

# Nutrition Guide



## **BREAKFAST**

**"Eat your breakfast. It's the most important meal of the day!"**

**Why ????**

**Well, imagine you're a car.**

**After a long night of sleeping, your fuel tank is empty.**

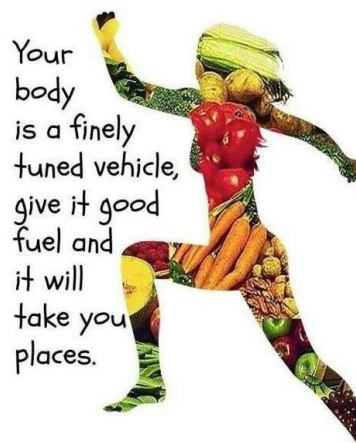
**Making your body is hungry!**

**Breakfast is the fuel that gets you going so you can hit the road. It helps fuel up your engine.**

**So you have energy to play your favourite sports with friends, learn in school and to feel good and not sleepy during the day.**

**Tomorrow morning, don't run out the door on an empty stomach.**

**Fuel your engine with a healthy breakfast!**



## **1. CREATE YOUR OWN PERSONAL BOWL OF PORRIDGE**

### **STEP 1 - Make your porridge**

Get an adult to add the porridge and water to a small saucepan and place on a medium-high heat.

Bring to the boil, then turn off the heat.

Place in to “your favourite bowl”

Add milk to cool porridge down and for **calcium**.



Porridge a **carbohydrate** food. A great source of **energy** for your body to help:

- Fuel for playing sports.
- Fuel for your brain to work and be focused.

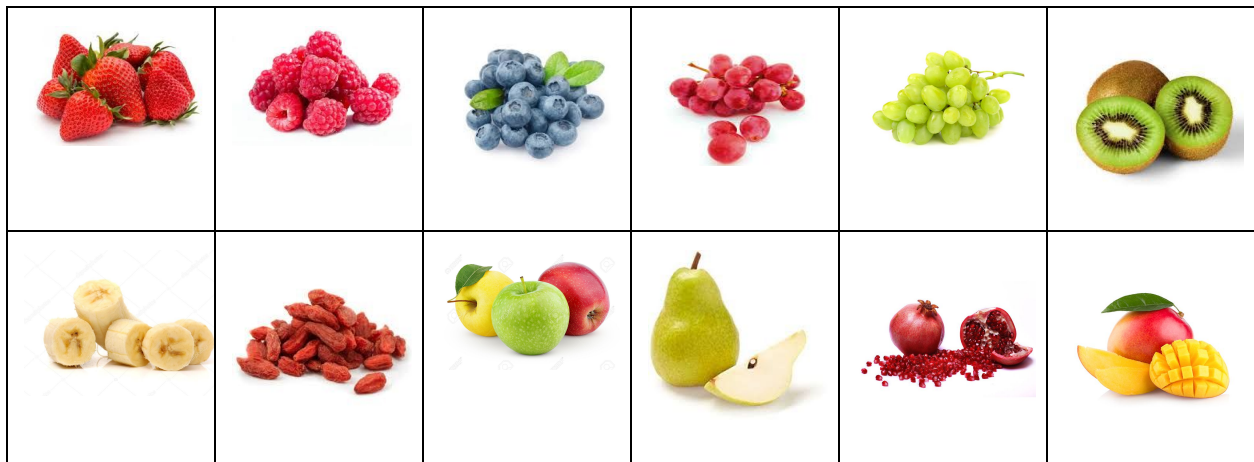
**\*\*\* If you don't like porridge you can use 2-3x weetabix instead**

### **STEP 2 - NOW LET'S CHOOSE YOUR FAVOURITE TOPPINGS -**

**Choose one from each list.**

#### **FRUITS**

- To help reach your 5 fruit and veggies today.
- To add extra natural fibre, vitamins and minerals.
- Natural sweetness to your bowl.



**\*\*Choose a fruit from one of the boxes or a different one if it's not pictured above.**

### **STEP 3 - ADD your next fun topping**

#### **HEALTHY FATS - “Brain Foods”**

- Add more fuel for your body.
- Have some **protein** to help us to grow healthy and strong.
- To help your brain and nervous system develop normally.
- Help us absorb some fat soluble vitamins from our foods (vitamins A, D, E, and K)
- Help us feel full and satisfied for longer.

