 minute). If it is too dry or crumbly and doesn't stick together when pressed between 2 fingers, add more nut butter or dates
3. Scoop out about $1 \frac{1}{2}$ tablespoon of mixture and gently roll into balls.
4. Enjoy immediately or roll in extra cocoa or cacao powder. Store leftovers in refrigerator for up to 2 weeks or in the freezer for up to 1 month. Let it come to room temperature for soft, fudgy texture



Nutrition information per bite:

107 calories, 20g carbohydrates, 2g protein, 3g fat

No-Bake Chocolate Chip Cookies

Makes 12 cookies

Adapted from Minimalist Baker

Made with only 5 ingredients and naturally sweetened with dates, these chocolate chip cookies are a great alternative to their refined counterparts.

Ingredients

- 200g medjool dates (measured after pitting)
-if dates are dry, soak in warm water for 15 minutes then drain and pat dry
- 110g almond flour or oat flour (make your own by blending rolled oats to fine texture)
- ½ teaspoon vanilla essence
- 1 good pinch of sea salt
- 20g chocolate chips or pieces

Method

1. Add pitted dates into a food processor and pulse until a ball is forming. Use a spoon to break ball up into smaller pieces so that other ingredients below can blend easily.
2. Add almond/oat flour, vanilla, and sea salt. Pulse to combine.
3. Dough should hold together when pressed between your fingers. If too dry, add more dates.
4. Scoop out about 1 ½ tablespoon of mixture and gently roll into balls. Then flatten gently between your palms into a disc shape. Smooth edges with your fingers.
5. Top with chocolate chips and enjoy! Store leftovers in refrigerator for up to 2 weeks or in freezer for 1 month.



Nutrition information per bite:

119 calories, 17g carbohydrates, 2g protein, 6g fat

Zucchini Almond Butter Bars

Yields 12 small bars

Adapted from [Hummusapien](#)

Zucchini in a dessert? Yes, you heard that right! The best part? You can barely taste the zucchini! Give this recipe a try instead of those laden with butter and sugar!

Ingredients

- $\frac{3}{4}$ cup creamy almond butter
- 1 heaping cup of grated zucchini (~1 small to medium zucchini)
- 1 large egg
- $\frac{1}{4}$ cup maple syrup
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg (optional)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup chocolate chips (optional)

Method

1. Prepare a 8x8 inch baking pan. Pre-heat oven to 175°C
2. In a large bowl, stir together almond butter, grated zucchini, egg, maple syrup, and vanilla until combined.
3. Stir in baking soda, cinnamon, nutmeg and salt. Fold in chocolate chips
4. Bake for 30 minutes or until skewer/knife comes out clean. Store in an airtight container at room temperature for up to 2 days or in the refrigerator for 5 days.



Nutrition Information per bar:

150 calories, 8g carbohydrates, 4g protein, 11g fat

Banana Peanut Butter Smoothie

Makes 1 serving

If you love peanut butter and bananas, this is the smoothie to try! 3 simple ingredients are all it takes to make this no-fuss recipe - a good source of quality carbohydrates, protein, healthy fats and fibre for your workout needs.

Ingredients:

- 1 frozen banana
- 1 cup milk
- 1 tsp natural peanut butter
- Toppings: Honey/ Oats/ Berries/ Granola/ Nuts (optional)

Method

1. Place all ingredients in a blender and blend until smooth.



Nutrition information per serving:

288 calories, 35g carbohydrates, 15.7g protein, 12g fat

Berry Smoothie

Makes 1 serving

Adapted from Hummusapien

This smoothie is a great recovery nutrition beverage after an exercise session. This is especially handy if you want to consume carbohydrate, protein, fluid, and electrolytes all in one go!

Ingredients

- ½ cup frozen berries
- 1 medium ripe banana (optional to slice and freeze beforehand)
- 2 tablespoons rolled oats
- 1 tablespoon almond or peanut butter
- 1 cup milk or soy milk or yogurt

Method

1. Place all ingredients in a blender and blend until smooth



Nutrition information per serving:

485 calories, 49g carbohydrates, 18g protein, 22g fat

Mango Smoothie

Makes 1 serving

Adapted from Downshiftology with Lisa Bryan

Here is a refreshing and simple recipe you can try when mangoes are in season. A source of protein, carbohydrates, antioxidants and electrolytes, this can serve as your morning pick-me-up or supper if you have an evening training session.

