

# Recipe Book For Dance Students



Nutrition is a key component of your ballet education as it helps enhance your training and performance, can help prevent injury and allows for faster recovery.

For many of you, this might be the first time that you are having to shop, prepare and cook for yourselves and we have therefore come up with some quick simple recipes for ideas.

Predominantly, we have focussed on recipes that we believe are quick to make and prepare, are nutritious and provide you with the macronutrients and energy you need.

Please remember:

1. Carbohydrates for energy. Complex carbohydrates for longer-lasting energy and simple sugars that can be quickly absorbed and utilised.
2. Proteins are required for fuelling muscles and for growth and repair
3. Fats are needed for insulation, and energy and to boost your immune system
4. Vegetables and fruit are needed for fibre and vitamins
5. Fluid with electrolytes is needed to aid hydration



# **Recipe Book For Dance Students**



This book was made as a collaboration between ourselves - Sports Nutrition Masters students from St Mary's University and the Supervisors at the English National Ballet School Juncal Roman and Maja Berry

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# Store Cupboard Essentials

## Condiments

Salt & pepper  
Lazy garlic and ginger  
stock cubes  
olive oil  
ketchup/mustard/mayo  
balsamic glaze

## Cereals and Grains

Porridge pots  
Cereal  
Pasta  
Rice  
Cous cous  
Bread, bagels, wraps (can freeze)

## Snacks

oat cakes.	cereal bars
protein bars	dried fruit
Ice cream.	hummus

## Freezer

Frozen fruit/berries  
frozen vegetables  
frozen meat and fish  
space for batch cooking

## Tins and Jars

Passata  
Tinned tuna  
Nut butter  
Pesto  
Jam, honey, spread  
Tinned beans and pulses



# Cooking/Kitchen Essentials

## Chopping & Preparing

Chopping board

Vegetable peeler

Knives

Grater

Measuring jug, cups and spoons

## Pots and Pans

Pot

Pan

Sieve

Mixing bowl

Casserole dish

Roasting tray

## Cooking and Serving

Wooden spoon

Spatula

Potato masher

Tea towels

Food storage containers

## Nice-to-have

Blender







# Overnight Weetabix Cheesecake



1 serving



5 minutes

## Ingredients

2 Weetabix

½ cup of milk

Small tub of 0% fat greek  
yoghurt

1 Tbsp Nutella / peanut butter/  
biscoff

1 tsp seeds e.g chia seeds

A handful of mixed fruit of  
choice

(strawberries, raspberries,  
blueberries)

1 banana

## Method

1. Crush the weetabix into a tupperware
2. Add the milk and mix until it is a paste consistency
3. Weigh out the greek yoghurt and nutella and mix together with the chia seeds also
4. Once mixed, spread evenly on top of the weetabix/milk paste
5. Add your fruit of choice on top
6. Place in the fridge overnight

*A high in protein & fibre breakfast.  
The ingredients can be doubled to  
make 2 servings for another morning  
& left in the fridge*

Carbs  
61g

Protein  
26g



# Overnight Oats



1 serving



5 minutes

## Ingredients

2 sachet oats (27g each) or  $\frac{1}{2}$  cup

Small tub 0% fat Greek yogurt / any yogurt of choice

Large handful of frozen fruit of choice e.g. mixed berries, strawberries, raspberries

1 tsp chia seeds

1 tsp honey

1-2 Tbsp milk

*Quick & Simple meal that can be made & left in the fridge for up to 3-5 days.*

*A source of omega-3*

## Method

1. Pour the oats into tupperware or a bowl
2. Mix in the yogurt and frozen fruit
3. Top with the chia seeds and honey
4. Stir in some milk if the mixture is slightly too thick / for desired texture
5. Leave in the fridge overnight to slightly set

Carbs  
48g

Protein  
19g



## Ingredients

1/5 (200g) of a 1kg box of oats / a small bowl full of oats  
2 Tbsp of brown sugar (30g)  
1/2 of a 350g bag of frozen blueberries  
2 eggs  
100ml milk  
1 tsp baking powder  
1 tsp vanilla extract  
2 Tbsp honey  
Small sprinkle of cinnamon

*These can be served immediately or stored in the fridge (5 days) / freezer (3months)*

*A Recommended Breakfast Serving = 1 bar and 4 Tbsp greek yoghurt*

# Baked Blueberry

## Oats



4 servings



10-15 minutes prep /  
30 minutes to cook

## Method

- 1.Preheat the oven to 175°C and grease or line a baking tray
- 2.In a large bowl combine the dry ingredients
- 3.In a medium bowl combine the wet ingredients
- 4.Combine both the wet and dry ingredients and mix together well
- 5.Gently fold the blueberries into the mixture
- 6.Add the mixture into the tray and spread across evenly with a spatula
- 7.Transfer to the oven, bake for 30-35 minutes total.
- 8.After about 20 minutes, remove & drizzle the final 2 tbsp of honey over the top and cook for remaining time till golden brown
- 9.Remove fully & allow 5 minutes to stand and then slice into 4 even squares

1 bar & no  
extra greek yoghurt

Carbs  
53g

Protein  
11g

1 bar  
with greek yoghurt

Carbs  
60g

Protein  
30g





# Savoury Breakfast Muffins



Makes 12 muffins

1 serving = 3 muffins



10 minutes prep /  
25-30 minutes cook

## Ingredients

Nonstick cooking spray / cooking oil

3 slices of whole wheat bread

8 eggs

200ml of milk

½ onion

3 strips cooked bacon / 4 slices of ham

3 handfuls of spinach

12 cherry tomatoes

½ bell pepper

2 handfuls of grated cheddar

Salt and pepper, to taste

Serve with:

1 medium banana

*Two Recommended Breakfast*

*Serving Options:*

- 3 muffins + 1 banana
- 4 muffins on their own

## Method

1. Preheat the oven to 200°C/ fan 180°C/ Gas 6. Lightly spray a 12 hole muffin tin with nonstick cooking spray, or wipe a thin layer of cooking oil with a paper towel around each hole.
2. Slice the bread into small chunks and line the bottom of each muffin hole.
3. Halve the tomatoes and roughly chop the pepper. Dice the bacon/ham into small chunks.
4. In a large bowl, whisk together the eggs, milk and onion. Add salt and pepper, to taste.
5. Mix in the remaining ingredients.
6. Fill each hole with the mixture and bake in the oven for 20 to 25 minutes, until set.
7. Let cool slightly, then serve with a banana.