 <p><b>Peanut Butter</b> <b>NUT BUTTERS</b></p>	 <p><b>Almond Butter</b></p>	 <p><b>Cashew Butter</b></p>	 <p><b>Chopped Nuts</b> -Almonds -Cashew -Peanut -Pecan -walnut -Hazelnut -Pistachios -Brazil</p>	 <p><b>Seeds mixture</b> -Pumpkin -Chia seeds -Flax seeds -Hemp seeds</p>
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### **STEP 4 - OPTIONAL - MORE NATURAL SWEETENERS**

Choose 1x only.

 <p><b>Natural Fruit Jam</b></p>	 <p><b>Honey</b></p>	 <p><b>Flaked Coconut</b></p>	 <p><b>Dark Choc Chips</b> 1/2 square 70% +</p>	 <p><b>Granola</b></p>	 <p><b>Raisins/dry fruits</b></p>
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## **STEP 5 - GET CREATIVE WITH YOUR BOWL**

**Add some milk then:**

**1x tablespoon peanut butter  
1x tablespoon blackberries  
2x tablespoon raspberries**



**Add some milk then:**

**1x tablespoon Blueberries  
1x teaspoon Honey  
1x tablespoon chopped cashews**

**Add some milk then:**

**1/2 banana chopped  
1x tablespoon nut butter**



## **OR MAKE SOME FUN FACE IDEAS TO TRY**



## **2. CREATE TOAST WITH ADDED BENEFITS**

### **STEP 1 - Start with a good bread**

- **Best to choose a Whole Grain Brown Bread.**
  - Longer to digest so it can keep us full and fueled for longer - keeping blood sugars happy.
  - The fibre helps with food movement through the digestive system.
  - It's full of **B Vitamins** (vitamins that help make energy from food we eat).

You can also choose any bread that you have at home in the press.

\*\*\*My favourite is **brown bread** - because it gives us more energy as it takes longer to break down.

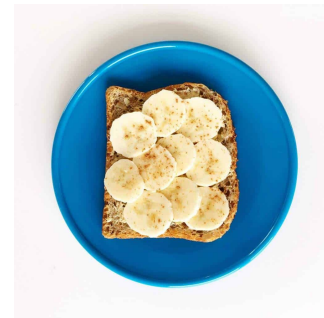
Ask adult to toast in the toaster until browned or you can have it not toasted.

### **STEP 2 - Choose your toppings and create**

#### **A. Peanut Butter & Banana Toastie**

Spread peanut butter on bread.

Chop up 1/2 a banana & place it on top.



#### **B. Pizza Toastie**



Spread 2 spoonfuls tomato/spaghetti sauce.

Add 1/2 small tomato, sliced.

Top with a sprinkle of cheese & get an adult to put under the grill to melt for 30 secs to 1 minute.

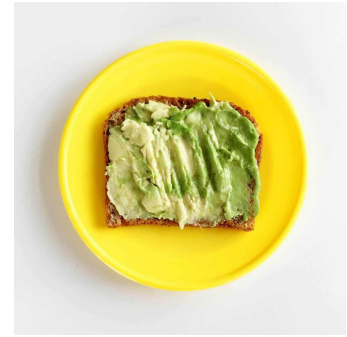
There is **calcium and protein** in cheese.

### **C. Avocado Hulk Toastie**

1/4 of an avocado. Mash it very well with a fork.

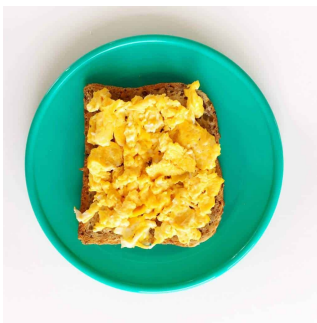
Add a sprinkle of sea salt and black pepper to taste.

Spread the mashed avocado generously onto each slice.



**Avocado** is a yummy healthy fat full of good energy.

### **D. Scrambled Egg Toastie**



Get an adult to scramble 1x egg for you.

Add scrambled egg to the top of your toast with a small squeeze of ketchup for taste.

**Eggs** are full of **protein** and **vitamin D**

## **STEP 3**

- Enjoy and feel full of energy for your morning.
- Great snack to enjoy on the way to or at school if you don't have time in the morning to eat at the table.

## **LUNCH TIME**

You're sitting in class and your stomach is starting to rumble.  
The school bell rings and it's time for lunch — woo-hoo!