Ingredients:

- 1 fresh mango or 1 cup of frozen mango
- ½ cup milk
- ½ cup greek yoghurt
- Toppings: Honey/ Oats/ Berries/ Granola/ Nuts (optional)

Method

1. Place all ingredients in a blender and blend until smooth.



Nutrition information per serving:

271 calories, 40g carbohydrates, 12g protein, 6.9g fat

Strawberry Banana Smoothie

Makes 1 serving

Adapted from Downshiftology with Lisa Bryan

Quick and easy to prepare, this smoothie is a tasty snack for in between meals or as a pre or post exercise beverage.

Ingredients

- 1 cup fresh strawberries, halved
- ½ banana, quartered and frozen
- ½ cup Greek yogurt
- ½ cup milk
- Toppings: oats/ berries/ granola/ nuts (optional)

Method

1. Place all ingredients in a blender and blend until smooth.



Nutrition information per serving:

238 calories, 38g carbohydrates, 12g protein, 6g fat

Cauliflower Fried Rice

Serves 3

Adapted from once upon a chef (Jenn Segal)

This cauliflower fried rice is a healthy, low carbohydrate dish that you can prepare on easy training days or on rest days.

Ingredients

- Olive oil or canola or sunflower oil
- 4 large eggs, beaten
- Salt
- 1 cup chopped scallions (about 5-6 scallions) (light and green part separated)
- 3 garlic cloves, minced
- 1 tablespoon finely chopped fresh ginger, from a 1-inch knob
- One 900g cauliflower head
- 3 tablespoons soy sauce
- $\frac{1}{4}$ teaspoon crushed red pepper flakes
- 1 teaspoon sugar
- 1 cup frozen vegetables (such as peas and carrots)
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil
- $\frac{1}{4}$ cup chopped cashews or peanuts (optional)



Method

1. Grate cauliflower in a food processor with grating disc. Alternatively, grate on the large holes of a box or hand-held grater. Set aside.
2. Heat 2 teaspoons oil in a large non-stick skillet over medium heat. Add the eggs and a pinch of salt and scramble until the eggs are cooked. Transfer to a small plate and set aside. Wipe the pan clean.
3. Add 2 tablespoons of oil to pan, over medium heat. Add light scallions, garlic, and ginger. Cook about 3-4 minutes and stir often, until softened but not brown.
4. Add grated cauliflower, 3 tablespoons of soy sauce, red pepper flakes, sugar, and $\frac{1}{4}$ teaspoon salt. Cook, stirring often, for about 3 minutes.
5. Add the peas and carrots and continue cooking until the cauliflower "rice" is tender-crisp and the vegetables are warmed through, for a few minutes. Stir in the rice vinegar, sesame oil, dark green scallions, nuts (if using) and eggs. Taste and adjust seasoning.

Nutrition information per serving:

416 calories, 15g carbohydrates, 19g protein, 28g fat

Chickpea Bolognese

Serves 4

Adapted from Minimalist Baker

Rich in fiber, protein, vitamins, and minerals, chickpeas can be part of a healthy and balanced diet!

Ingredients

Chickpeas

- 1 can chickpeas (400-425g), rinsed, drained, and dried
- 1 tablespoon olive oil
- 1 tablespoon dried or fresh oregano
- 1 pinch sea salt
- 2 teaspoons garlic powder
- 3 tablespoons bread crumbs
- 1 tablespoon parmesan cheese

Sauce

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- ¼ cup (or 32g) finely diced carrots
- 1 can tomato sauce (425g)
- 1 tablespoon dried or fresh oregano
- 1 tablespoon parmesan cheese (plus more to taste)

Noodles

- 100g wholemeal pasta of choice

For serving (optional)