*3 Muffins & Banana*

Carbs  
38g

Protein  
29g

*4 Muffins*

Carbs  
24g

Protein  
36g



# Sourdough, Eggs & Avocado

## Ingredients

---

2 sourdough slices  
2 medium eggs  
1/2 avocado  
1 tomato

Extra Topping:  
1 Tbsp feta cheese

---



1 serving



5-10 minutes

## Method

---

1. Boil, fry or poach the eggs.
2. Toast and butter sourdough.
3. Smash ½ avocado with fork and spread on toast.
4. Top with the eggs (and a tbsp sprinkled feta cheese as an extra if wanted).

*Without Feta Topping*

Carbs  
51g

Protein  
24g

*With Feta Topping*

Carbs  
52g

Protein  
30g



# Banana Pancakes



1 serving



5 minutes prep/  
10 minutes cook

## Ingredients

50ml of milk of choice  
1 egg  
1 small banana  
3 Tbsp of oats  
1 tsp of baking powder  
1 drop of vanilla extract  
4 Tbsp of greek yoghurt  
Fruit - berries to serve  
1 Tbsp honey or maple syrup or  
biscoff/nut butter

*Makes between 3-5 small/  
medium pancakes*

## Method

1. Blend or whisk the milk, egg, banana, oats, baking powder and vanilla.
2. Keep stirring or blending until the mixture is smooth.
3. Heat a pan over medium heat and spray some fry light or oil.
4. Pour small amounts of the batter into the pan and cook for 2-3 minutes then flip and cook the other side for 1-2 minutes.
5. Repeat in batches - ensure the top and middle is dry before attempting to flip.
6. Drizzle the honey on top
7. Serve with some yogurt and berries sprinkled on top.
8. If using the biscoff melt it in a small bowl or jug for 1 minute in the microwave and drizzle this over the pancakes.

Carbs  
65g

Protein  
33g





## Ingredients

---

1 cup cereal of choice e.g. rice  
Krispies, Cheerios

2 Tbsp granola  
150ml milk

Handful of a choice of berries

---

Keep it simple & easy with this  
cereal / granola bowl meal

# Cereal Bowl



1 serving



< 5 minutes

## Method

---

1. Add cereal and granola to a bowl.
2. Pour over the milk.
3. Add the berries to finish.

Carbs  
65g

Protein  
11g





# Instant Oat Pot & toppings

## Ingredients

---

1 large instant oat pot  
3 Tbsp Greek yoghurt  
1 Tbsp nut butter / biscoff  
Large handful of berries

---

*A great recipe to use on training days when you have a short amount of time!*



2 servings



< 5 minutes

## Method

---

1. Remove the foil lid, stir and add boiling water to the fill line.
2. Stir well and stand for 2-3minutes.
3. Chop any berries/fruit.
4. Once cooked add the yogurt on top then berries and nut butter/biscoff.

Carbs  
37g

Protein  
27g



## Ingredients

2 tortilla wraps (wholegrain or white)  
6 cherry tomatoes  
2 boiled eggs (can be swapped for  
tofu)  
½ of 180g pack of cooked chicken  
breast  
½ red pepper  
½ avocado  
1/3 pack of ready to eat quinoa  
1 lime  
a pinch of salt  
a pinch of pepper

