



## STUCK ON YOUR FOOD PREP?

## SHORT ON TIME

## FALLING DOWN IN YOUR NUTRITION?

Use these simple ideas to pep up your food plans and get better results!

Best practises for your week

- Choose the ideas that you like the look of and do your own research
- Set aside a block of time each week to do your batch cooking/prepping
- Ideally sit down with the family and plan out your main meals so that you have a clear shopping list that everyone is happy with!

Get EVERYONE involved and work on the nutrition for the whole family!



## 3 INGREDIENT PROTEIN MUFFINS



Easy to make and quick to cook.

1. Protein powder 2 scoops
2. Banana x2
3. Egg x2

Whisk up banana and egg in a blender, add protein powder and whisk again. Cook on GM5 for 20-25mins

Optional extras

- Blueberries
- Cacao nibs
- Nuts

## PROTEIN LOAF



### Ingredients

- 3 bananas
- 4 eggs
- 80g protein powder (organic ideally)
- ½ tsp ginger, nutmeg and cinnamon powder
- 1 tsp baking powder
- Pinch of salt
- 45g ground almonds
- 3 tbsp sultanas
- 3 tbsp chopped walnuts

### Instructions

- Whisk the bananas and eggs in a blender
- Add all of the dry ingredients and mix in thoroughly
- Stir in sultanas and walnuts
- Sprinkle the top with a few walnut pieces and cacao nibs (optional)
- Line a baking tin with grease proof paper and cook on GM4 for 40mins (until cooked through – test with clean knife)

## GINGER SHOTS



Boost your immune system with this fab little addition!

### Ingredients

To make one shot:

- ½ lemon juiced
- Knob of ginger

### Instructions

1. Blitz it up
2. Chuck it back (it will be strong but just go for it!)
3. Double or triple up on ingredients to make a batch for the week!

## OVERNIGHT OATS



### Ingredients

- 40-50g Oats
- 15g Chia Seeds
- 1 tbsp Nut butter (*Almond butter, cashew butter or peanut butter*)
- Milk of choice (*You can use your favourite milk here, almond milk, coconut milk from a carton, homemade cashew milk or cow's milk*)

### Instructions

- Leave overnight covered with cling film and tuck in for a nutritious and filling breakfast.
- The amount of liquid is key to the final consistency—I like my overnight oats *really* thick and creamy, with concentrated flavour. If you prefer a looser consistency, add a little more milk.
- Add fruit on top (*sliced strawberries, blueberries, raspberries*)

### TOP TIP

Sprinkle with seeds and nuts of your choice for a nice crunch

## YOGHURT



Use a high protein yoghurt like skyr, arla and fage total greek yoghurts. Give yourself a generous helping and top with fruit of your choice for a refreshing light breakfast.

### TOP TIP

For a protein boost, stir in a scoop of protein powder!

## PROTEIN SHAKES

### Ingredients

#### Simple shake

- 1-2 scoops protein powder
- Cold water or milk or nut milk

#### Breakfast shake

- 1-2 scoops protein powder
- 2 tsp cocoa powder (100%)
- ½ avocado
- 2 tbsp greek yoghurt
- ¼ tsp cinnamon
- 1 cup almond/coconut milk/cold water

#### Simple smoothies

- 1 scoop protein
- 2 egg yolks
- 2tsp cocoa powder
- ½ tsp cinnamon
- 1 cup almond milk/water
- 1 tbsp honey
- Handful frozen berries



## EGGS



### TOP TIP

Boil up 6-8 eggs to store in the fridge so you always have a healthy filling snack to grab. Or use them for your breakfast and save time in the morning!

## OMELETTES



Whip up a big pan omelette and portion out for a few days worth of breakfasts!

Or make mini omelettes/eggy muffins that you can eat for breakfast, lunch or snack!



## BATCH COOKING



Prepping and cooking in bulk is a great time saver! Whenever you are cooking, make sure that as much as possible you are doubling up (or more) your portions and saving yourself time in the long run.

If you love cooking and have endless time to do it, then that's fab – you may prefer to just cook something different every day, but if you are short on time and want to be minimising your time in the kitchen, then making the most of your cooking times by blasting out as many portions as you can will be ideal!

Things like stews, soups, Bologneses, chilli con carne, veggie chilli etc all lend themselves well to being stored in the fridge or freezer.

Make the most of your time so that you always have something quick and easy to grab in the fridge, instead of relying on a takeout or ready meal.

## 5 Faff Free Emergency Meals



### Faff free meal #1

Tinned tuna and microwaved jacket potato

Zap your potato 2x4mins, turn once

Throw together a salad of leaves, sweetcorn, chopped peppers, carrots (your choice)

Drizzle with balsamic vinegar

### Faff free meal #2

Eggs on rye

Scramble your eggs in coconut oil/real butter

Pop two slices of rye in the toaster

Mix in smoked salmon

Sprinkle on chives



### Faff free meal #3

Cooked and peeled prawns with courgetti

Peel a courgette to make courgetti (1min)

Steam courgette (1-2mins)

Pop on your prawns (~100g)

Drizzle in balsamic vinegar



## Faff free meal #4

Crack 3 eggs in a bowl and whisk with salt and pepper

Heat real butter in a small frying pan and cook eggs until omelette forms (2-3mins)

Add in cooked ham, peas, spinach etc if you want a more filling meal (1-2mins)

Sprinkle on chives/spring onions



## Faff free meal #5

Steak salad

Stick the griddle pan on and fry up your steak, however you like it (2-5mins)

Slice up washed salad (tomatoes, cucumbers, shred lettuce, spinach leaves)

Sprinkle on some blue cheese or slice some

## Why have emergency meals?

These are just some simple ideas that you can have in your arsenal so that when you need a quick meal you have options instead of grabbing a supermarket sandwich or a muffin for a meal.

After work when you feel tired and worn out, these are also great so you can have a healthy meal without the hoohah that comes with cooking sometimes!

Your results will come IF you are prepared to have contingency plans and not resort to your usual habitual go to, like the take away shop round the corner!

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