- Parmesan cheese
- Fresh basil
- Red pepper flakes

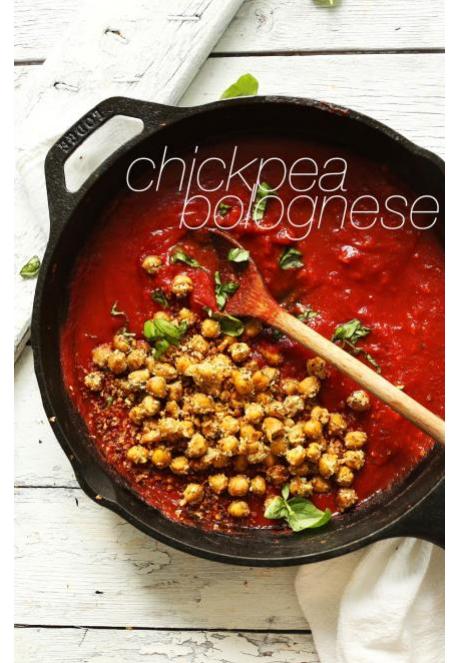


Method

1. Pre-heat oven to 190°C
2. Add rinsed, dried chickpeas to mixing bowl and toss with olive oil, oregano, salt, garlic powder, bread crumbs, and parmesan cheese
3. Place chickpeas on baking tray and arrange in a single layer. Bake for 20 to 25 minutes until crispy and light golden brown. Remove and set aside.
4. While chickpeas are baking, heat a large skillet or saucepan over medium heat. Add olive oil, garlic, and carrots. Sauté for 3 minutes
5. Remove skillet from heat, add tomato sauce, 1 tablespoon oregano and parmesan cheese. Stir. Place over low-medium heat and bring to low simmer. Once

simmering, reduce heat to low and continue cooking to thicken, stirring occasionally.

6. Taste sauce and adjust seasoning if necessary.
7. Make pasta: bring pot of water to boil. Once boiling, add pasta to cook for a few minutes. Drain and set aside.
8. Add $\frac{3}{4}$ of the baked chickpeas to the sauce and stir.
9. To serve, top noodles with sauce, add remaining $\frac{1}{4}$ baked chickpea and any other optional toppings.
10. Keep leftovers in the refrigerator for 3 days (Keep sauce and noodles separately). Reheat sauce in microwave or saucepan. Add a little water if too thick.



Nutrition information per serving:

458 calories, 61g carbohydrates, 15g protein, 15g fat

Curried Quinoa Salad

Serves 4

Adapted from Minimalist Baker

For additional protein, add your choice of protein such as egg, tofu or chicken to this hearty and savoury dish!

Ingredients

Quinoa

- 180g (or 1 cup) quinoa, rinsed well and drained
- 1 pinch sea salt
- 1 teaspoon curry powder
- 1 ¾ cup water

Dressing

- 60g green curry paste
- 45g tahini
- 30ml lemon juice
- 15ml maple syrup
- 1 tablespoon olive oil
- 1 pinch salt and 1 pinch black pepper

For serving

- 120g diced bell pepper (~1 large)
- 13g thinly sliced radishes (~3 whole)
- 30g fresh chopped cilantro (~1 cup)
- 60g green onion, thinly sliced (~4 stalks)
- 20g nut (eg. cashew) - optional
- Fresh chopped cilantro - optional

Method

1. Add quinoa, salt, curry powder, and water to a small saucepan. Bring to a boil.
2. Once boiling, reduce heat to simmer, cover, and cook for 15-20 minutes or until all water is absorbed. Set aside off heat, uncovered to cool for at least 15 minutes.
3. While waiting for quinoa to cook, prepare dressing. Add curry paste, tahini, lemon juice, maple syrup, salt, pepper, and olive oil. Whisk to combine. Then add water to thin until a pourable dressing is achieved.
4. Taste and adjust seasoning as needed.
5. Add all ingredients, including cooled quinoa to a mixing bowl and top with dressing. Toss to combine and serve. Add optional toppings if desired.

Nutrition Information per serving:

333 kcal, 43g carbohydrates, 9g protein, 15g fat



Chickpea salad sandwich

Makes 2 sandwiches

Adapted from Hummusapien

Going meatless for a day? Try this chickpea sandwich for a plant-based protein meal option!