### Shop Alternatives

*Tesco Chicken & Avocado Sandwich  
(Carbs 42g & Protein 19g)*

*Or*

*- Tesco Chicken Caesar Wrap  
(Carbs 46g & Protein 19g)*

Carbs  
48g

Protein  
31g

# Chicken and Egg Wrap



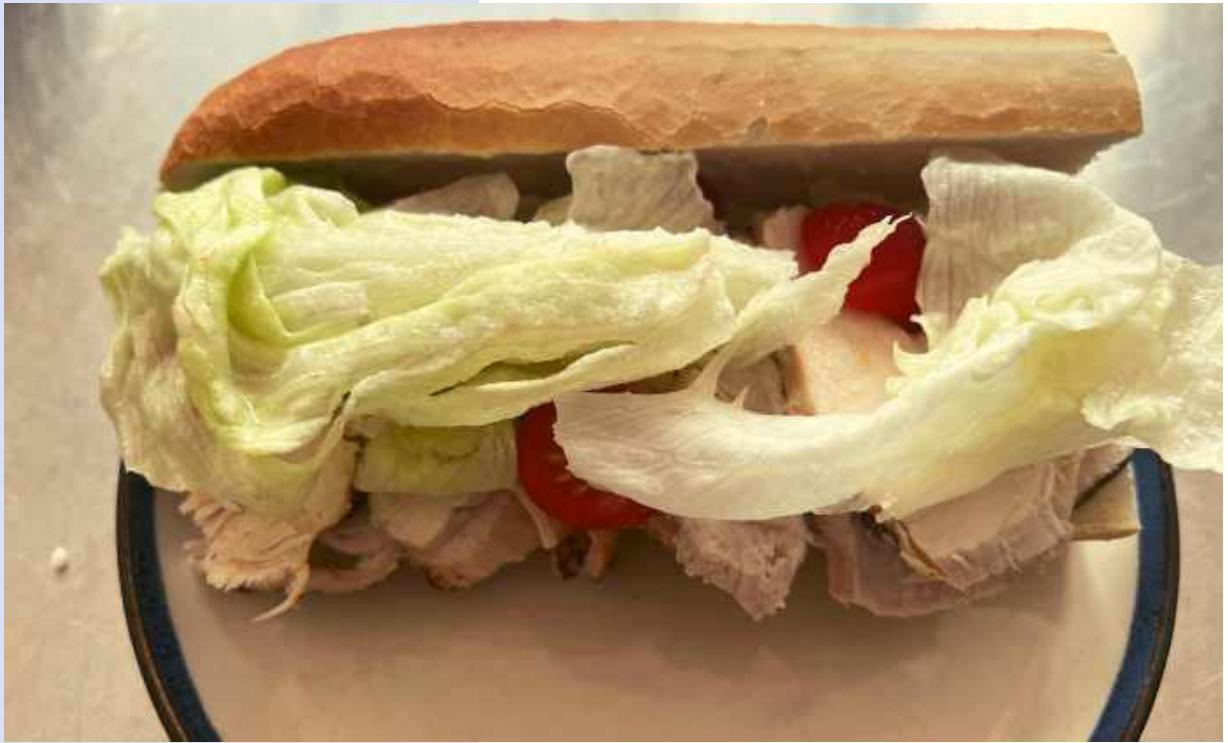
2 servings



10 minutes

## Method

1. Cut the cherry tomatoes in half and roughly chop the avocado (be careful with the stone).
2. Cut the pepper and egg into slices.
3. Lay the tortilla wraps out onto a big board or onto two plates and divide the bulgur wheat and sweetcorn between them (try to keep the filling in the middle).
4. Lay the sliced egg, chicken, peppers, cherry tomatoes and avocado over the top then add a good squeeze of lime.
5. Fold the right and left sides of the wrap in to the middle first and then roll the bottom all the way over to completely enclose the filling inside each wrap, push down to seal. Serve immediately with extra lime and any condiments you like on the side.



# Chicken, Tzatziki & Tomato Baguette

## Ingredients

---

½ of 340g packet of  
cooked sliced chicken  
pieces  
1 Tbsp tzatziki  
4 cherry tomatoes  
½ of 200g white baton  
baguette

---



1 serving



2-3 minutes

## Method

---

1. Slice your baguette open lengthways and layer up the ingredients inside.

Carbs  
58g

Protein  
47g



# Chilli Bean Bowl

## Ingredients

---

300g Quorn Chilli Bean Bowl  
or 450g Bol Spanish Smoky Butter  
Bean Stew Power Pot  
or ½ 600g Tesco 3 Chilli Bean Soup  
2 Slices of toast  
1 Tbsp of butter



1 serving



2 minutes

## Method

---

1. Microwave the bean bowl for 2 minutes or until piping hot.
2. Serve with 2 slices of toast with butter.

---

*The Quorn Bean Bowl is suitable for vegetarians, whereas the Bol Power Pot and Tesco Bean Soup are both suitable for vegans*

Carbs  
84g

Protein  
23g





## Ingredients

---

100g hummus (½ pack of 200g)  
2 slices wholegrain bread  
1 cup fresh spinach  
6-8 cherry tomatoes, halved

# Sandwich with Hummus, Spinach and Tomatoes



1 servings



2-3 minutes

## Method

---

1. Slice the tomatoes in half and layer up your ingredients between the two slices of bread for a quick nutritious sandwich.

---

*Rye bread could also be used for this recipe.*

Carbs  
48g

Protein  
16g



## Ingredients

---

½ packet of pre-cooked BBQ  
chicken

½ packet of Uncle Ben's Golden  
Vegetable rice

⅛ Jar of Old El Paso Mexican  
Cooking Sauce for Fajitas Smoky  
BBQ

5-6 Cherry Tomatoes

½ Cucumber

½ Avocado

*(Option: Add any salad items)*

---

*Refrigerate the other half of the  
rice, sauce and the chicken for up  
to 3 days.*

# BBQ Chicken and Golden Rice



1 serving



2-3 minutes

## Method

---

1. Heat the rice and sauce together in the microwave as per packet instructions.
2. Slice the tomatoes and cucumbers.
3. Top the rice and sauce with the chicken and salad to serve.

Carbs  
47g

Protein  
28g



## Ingredients

---

110g pack Mediterranean-inspired cous cous  
225g pack mixed vegetable medley  
200g pack mozzarella slow-roasted tomatoes  
3-4 falafels

---

*Ideal for meal prepping. Can be made the night before and brought into school for lunch. Makes two meals.*

# Mediterranean Cous Cous with Mozzarella and Roasted Tomatoes



2 serving



5 minutes

## Method

---

1. Cook the cous cous with boiling water in a bowl according to package directions.
2. Cook the mixed vegetables in the microwave according to package instructions.
3. Serve the cous cous with vegetables, mozzarella and roasted tomatoes.

Carbs  
34.5g

Protein  
18.3g





# Soup with a Hummus Bagel

## Ingredients

---

½ packet of Covent Garden  
Tomato and Basil Soup (can be  
swapped for any flavour)  
1 New York Bakery Bagel  
2 Tbsp Hummus



1 serving



5 minutes

## Method

---

1. Slice your bagel in half and spread with the hummus.
2. Cook the soup in the microwave as per the packet instructions and serve the soup with your hummus covered bagel.