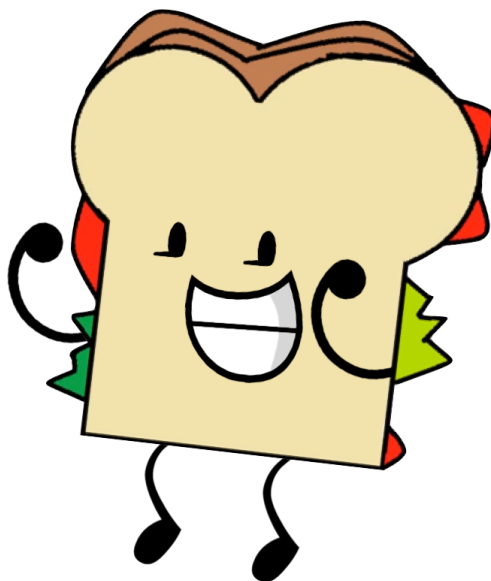
Time to refuel your engine.

After all that time in class, you deserve a chance fill up on  
some good food and sit down, relax, and enjoy the company of your friends over  
your lunchtime meal.

Below are some steps that you can follow to make your own lunch at home that  
will help refuel your engine and make you feel good.

We want good fuel. If you choose the wrong kind of fuel, you might run out of  
energy before the day is over, feel tired when your playing and not feel too good.

So lets create a Sandwich or Lunch bowl with the foods that your engine will  
work well with and that you like to eat :)



## **STEP 1- Build your base - Whole Grain breads, potatoes, pasta & rice**









**Choose 1 portion from the list below**

\*\*\* Remember Whole Grain and Brown is the best fuel.

\*\*\* Whole Grains are **burnt slower by our engines** – perfect fuel for a busy afternoon at school learning and playing sports.

Whole grains are better than refined grains which are usually **white** in colour.

- ❖ Brown rice is a whole grain, but white rice is not.
- ❖ Whole-wheat bread contains whole grains which have lots of fibre, minerals & vitamins, regular white bread does not.

<b>2 thin slices of Whole Grain(brown) bread</b> 	<b>1 small- medium bread roll</b> 	<b>1 tortilla wrap</b> 	<b>1 pitta bread</b> 
<b>2 slices of Brown Soda Bread</b> 	<b>1 small bagel</b> 	<b>1 cup - cooked rice, pasta or couscous</b> 	<b>4–6 crackers or breadsticks or rice cakes</b> 

**STEP 2- Choose your Spread or Topping**

<p><b>Peanut Butter</b></p> 	<p><b>Almond Butter</b></p> 	<p><b>Reduced fat Butter/ Light Spread</b></p> 	<p><b>Hummus</b></p> 
<p><b>Laughing Cow Triangle</b></p> 	<p><b>Low Fat Mayonnaise</b></p> 	<p><b>Low Fat Cream Cheese or Quark</b></p> 	<p><b>Mashed Avocado</b></p> 

### **STEP 3- Pick a Vegetable**

Our bodies love veggies as they are full of important fibre, vitamins and minerals.

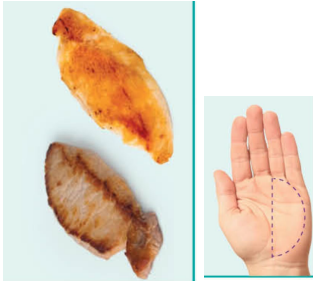
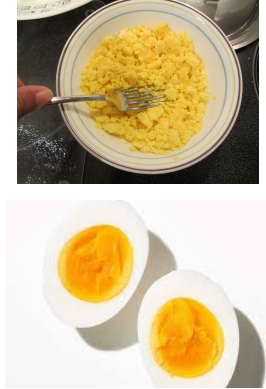

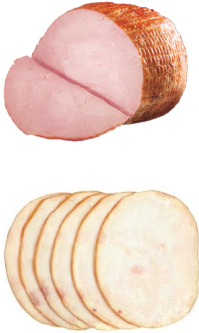


They also look cool in our lunch as they add colour.