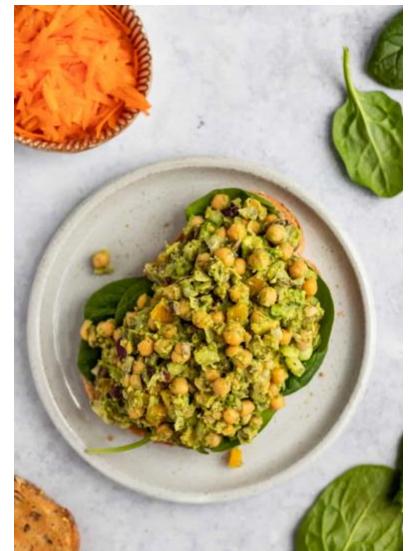
Ingredients

- 1 can chickpeas (400-425g), drained and rinsed
- ½ large avocado
- 1/3 cup diced onion
- ¼ cup chopped bell pepper
- ¼ cup chopped celery
- ¼ cup chopped dill pickle
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- ½ tablespoon dried dill
- 1 ½ teaspoon salt
- ½ teaspoon garlic powder
- Black pepper
- Grated Carrot/spinach for topping (optional)
- 2 slices wholemeal bread



Method

1. Place chickpeas in a large mixing bowl. Use a fork or masher to lightly mash the chickpeas, leaving some whole.
2. Add the remaining ingredients. Taste and adjust seasoning as needed.
3. Assemble the sandwich by placing chickpea salad on toasted bread and top it with spinach or grated carrot, if desired.



Tip: To keep the chickpea salad for 1-2 days in the fridge, use mayo instead of avocado as the avocado will oxidize when stored in the refrigerator.

Nutrition Information per serving:

512 calories, 54g carbohydrates, 22g protein, 18g fat

Thai Curry Soba Noodle Bowls

Serves 4 - 6

Adapted from Hummusapien

For additional protein, add your choice of protein such as egg, tofu, chicken or meat to this dish!

Ingredients

- 230g soba noodles
- 1 tablespoon olive oil
- ½ cup chopped shallot
- 1 ½ cups thinly sliced red cabbage
- 1 red bell pepper, thinly sliced
- 1 carrot, cut into match sticks
- 1 tablespoon fresh ginger, minced
- 3 cloves garlic, minced
- 1 cup shelled edamame
- 2 tablespoons red curry paste
- 400ml low-fat coconut milk or fresh milk (healthier option)
- ½ cup vegetable broth
- 2 tablespoons soy sauce
- ¼ cup fresh chopped cilantro, plus more for garnish
- Salt and pepper, to taste



Method

1. Bring a large pot of water to a boil. Add the noodles and cook for 5-8 minutes, depending on package directions. Drain and set aside.
2. Heat oil in deep skillet over medium low heat. Once hot, add shallot and cabbage and sauté for about 8 minutes or until softened
3. Stir in the bell pepper, carrot, ginger, garlic, and edamame, sautéing for another minute.
4. Add curry paste, coconut milk or fresh milk, vegetable broth, and soy sauce, stirring to combine for about 2 minutes. Stir in cilantro. Season to taste with salt and pepper.
5. Add noodles, tossing to combine. Serve garnished with extra cilantro (if desired).

Nutrition information per serving:

333 calories, 43g carbohydrates, 10g protein, 12g fat

Ayam Masak Merah

Serves 4

The garlic and onion-rich rempah, or spice paste, is full of anti-inflammatory allicin. This healthier version is made without deep frying, which reduces the formation of pro-inflammatory trans-fat but is still packed with flavour!

Ingredients

- 3 medium onions (~150g), peeled and roughly chopped
- 5cm ginger (~20g), peeled
- 5 garlic cloves (~20g), peeled
- ½ cup (~125ml) canola oil
- 1 kg chicken thighs, skin removed
- 300g chilli paste
- 4 tomatoes, roughly diced
- 1 - 2 cups water
- 1 lemongrass, bruised
- 5 - 6 kaffir lime leaves, roughly torn, centre stalk removed
- 1 cinnamon stick
- 1 star anise
- 3 - 4 tablespoons sugar
- 1 ½ teaspoons salt
- 2 tablespoons evaporated milk



Method

1. Blend onions, ginger and garlic into a paste
2. Heat ½ cup canola oil in a pot. Stir fry paste on moderate-high heat for about 10 - 15 minutes or till caramelised.
3. Add chopped tomatoes, chilli paste, lemon grass, kaffir lime leaves, cinnamon stick and star anise. Cook for about 10 - 15 minutes.
4. Add 1 cup water to the paste, more if necessary. Season with sugar and salt. Adjust seasoning if necessary.
5. Add chicken thighs to the sauce. Simmer on low-moderate heat for about 15 min or until cooked. Add evaporated milk and stir to mix. Serve with rice and steamed vegetables for a complete meal.