---

*Store the other half of the soup in  
the fridge for up to 2 days*

Carbs  
65g

Protein  
17g





## Ingredients

---

- ½ of 250g packet of ready to eat quinoa
- 135g pack simple side salad
- 1 small handful of feta
- 1 Tbsp pine or almonds
- 1 handful of croutons / ¼ of a 100g packet
- 1 Tbsp dressing of choice (sweet chilli / pesto / vinaigrette)

---

*Simple lunch and very quick to combine together - quinoa can be heated in the microwave or served cold.*

# Quinoa Salad



1 serving



5 minutes

## Method

---

- 1.If desired, heat the quinoa in the microwave for 45secs, or alternatively serve cold.
- 2.Remove film from the salad and once the quinoa is cooked add it to the salad.
- 3.Crumble over some feta, then add the nuts, croutons and sauce of choice.

Carbs  
66g

Protein  
19g



## Ingredients

---

1/5 of 500g penne pasta packet

1 tin of tuna

3 tsp green pesto

Handful of baby leaf spinach

Small handful pine nuts

5 squares of feta cheese

*(Double these ingredients to make another meal to eat the next day for lunch)*

---

*You can also use red pesto and add in some cherry tomatoes for a tuna bake style flavour*

# Tuna Pesto Pasta



1 serving



15 minutes

## Method

---

1. Boil water in a saucepan with a pinch of salt.
2. Put the penne pasta into the boiling water for 12 minutes.
3. Whilst this cooks, drain the water from the tuna in the tin.
4. Cut 5 cubes of feta.
5. Once the pasta is cooked drain it with sieve and place back into the saucepan.
6. Add 3tsp of green pesto, the spinach and pine nuts and tuna to the pasta and mix it together.
7. Place the pasta into a bowl and top with the feta cheese.

Carbs  
57g

Protein  
42g



## Ingredients

---

1/3 of a 400g pack of lean beef mince  
OR

1/5 of a 500g frozen bag of vegetarian  
mince (Quorn / meatless)

1/2 packet Mexican spicy rice

1/2 red pepper

1/4 red onion

3 handfuls of lettuce / spinach

8-10 cherry tomatoes

3 tsp sweetcorn

1/2 avocado

1 handful of grated cheese (15g)

Seasoning of choice - 1-2 tsp salt,  
pepper, paprika, chili powder

2 olive oil sprays

---

High protein meal that is quick and  
simple to assemble

# Naked Burrito Bowl



1 serving



20 minutes

## Method

---

1. Prepare all vegetables by finely chopping the onion and pepper.
2. Add a couple of sprays of fry light/olive oil spray to a frying pan on medium heat.
3. Add the onion and pepper and 1xtsp of each seasoning or just the seasoning of choice.
4. Fry until soft then add in the mince meat or vegetarian alternative.
5. Chop the other salad items - chop the cherry tomatoes, tear the lettuce/spinach, smash or slice the avocado and prepare all of these in a bowl.
6. Cook half the packet of rice in the microwave (2mins)
7. Once the mince is cooked and a golden brown colour. Add a final tsp of each seasoning and add to the bowl along with the rice and sweetcorn.
8. Finish with grated cheese.

### Meat Version

Carbs  
43

Protein  
41g





# Sausage Pasta and Pesto

## Ingredients

---

150 - 200g pasta  
4 tsp of pesto  
6 Heck chicken sausages  
1 head of broccoli  
1 bell pepper  
1 handful of grated parmesan  
4 handfuls of mixed salad leaves  
1 Tbsp olive oil

---

*Could take cold leftovers in tin foil for lunch the following day*



2 servings



20 minutes

## Method

---

1. Chop up your sausages into slices, dice your peppers and cut your broccoli into florets.
2. Add your pasta and florets of broccoli to a pan of boiling water and cook until al dente (so there is still a small bite), around 7-8 mins.
3. Whilst the pasta is cooking, add your olive oil to a frying pan on medium heat and gently fry the sausages until cooked through. Add in your peppers and cook until lightly browned.
4. Drain your pasta and broccoli and add to your pan with your sausages and vegetables.
5. Add your pesto sauce and parmesan cheese until heated through. Serve with a side salad of mixed leaves.

**Using 100g of dried pasta**

Carbs  
80g

Protein  
55g





# Falafels wrap

## Ingredients

250g puy lentils, pre-cooked (1 microwavable pouch or 1 tin)

2 pitta bread, white

2 tsp cumin (optional)

2 tsp coriander (optional)

2 tsp vegetable oil

1 large egg

2 Tbsp tzatziki

1 small onion, finely chopped

2 handfuls of lettuce salad, chopped

2 handfuls of packet cherry

tomatoes, sliced (average sized)

a handful of parsley, chopped



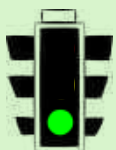
2 servings



20 minutes

## Method

1. In a pan heat the olive oil, then fry the onion over low heat for 5 mins until softened.
2. Tip into a mixing bowl with the lentils and spices.
3. Mash everything together with a fork or potato masher until the lentils are totally broken down. Add the parsley and the egg.
4. Squish the mixture together with your hands and mould the mixture into 3-4 balls. Then flatten the balls into patties.
5. Heat the pan you used to cook the onion and fry the falafels on medium heat for 3 mins on each side, until golden brown and firm.
6. Heat your pitta bread for a few seconds and fill it with tzatziki, falafels, lettuce and tomatoes.