**\*\*\* Aim to choose 1-2 at least, and don't be afraid to try new ones. Our goal today is to eat at least 5x different ones :)**

<b>Lettuce</b> 	<b>Spinach</b> 	<b>Rocket</b> 	<b>Carrot</b> 
<b>Peppers</b> 	<b>Sweetcorn</b> 	<b>Onions</b> 	<b>Beetroot</b> 
<b>Salsa</b> 	<b>Broccoli</b> 	<b>Cucumber</b> 	<b>Radish</b> 
<b>Tomato</b> 	<b>Peas</b> 	<b>Mushrooms</b> 	<b>Beans</b> 

**STEP 4- Add the main filling - Meat, poultry, fish, eggs or dairy**

**Choose One portion the list below.**

<p><b>2 slices (50–75g) of cooked chicken</b></p> 	<p><b>1–2 eggs (hard-boiled, sliced or mashed)</b></p> 	<p><b>A small can (100g) of tuna/ salmon/ mackerel or sardines</b></p> 
<p><b>Deli Ham/ turkey 2x slices</b></p> 	<p><b>2x thumbs size cheese</b></p> 	<p><b>1x Slice cheese</b></p> 

- These options are full of **protein**.
- **Protein** is essential for healthy growth and repair of our bodies.
- So you should eat a source of protein every lunchtime.
- It is handy to add it in as your sandwich filling.

## **Fancy a Wrap for lunch ???**

- 1 Whole Wheat Wrap
- 1 tablespoon Cranberry Sauce
- 1 tablespoon low Cream cheese spread, light
- Turkey
- Courgette & squash ribbons
- Avocado
- Lettuce/ Spinach & Baby Tomatoes

1. Combine cranberry sauce and cream cheese in a small bowl.  
After thoroughly combined, spread on one entire whole wheat tortilla.
2. Using a vegetable peeler, slice long strips from the courgette and squash and place in the center of tortilla.
3. Chop avocado, lettuce, spinach, tomatoes, turkey, and spread on wrap.
4. turkey wrap steps - Roll tightly, using the cream cheese spread on the edges to keep it sealed. Chill in fridge until ready to eat. Place on cutting board and cut two inch pieces from the roll. EAT!



## **Tip!**

You don't have to put all the ingredients in this wrap. Choose one of the vegetables or add in your favourite. Leave out the cranberry sauce if you don't like the color. Own wrap :)

## **YUM Filled Bagel**

- Cut bagel in half and add your filling.
- Grilled chicken, meat from last night's dinner, ham slices or tuna salad mix with some low fat mayo.
- Romaine lettuce or spinach.
- Veggie toppings, like tomato or onions. Or any from the list above.



## **DINNER TIME**

After your long day learning at school and playing with your friends it's time to refuel your engine again.



This time at home with your dinner.

This is the best time to sit down at the table to enjoy good food, talk and share stories from your day with your family.

Never watch TV while eating dinner.

It stops the brain from receiving information from the stomach that food is being put in.

Its like if you were filling a car up with fuel and you didn't watch to see how it was filling. It would overflow and too much fuel would be put into the car.

So wait until after dinner to switch on your favorite program.

Below is an easy recipe you can make with an adult for dinner during your summer holidays and the weekend.



## **EASY CHILLI CON CARNE**

**Serves 4**

### **INGREDIENTS**

- Protein sources
  - 500g lean 5-8% BEEF/ TURKEY Mince steak
  - 1 tin of kidney beans
- Veggies
  - 3 Peppers
  - 2 Red Onions
  - 2 Carrots
  - 1x cup frozen peas
  - 1-2 tins of chopped tomatoes (400-800g)
- Spices
  - 1.5 tsp smoked Paprika
  - 1 tsp Cumin
  - 1 heaped tsp hot or mild chilli powder (depending of preferred strength!)
  - \*\*if you'd like more spice add 1/2 teaspoon cayenne pepper
  - 1/4 tsp chilli flakes
  - \*\*\*\*\*If you are tight on time - or don't have any of the list above - you can use one of the following seasoning mixes
    - Old El Paso Chilli Con Carne Seasoning Mix - Aldi and Lidil also have their own version of this mix.
- Seasoning
  - Pinch of salt
  - Pinch of Black pepper
  - 1-2 cloves garlic



- Choose your carbohydrate to serve chilli with
  - 2x 125g Boil in the bag Rice bags or 250g/ 1 & 1/2 cups uncooked - (4x portions)
  - 600-800g Baby potatoes -12-15x, or 6-8 medium (4x portions)
  - 250g - 2 & 1/2 cups - uncooked brown pasta (4x portions)