Tips:

- Further reduce the fat content of this dish by skimming and discarding the oil from the surface of the finished sauce.
- This dish is freezer friendly! Portion out and store in your freezer for up to 3 months. Defrost overnight in your refrigerator and reheat over a stove or in a microwave before serving.

Nutrition information per serving:

442 calories, 12g carbohydrates, 33g protein, 27g fat (*fat content can be further reduced*)

Chicken Soba Noodle Salad

Serves 3

Soba is a type of Japanese noodle made using fibre-rich buckwheat flour. This is a convenient dish to make if you are short on time. Load this with chicken breast for protein, your choice of vegetables to give textural crunch, and top with peanut sauce rich in healthy fat - Voila!

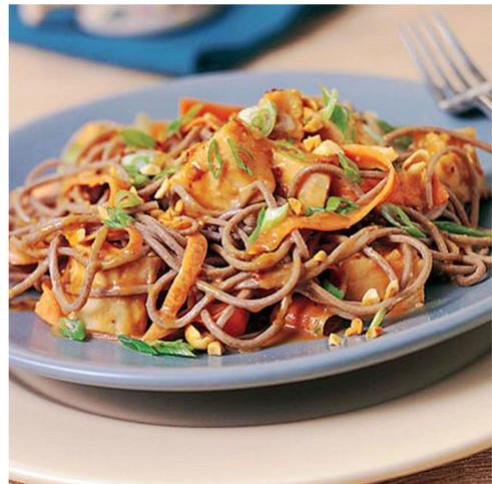
Ingredients

For salad

- 2 large skinless chicken breasts, ~300g
- 2 medium capsicums (*or other vegetable of choice - eg. carrot, cucumber, cabbage*)
- 160g soba noodles, uncooked (*add more if you need more carbohydrate!*)
- Spring onions or coriander, optional
- Sliced chilli, optional

For peanut sauce

- 2 tablespoons all-natural peanut butter
- 2 tablespoons water
- 2 tablespoons soy sauce
- 3 cloves garlic, minced
- 1 tablespoon honey
- 1 tablespoon white vinegar
- 1 tablespoon sesame oil
- Chilli oil, optional



Method

1. Add chicken breasts to a pot of cold water. Cold water helps to keep chicken tender and juicy. Bring up to a slow simmer to gently poach chicken, about 8 minutes. Remove and set aside to rest.
2. Boil a pot of water. Add soba noodles and cook for 5 minutes. Drain, rinse in cold water and set aside.
3. Slice capsicums or vegetables of your choice into thin strips. Set aside.
4. Slice chicken breasts. Set aside.
5. Add all ingredients of peanut sauce into a food processor. Blend until smooth.
6. Assemble dish by tossing soba, chicken, vegetables and peanut sauce together. Top with cilantro and serve.

Meal prep option

This is a great recipe to meal prep multiple portions as soba noodles are best served chilled. This also saves the hassle of reheating. Separate the peanut sauce from the vegetables so the vegetables stay nice and crisp.

Nutrition information per serving:

523 calories, 52g carbohydrates, 35g protein, 17g fat

Lemon & Herb Roast Chicken

Serves 8

Adapted from Minimalist Baker

This chicken tastes best when prepped 24 hours in advance. If not possible, season and chill for at least 8 - 10 hours before cooking for a crispier skin and more flavorful chicken. For additional carbohydrate, add more potatoes to this dish or pair this with your choice of carbohydrate.