*For a quicker version, use 3-4 store-bought falafels per serving.*

Carbs  
69g

Protein  
27g



# Rainbow tuna pasta

## Ingredients

- 150g - 200g of pasta
- 2 tins of tuna, drained
- 1/2 cucumber, diced
- 1/2 red onion, diced
- 1 pepper, diced
- 1 whole cherry tomatoes pack, halved
- 2 Tbsp black olives, sliced
- 1/4 packet of feta
- 2 Tbsp capers (optional)
- 1 Tbsp dried basil (optional)

### *Dressing*

- 2 Tbsp Olive Oil
- 1 Tbsp Lemon Juice
- 1 Tbsp Dijon Mustard or regular mustard
- Salt and Pepper

*Could take leftovers in a lunch box for lunch the following day*



2 servings



20 minutes

## Method

1. Cook pasta according to package directions.
2. Meanwhile make the dressing by mixing olive oil, lemon juice, dijon mustard and salt and pepper.
3. Rinse the pasta with cold water and after the pasta has cooled down mix with the vegetables in a bowl. Serve with the dressing and mix well.
4. Store the pasta mixed with the vegetables in an airtight container in the fridge for up to 1 day. Add the tuna and dressing before serving.

## Using 100g of dried pasta

Carbs  
83g

Protein  
39g



# Jacket sweet potato with feta cheese

## Ingredients

---

- 1 frozen jacket potato (or fresh)
- 1/4 of a 200g pack of feta
- 1 large handful of cherry tomatoes,  
chopped



1 servings



20 minutes

## Method

---

1. Put the frozen jacket potato in either the microwave or oven (read package instructions).
2. Crumble the feta on top and add the cherry tomatoes.

---

*Could bake 2 servings and bring  
leftovers in a lunch box for lunch the  
following day*

Carbs  
63g

Protein  
16g





# Jacket potato with tuna

## Ingredients

---

- 1 frozen jacket potato (or fresh)
- 1 tin of tuna (72g drained)
- 1 tsp of mayonnaise
- ½ tin of sweetcorn
- A handful of grated cheese



1 serving



20 minutes

## Method

---

1. Put the frozen jacket potato in either the microwave or oven (read package instructions).
2. Drain the tin of tuna and sweetcorn and place it in a bowl. Add the mayo to the bowl and mix in with a spoon.
3. Place the tuna mix onto the jacket potato and grated cheese.

---

*Could bake 2 servings and bring  
leftovers in a lunch box for lunch the  
following day*

Carbs  
70g

Protein  
35g



# Mediterranean traybake

## Ingredients

- ½ onion
- 1-2 tsp of garlic puree
- 10-12 new potatoes
- 1 courgette
- 1 red pepper
- 1 tin of chopped tomatoes (400g)
- 1 Tbsp olive oil
- 2 chicken breasts (can be swapped for Quorn pieces)
- 8-10 black olives (optional)
- ½ tsp dried oregano or thyme
- 1 handful of grated mozzarella

*Could take leftovers in a lunch box for lunch the following day*



2 servings



20 minutes

## Method

1. Preheat the oven to 200°C/fan 180°C. Peel and dice your onion and cut your aubergine, red pepper and courgette into large chunks. Halve your olives (if using) and slice your chicken into large chunks.
2. Toss the onion, aubergine, courgette and red pepper in a bowl with the garlic puree, herbs and half the olive oil. Scatter the contents into a baking tray. Place in the oven and cook for 8-10mins until the aubergine has started to brown.
3. Whilst the vegetables are cooking, quickly flash fry your chicken pieces in a frying pan on medium heat until golden brown on the outside.
4. Remove the vegetables from the oven and turn them over using a spoon or fork. Add in the chicken pieces and the tomatoes and olives (if using). Scatter the mozzarella over the top and return to the oven for 10-15mins.

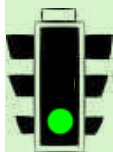
Carbs  
32g

Protein  
41g



## Ingredients

- 1 nest of egg noodles (75g)
- 1/5 of a 400g packet of diced chicken breast pieces or 1/3 of a block of tofu
- 2 large handfuls of mushrooms
- 2 large handfuls of broccoli
- 1/2 red pepper
- 1/3 of a 150g packet of edamame beans
- 1 carrot
- 3 Tbsp soy sauce
- 1 tsp honey
- 1 tsp chilli flakes
- 1 tsp peanut butter
- 1/2 handful of peanuts
- 1 Tbsp vegetable oil



## Ingredients - Simple Version

- 1 nest of egg noodles (75g)
- 1/5 of a 400g packet of diced chicken breast pieces or 1/3 of a block of tofu
- 1/2 bag of stir fry veg
- 1/2 packet of 150g edamame beans
- 1 Tbsp vegetable oil
- Teriyaki sauce pouch

Could take leftovers in a lunch box for lunch the following day

# Stir-fry noodles

 1 serving  15 minutes

## Method

1. Chop and prep all the vegetables and add to a pan over medium heat with oil.
2. Bring water to a boil in a pot and add the egg noodles
3. Cook these for 4-5 minutes until they soften, drain and set aside.
4. While both cook, in a small jug or bowl add the soy sauce, honey, peanut butter and chilli flakes and mix well together.
5. Once the vegetables start to soften after about 5-6 minutes add the sauce and combine together
6. Fold in the noodles and mix well with the vegetables until they are covered.
7. Season with salt and pepper to taste.

Carbs

87g

Protein

45g





## Ingredients

---

½ onion  
4 cloves of garlic  
2 chicken large breasts  
250ml light cream  
½ cup parmesan cheese  
½ tub of 190g pesto pot  
⅔ pack of a 500g pasta - penne /  
fusilli / conchiglie  
1 large broccoli  
1 Tbsp cooking oil  
Salt and pepper to taste

---

*High protein pasta that can be easily  
made in batch and used for lunch as  
a whole serving or half with salad*

# Chicken and Pesto Pasta



4 servings



25 minutes

## Method

---

1. Cook the pasta in a large pot according to instructions (boil for approx 15 mins) - add the broccoli 2 minutes before it is finished - drain and set aside
2. Whilst the pasta is cooking pour the cooking oil into a frying pan add the onion and then cook until soft/golden
3. Add the garlic and cook for a further 30 seconds
4. Add in the sliced chicken, season and then cook for 7-8 minutes / until browned
5. Add the parmesan, cream, and pesto and let the mixture simmer for 2-3 minutes
6. Add the cooked pasta and broccoli and stir until fully combined.
7. Simmer for another 2-3 minutes and then remove from the heat.
8. Can be divided into 4 portions - 1 can be served immediately, the rest can be stored in the fridge once cooled.

**For 100g of dried pasta**

Carbs  
75g

Protein  
43g



## Ingredients


---


- 1 large chicken breast diced or plant based chicken style pieces - ½ packet (100g)
  - ¼ onion
  - 1 wholemeal pita bread or wrap
  - ½ packet tenderstem broccoli
  - 4 slices of halloumi
  - 1 corn on the cob (frozen mini)
  - 2 Tbsp Nandos sauce (lemon and herb, medium, hot)
  - 2-3 frylight spray
- 

*A high-protein meal, quick and easy to make.*

## "Fakeaway" -

## Healthy Nandos

 1 serving

 15-20 minutes

## Method

---

1. Dice the onion and cut the chicken into pieces
2. Add the spray/oil to the frying pan on medium-high heat. First, add the onion and cook until soft / a slight brown (3-5 minutes).
3. Add the chicken/alternative and stir occasionally
4. In a separate pan add your halloumi and cook for approximately 5 minutes on each side - until it browns
5. Whilst that is cooking add the broccoli to a saucepan and boil or steam for 3-5 minutes.
6. You can either boil or microwave the corn on the cob (boil 5-10 minutes, microwave 3-5 minutes).
7. Once the chicken has cooked (10-12 minutes) add 2 Tbsp of the Nandos sauce and mix together in the pan for a further couple of minutes.
8. Once all the ingredients are cooked add the chicken and halloumi to the pita (optional - add some salad leaves). Serve the pita alongside the broccoli and corn on the cob.

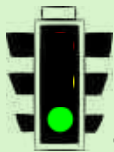
Carbs  
46g

Protein  
49g



## Ingredients

½ pack of chicken breast  
handful cornflakes  
handful grated parmesan  
1 egg white  
1 Tbsp light mayo  
Small pot 0% fat yoghurt  
½ Lemon  
1 tsp Mixed herbs  
Lettuce  
½ Cucumber  
Small handful croutons



## Ingredients - Simple Version

½ packet of 1 Tesco pre-made creamy  
caesar salad kit  
8 cherry tomatoes  
1 chicken breast  
1 large bread roll

# Crispy chicken caesar salad



1 serving



15-20 minutes

## Method

1. Cut the chicken into 4 large slices. Crush the cornflakes into a bowl and then season with some salt, pepper and 1 tsp of the parmesan.
2. Crack just an egg white into a bowl. Take each piece of chicken and evenly coat it with egg white and then the cornflake mixture in the bowl
3. Place all covered chicken pieces onto a frying pan at medium heat until they are cooked through (white on the inside). Add the mayo, yoghurt, lemon juice, mixed herbs and 100ml of water into a blender and blend.
4. Chop up 2 handfuls of lettuce and the cucumber and place into a bowl with the croutons and 1 tsp of parmesan. Then mix in the dressing from the blender.
5. Once the chicken is cooked place it on top of the lettuce in the bowl and sprinkle the remaining parmesan on top
6. Enjoy with a bread roll or mini baguette

## Simple Version

1. Cut the chicken breast into small pieces.
2. Heat a large frying pan and put a small bit of olive oil on it. Cook the chicken until cooked all the way through.
3. Place the caesar salad kit into a bowl. Place the cooked chicken on top
4. Butter the bread roll and serve.

Carbs  
51g

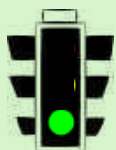
Protein  
49g





## Ingredients

- 1 ½ Tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced (optional)
- 1 tsp chilli flakes
- 1 thumb of ginger (2 cm), minced
- 1 tsp ground coriander
- 1 tsp turmeric
- 2 tsp ground cumin
- 1 Tbsp garam masala
- 1 can chickpeas (400g), rinsed and drained
- 1 can of chopped tomatoes (400g)
- 4 Tbsp coconut cream
- Toppings*
- Chopped coriander or parsley
- Chilli flakes
- ¾ cup basmati rice



## Ingredients - Simple Version

- 1 tin chickpeas (400g)
- 1 bottle curry sauce (440g)
- ¾ cup basmati rice (160g)
- 1 handful of boiled/steamed broccoli

*The leftover can be store in the fridge  
up to 3 days.*

# Chickpea curry



3-4 servings



20 - 25 minutes

## Method

1. Heat olive oil in a pan and add onions. Then cook for 3 minutes until softened
2. Add in garlic, ginger, chilli flakes, ground coriander, cumin, garam masala and turmeric. Cook for 1-2 minutes until fragrant.
3. Add to the pan the chickpeas, chopped tomatoes and coconut cream. Leave to simmer for 20 minutes until everything has come together and it has thickened slightly.
4. Serve with basmati rice and top with coriander or parsley and chilli flakes to serve

## Simple Version

1. Cook the basmati rice according to pack instructions.
2. Pour the curry sauce into a pan and gently heat over medium heat.
3. Add the rinsed and drained chickpeas to the sauce.
4. Serve the curry with basmati rice and broccoli florets.