Ingredients

- 1 kg whole chicken
- 28g melted butter
- 2 - 3 teaspoons sea salt
- 1 - 2 teaspoons black pepper
- 1 small lemon, rinsed and quartered
- 4 sprigs of fresh rosemary or thyme
- 200g carrots, peeled and chopped into large chunks
- 200g potatoes, cut into large quarters or halves
- 2 tablespoon canola or sunflower oil
(or other oils with higher smoke point)
- 1 pinch of salt and pepper

Method

1. Set chicken on large clean plate. Melt butter and drizzle over the skin of the chicken and rub or brush to distribute evenly. Apply a generous layer of seasoning on the exterior and interior cavity of the chicken with salt and pepper (About 2 - 3 teaspoons sea salt and 1 - 2 teaspoons black pepper)
2. Insert the lemon and fresh rosemary into cavity of chicken
3. Set the chicken in the fridge. Wait for 24 hours or at least 8-10 hours to cook.
4. Once ready to cook chicken, preheat oven to 232°C. Prepare a large roasting pan or cast-iron skillet. Add carrots and potatoes to pan. Drizzle with 2 tablespoons of oil and season with salt and pepper. Toss to combine.
5. Arrange carrots and potatoes around perimeter of the baking dish pan, then add chicken (breast side up) in the center
6. Bake for 45 minutes to 1 hour 15 minutes (uncovered) or until exterior is crispy and golden brown and the internal temperature of the thickest part of the thigh reads 74°C. You can also measure the breast temperature to ensure it is done in the center (74°C). Make sure thermometer is not touching bone for an accurate reading.
7. Remove from oven and let chicken rest for about 10 - 15 minutes before serving.
8. Save the cooking juices leftover in the roasting pan and serve on the side.
9. Enjoy hot. Save leftover meat covered in fridge for up to 2-3 days. Leftover meat can be enjoyed cold or hot on its own, or shredded and added to soup or sandwich.

Nutrition Information per serving:

328 calories, 5g carbohydrates, 23g protein, 24g fat

Pan-Seared Chicken Breast and Quinoa

Serves 2

Make this tasty, protein-rich recipe in under 30 minutes! Double or triple the recipe, and save any extras for lunch the following day. Delicious when served warm or cold. Recipe courtesy of Low Ji Wen.

Ingredients

Dry Marinated Chicken (A)

- 2 skinless chicken breasts or thighs, deboned (~200g)
- ½ tsp cumin powder
- 1 ½ tsp salt
- Generous coating of paprika, optional if you like it spicy
- Sprinkle of cayenne pepper, optional if you like it spicy

Quinoa (B)

- ½ cup quinoa
- 1 cup water or chicken stock
- 1 clove garlic, crushed
- ½ tsp salt, less if chicken stock is used

Infused Oil (C)

- 1 fresh red chilli
- 2 cloves garlic
- 2 tbsp regular olive oil or canola or sunflower oil



Image: <http://thecozyapron.com/>

Method

1. Marinate chicken with (A).

Tip: You can store marinated batches of meat in the fridge ahead of time to allow flavours to infuse. Stores well in the fridge for up to 2 days, or in the freezer for up to a month. Defrost before pan-frying.

2. Wash and drain quinoa thoroughly, then place in a sauce pot with the rest of (B). Bring to a boil. Reduce the heat and simmer gently for approximately 15 minutes until all the liquid has evaporated. Cover and turn off the heat.
3. Thinly slice garlic and chilli. Place all of (C) in a small pan over gentle heat. Constantly stir and cook till aromatic and lightly browned.
4. Strain infused oil into a large frying pan set over medium-high heat and add the chicken. Flip the chicken every 30 seconds for approximately 5 minutes. Set aside on a plate and leave to rest for approximately 2 minutes.
5. Slice the chicken across the grain and serve over quinoa and your choice of vegetables.

Nutrition information per serving:

442 calories, 27g carbohydrates, 29g protein, 23g fat

Salmon in a Bag

Serves 1

This recipe uses a technique called parchment-cooking to steam the fish in an oven. An easy and healthy way to enjoy the goodness of omega 3! Pair this with your choice of carbohydrate.

Ingredients

- 1 salmon fillet, skin-on
- Half onion, sliced
- 1 bunch asparagus
- Half a lemon, sliced
- Herbs of your choice
- Pesto (optional)
- Salt and pepper
- Your choice of carbohydrate



Method

1. Preheat oven to 180°C.
2. Tear out a ~40cm long cooking paper and fold it into 2.
3. Spread open the paper. Arrange the asparagus and onions on 1 side of cooking paper. Place the salmon fillet on top, and season the fillet with salt and pepper/ pesto
4. Arrange lemon slices across the fillet and sprinkle some fresh dill on top.
5. Take the other side of the paper to close up the fish, and fold along the edges of the paper to seal the bag.
6. Bake in the oven for 15-20min, depending on the size of the fillet.

Nutrition information per serving (excluding your choice of carbohydrate):
280 calories, 5g carbohydrates, 27g protein, 15g fat

Tuna Noodle Casserole

Serves 8

Adapted from Hummusapien

Canned tuna is not only inexpensive, it is also packed with omega-3 fatty acids and protein! You can easily put together a wholesome dish like this with canned tuna, or an easy tuna sandwich on days when you don't have time to cook.

Ingredients

- 340g whole wheat pasta of choice
- 1/2 cup raw cashews
- 3 tablespoons olive oil
- 1 large onion, diced
- 2 stalks celery, finely diced
- 4 cloves garlic, minced
- 220g sliced baby bella mushrooms
- 2 tablespoons whole wheat flour
- 1 1/2 cup frozen peas
- 2 cans of tuna
- Salt
- Black pepper
- 1/3 cup breadcrumbs



Method

1. Cook noodles in a large pot of salted water until just al dente. Drain and set aside. While pasta is boiling, place cashews in a small bowl and cover in hot water
2. Add 3 tablespoons of olive oil in a large deep skillet over medium heat. Add onion, celery, and a good pinch of salt and pepper. Cook until soft, about 5 - 7 minutes. Add mushrooms and garlic and cook for another 5 minutes. Stir in flour and cook for another minute. Turn off heat.
3. Preheat oven to 175°C. Set aside a 9 X 13 inch baking dish.
4. Drain cashews and place in blender with 2 1/2 cups of water. Blend until completely smooth and creamy.
5. Pour cashew cream into the deep skillet mixture and turn on medium heat. Once mixture starts to simmer, add peas, pinch of salt and pepper. Cook for 5 minutes, stirring often, until mixture has thickened. Stir in drained tuna and noodles. Taste and adjust salt and pepper.
6. Pour everything into the baking dish. Top with breadcrumbs. Bake for about 20 - 25 minutes. Store in air tight container in the refrigerator for up to 5 days.

Nutrition Information per serving:

394 calories, 56g carbohydrates, 23g protein, 10g fat

Vivo's Traffic Light Fish Stew

Serves 3-4

A comforting and colourful stew that can be whipped up in 30 minutes! Packed with protein, vitamins and antioxidants, this is a budget-friendly recipe that pairs well with rice or noodles. Make a double portion and you can save some for the next day!

Ingredients

- 3 pieces frozen Dory/ Sutchi fish fillet, defrosted and sliced
- 1 medium red onion, chopped
- 2 cloves garlic, sliced
- 2 red/yellow/green capsicum, cut into 1-inch squares
- 1 packet of asparagus, chopped
- 1 tablespoon oil
- Juice of 1-2 large limes
- 2 tsp Cajun seasoning
- 1 tbsp fish sauce, plus more to taste
- 2 cups milk or soy milk
- Black pepper to taste
- Your choice of carbohydrate



Method

1. Stir fry the onion in 1 tablespoon of oil until translucent. Add in garlic and stir fry for another minute.
2. Add the fish, Cajun spices and black pepper. Mix well.
3. Add the milk and fish sauce. Bring the mixture to a boil.
4. Once boiled, add in the capsicums, asparagus and lime juice. Turn the heat down and let simmer for 7-10 min.
5. Add in the coriander and more lime juice (if desired). Taste and adjust seasoning as necessary.
6. Serve with choice of carbs.

Tip: Depending on your goals and training load, you can have this on its own for a low carb meal or pair it with your choice of carbs.

Nutrition information per serving (excluding choice of carbohydrate):
222 calories, 10g carbohydrates, 30g protein, 10g fat