Carbs  
70g

Protein  
17g



# Instant Ramen



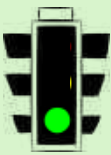
1 serving



10 minutes

## Ingredients

- 1 clove garlic, minced
- 1/2 tsp grated fresh ginger
- 1 handful sliced mushrooms
- 1 cup vegetable broth
- 1 cup water
- 1 package instant ramen
- 1 handful fresh spinach
- 2 large egg
- 1/2 onion, sliced
- sriracha to taste



## Ingredients - Simple Version

- 1 instant noodle pot
- 1 microwave vegetable packet
- 2 boiled eggs

## Method

1. Add the oil, garlic, and ginger to a small sauce pot and sauté over medium for about one minute.
2. Slice mushrooms and add these then fry for about a minute more.
3. Add the broth and water, and bring to a boil.
4. Once boiling, add the uncooked ramen noodles. Boil for about 3 minutes / until tender.
5. Stir in the spinach until wilted. Turn the heat down to low, crack the egg into the broth, and let sit for about six minutes, or until the egg whites are cooked and the yolk is still runny.
6. Transfer the soup to one or two bowls, then top with sriracha and sliced green onion.

## Simple Version

1. Boil the eggs in a saucepan, add some boiled water to the instant noodles and leave both for approx. 5 minutes.
2. Microwave the veg in the packet as per instruction.
3. Combine the veg with the noodles once cooked and stir through.
4. Once the eggs are cooled peel and cut in halves to add to the bowl.

*Super quick meal to make using cheap ingredients*

Carbs  
72g

Protein  
28g



## Ingredients

---

- 2 medium salmon fillet
  - 1 long leek, sliced
  - 4 large white potatoes, chopped
  - 3 large handfuls of fresh spinach
  - 1 large carrot, chopped
  - 1 cup fresh dill (optional)
  - 1 Tbsp olive oil
  - 1 cup milk
  - 3 cup water
- 

*Leftover soup can be used for lunch  
and heated the next day!*

# Salmon Soup

 1 /2 Serving  20 minutes

## Method

---

- 1.Cut the salmon into largish chunks and remove the skin if needed.
  - 2.Heat the olive oil in a soup pot and saute the leeks for 10 minutes, or until nice and soft.
  - 3.Add the water and milk to the pot. Add the potatoes, carrots and dill.
  4. Bring to the boil
  - 5.Cook for another 10 minutes or until the potatoes are just tender. Add the salmon chunks and gently simmer on low heat until cooked. Add salt and pepper.
- Serve with extra bread to boost carbohydrates intake.

*Without Bread:*

Carbs  
34g

Protein  
40g

*With Bread:*

Carbs  
71g

Protein  
48g





## Ingredients

---

½ of a 500g spaghetti packet  
⅔ of a 300g packet of frozen prawns  
½ an onion  
1 chicken stock Cube  
1 tin chopped tomatoes (400g)  
1 garlic clove or garlic seasoning  
Salt and pepper

---

*High carb and protein meal, simple pasta dish using frozen prawns which are cheap and easily stored for another use.*

## Prawn Pasta



2 Servings



25 minutes

## Method

---

1. Bring a large saucepan of water to the boil with ½ tsp of salt for the spaghetti
2. Peel and grate garlic and chop the onion
3. Add the pasta to the boiling water and cook until tender - approximately 12 minutes
4. Meanwhile, in a frying pan add frylight or oil and add the garlic and onion and stir for 2 minutes / until the onion is browning
5. Add the tinned tomatoes and then in a small jug add boiling water to the stock cube, then add this to the pan.
6. Simmer until it thickens and then add the prawns and stir until cooked for approximately 4-5 minutes.
7. Once the pasta is cooked, drain it and add to the pan of sauce and mix well to combine.
8. Season with salt and pepper and enjoy.

Carbs  
80g

Protein  
33g



# Crispy Sesame Chicken & Sticky Asian Rice

## Ingredients

2 Tbsp Vegetable oil  
1 egg - lightly beaten  
1.5 Tbsp cornflour  
5 Tbsp plain flour  
¼ tsp salt  
¼ tsp pepper  
¼ tsp garlic salt  
1 tsp paprika  
2 chicken breast fillets

### *The sauce:*

1 teriyaki sauce pouch

### *To Serve:*

1 boil in the bag rice  
1 Tbsp sesame seeds  
Small bunch of spring onions/scallions -  
chopped

 2 Servings     30 minutes

## Method

1. Heat the oil in a wok or large frying pan until very hot.
2. Whilst the oil is heating, place the egg in one shallow bowl and the cornflour in another shallow bowl. Add the flour, salt, pepper, garlic salt and paprika to another shallow bowl and mix together.
3. Dredge the chicken in the cornflour, then dip in the egg and finally dredge it in the seasoned flour.
4. Add to the wok and cook on high heat for 6-7 minutes, turning two or three times during cooking, until well browned.
5. **Tip** - You may need to cook in two batches. Remove from the pan and place in a bowl lined with kitchen towels.
6. Add the teriyaki sauce pouch to the hot wok, Cook for 1-2 minutes.
7. Serve with boiled rice and top with sesame seeds and spring onions.

---

*Chicken could be substituted for plant based fake chicken to make it veggie!*

Carbs  
87g

Protein  
42g



# No-Bake Energy Balls

## Ingredients

---

2 Bananas  
3 or 4 sachet of instant oats  
(27g packs)  
50g honey  
60g almond or peanut butter  
50g  
pecans/walnuts/hazelnuts  
50g chia seeds/flaxseeds  
50g dark chocolate chips

---

*Store in an airtight container in the fridge for up to 5 days*

*Suitable for home freezing (use within 3 months).*



Makes 16 balls



10 minutes

1 serving = 2 balls

## Method

---

1. Crush the nuts in a sandwich bag into small chunks using the end of a rolling pin
2. Peel and mash the bananas with a fork in a mixing bowl until smooth.
3. Add the oats, nuts, chia seeds, maple syrup or honey and chocolate chips to the banana.
4. Mix everything together with a spoon until it starts to come together.
5. Roll into small balls (golf ball size).

Carbs  
8.7g

Protein  
3.6g





## Ingredients

---

### Granola

200g oats

2 Tbsp honey

1 Tbsp sunflower oil

### Yoghurt Base

800ml natural yoghurt

160g sugar-free apricot jam

### Extra

20g dried fruit

---

*Store granola in an airtight container and portion into a small bag when packing lunchbox*

*Suitable for home freezing (use within 3 months).*

Carbs  
52g

Protein  
9.1g

# Apricot Yoghurt Granola Pots



Makes 8 servings

serving = 1 pot



5mins prep

15mins cooking

## Method

---

1. Mix the oats with the honey and the sunflower oil in a bowl.
2. Spread out evenly onto a baking tray and bake in the oven at 200C/180C fan/ gas 6 for approximately 7 mins.
3. Give the granola a stir on the tray and bake for a further 7mins or until golden brown.
4. Leave the granola to cool on the tray.

### To serve

1. Once the granola is cool, place a tablespoon of the jam into the bottom of your jar and put 100ml of yoghurt on top. Or you could alternate with layers of jam and yoghurt.
2. Mix 20g of dried fruit with 2tbsp of granola and sprinkle on top of your yoghurt to serve.



# Simple Morning Smoothie

## Ingredients

---

1 banana  
1 Tbsp porridge oats  
80g soft fruit/frozen fruits  
(strawberries, blueberries,  
and mango all work well)  
150ml milk  
1 tsp honey  
1 tsp vanilla extract

---

*Swap honey for maple syrup and  
use non-dairy milk to make this  
vegan.*

*Best eaten on the day, but can be  
stored for a day in the fridge in a  
sealed bottle or jar. Shake well  
before consuming.*



Makes 2 servings  
serving = 1 glass



5 minutes

## Method

---

1. Put all the ingredients in a blender and whizz for 1 min until smooth.
2. Pour the banana oat smoothie into two glasses to serve.

Carbs  
23g

Protein  
3.9g



## Ingredients

- 1 ripe large banana, peeled and mashed
- 2 tablespoon golden syrup
- 75g peanut butter
- 200g medium porridge oats, or jumbo oats
- 50g mixed dried berries/raisins
- 50g dried apricots, finely chopped
- 2 tbsp (25g) chia seeds
- 3 Tbsp (30g) 4 seed mix (sunflower seeds, pumpkin seeds, flaxseeds & sesame seeds)
- 80g cashew nuts

*Store in a plastic container between layers of baking parchment in the fridge for up to 5 days.*

*Suitable for home freezing (use within 3 months).*

*Defrost overnight in the fridge before eating.*

# No-Bake Flapjacks



Makes 12 bars or 24 squares

1 serving = 1 bar



15 minutes +  
3hrs setting

## Method

1. Line a shallow baking tray (about 20 x 20cm or 9x9inch) with cling film or greaseproof paper.
2. In a bowl, mash the bananas until smooth with a fork. Add in the peanut butter and golden syrup and mix until combined with a spoon.
3. Add in the oats, nuts, dried fruit and seeds. and mix well with a spoon until all the dry ingredients are coated and everything is nicely combined.
4. Tip the fruity, seedy, oaty mixture into your prepared tin and gently but firmly press it into down so it is level and goes right to the corners. Get it as even and level as you can.
5. Put the tray in the fridge for at least 3 hours (or overnight if you can) to allow the flapjack to set.
6. Turn out on to a board and slice into bars or squares.

Carbs  
24g

Protein  
5.6g





# Apple and Cinnamon Swirls

## Ingredients

---

- 2 flour tortillas (8 inches each)
- 4 Tbsp applesauce
- 1 apple (cut into thin slices)
- 2 tsp ground cinnamon

---

*Store in a plastic container between layers of baking parchment in the fridge for up to 3 days.*

*Suitable for home freezing (use within 3 months).*

*Defrost overnight in the fridge before eating.*



Makes 16 rolls



5 minutes

1 Serving = 4 swirls

## Method

---

1. Cut your apple into quarters, removing the core. You can then either slice thinly or cut into matchsticks.
2. Spread your applesauce over each tortilla and place your apple slices/matchsticks on top.
3. Sprinkle the ground cinnamon over the top using a mini sieve.
4. Roll up your tortilla and then cut into 8 slices.

Carbs  
25g

Protein  
2.9g



## Ingredients

---

- 1 whole wheat tortilla (8 inches)
- 2 Tbsp of peanut butter (or a low sugar chocolate spread)
- 3-4 strawberries
- 1/2 a medium banana
- 1/2 a kiwi

*All the fruit above can be swapped for any of your favourites*

---

*A great option for a between-classes snack. Fold the slices inwards so that you do not lose any fruit!*

# Fruit Pizza



Makes 4 wedges



10 minutes

1 serving = 2 wedges

## Method

---

1. Peel your kiwi and banana and slice into rounds.
2. Cut the tops off your strawberries and cut into slices.
3. Spread your tortilla with the peanut butter and arrange the fruits over the top. Cut into 4 wedges and serve immediately.

Carbs  
24g

Protein  
5.5g

# Useful Resources



Links to our favourite quick and easy recipes online

<https://www.jamieoliver.com/recipes/category/course/quick-fixes/>

<https://www.jamieoliver.com/recipes/category/books/5-ingredients-quick-easy-food-recipes/>

<https://www.bbcgoodfood.com/recipes/collection/cheap-eat-recipes>

Local markets can also be great ways to get fresh produce, although they can be a bit pricey in London, so please decide on a budget!

The London Farmer's Market (<https://www.lfm.org.uk>) website lists all the markets in London, so is a great resource to access. Some local markets include:

1. South Kensington Farmer's Market: Every Saturday from 9am - 2pm selling lots local produce, such as meat, vegetables, eggs and breads
2. High Street Kensington Farmer's Market Every Sunday 10am - 2pm