## INSTRUCTIONS

- Cook off mince first on a non stick pan - with some cooking spray or a little bit of cooking oil.
- Mix up the spices (paprika, chilli flakes, cumin, chopped garlic, salt, pepper) OR ***Old El Passo chilli con carne seasoning mix***. Then add your mix to your beef and let simmer with a lid on a low heat.
- Chop the peppers and red onions, get some 1x cup peas, chop some carrots in small cubes, and add to a new pan or pot at medium heat, with a small amount of cooking spray or oil and fry until the onions have turned soft.
- Add the seasoned minced beef to the new pot/pan.
- Add a tin of chopped tomatoes, drained kidney beans and a splash of water and turn the heat down.
- Let the mixture bubble away for about 25-40 minutes, or until the water has evaporated from the mixture.
- Have a quick taste test - if too spicy you can add a little milk if you want more spice add in a little hot sauce/ a pinch of cayenne pepper.
- Serve with rice and avocado, or serve potatoes or even spaghetti for a spicy bolognese!

## **EASY BEEF/ CHICKEN/ TOFU STIR FRY**

**Serves 2x**

### **INGREDIENTS**

- Cooking spray / 1x teaspoon cooking oil
- 300g lean beef/ chicken/ turkey/ tofu, finely sliced.
- ½ onion, finely diced
- 1 carrot, washed and finely sliced
- a handful of broccoli, roughly chopped
- 1 pepper, de-seeded and chopped into strips
- Any other fave veggies. I like to add the aldi mixed bean mix.
- 2 tbsp soy sauce
- 2 tbsp pumpkin seeds
- Choose your carbohydrate to serve stir fry with
  - 1x 125g Boil in the bag Rice bags/ 3/4 cups uncooked - (2x portions)
  - 400g- 500g Baby potatoes -8-10x (2x portions)
  - 125g - 1 &1/4 cups - uncooked brown pasta (2x portions)



### **INSTRUCTIONS**

1. Heat the oil in a large frying pan over a medium-high heat, add the onion for a couple of minutes.
2. Add beef and cook for 10 minutes, until the beef is browned all over.
3. Remove beef and set aside. Add all the vegetables and stir fry for five minutes.
4. Add the soy sauce and return the beef to the pan.
5. Cook your carbohydrate food choice - rice/ pasta/ potatoes / noodles
6. Stir fry for another two minutes. Divide the stirfry between warmed plates, sprinkle pumpkin seeds on top and serve with basmati.

## **HOME COOKED MCNUGGETS**

### **INGREDIENTS**

- 400g chicken breast (into strips)
- 150g rolled oats(for coating)
- 3 tbs Cajun spice
- Salt & pepper
- 4 eggs
- 200ml almond milk
- 2 cloves of garlic (crushed)
- 2 sprig of rosemary
- 1 cal spray or 1x teaspoon olive oil
- 400g sweet potato / white potato/ parsnips  
uncooked (cut into wedges)



### **INSTRUCTIONS**

1. Preheat the oven to 190 degrees, next prepare your sweet potato by washing it and cutting into thick wedges.
2. Spread the potato evenly on a baking tray, sprinkle 1 spoon of Cajun spice mix, chopped rosemary, salt & pepper, crushed garlic and finish with a drizzle of olive oil. (toss the potatoes until you see that they have an even coat of the cajun mix)
3. Pop the potato into the oven to bake, these will take 15-20 mins depending on the size of the wedges.
4. Next whisk the eggs and almond milk in a mixing bowl, in a separate bowl mix the rolled oats, Cajun spice, salt & pepper. Slice your chicken breast into even slices (usually 4 per breast).
5. Next place the chicken in the egg mix and then transfer into the dry oat mix (may need to repeat this step twice depending on how well they coat). Place the chicken strips onto a separate baking tray and transfer into the oven. (12-15 mins)

6. Next prepare the asparagus by cutting up about 1/ 1 ½ inches up from the stalk and washing them, pat dry and place in a grilling dish, give the asparagus a coat by drizzling olive oil over them with the addition of the chopped garlic, salt & pepper.



## **POTATO SHEPHERD'S PIE**

**Serves 4-5**

### **INGREDIENTS**

- 600 g, White **OR** Sweet potato, raw,
- 200 g, Squash, winter, butternut, raw
- 400 g(s), uncooked Minced Lamb/ beef
- 300ml stock, beef, home-prepared
- 1 Onion
- 1 medium, Carrots, raw
- 4 clove, Garlic, raw
- 2 tbsp(s), Tomato Puree
- 1 tbsp, coconut oil
- 200 g, Red Kidney Beans



### **INSTRUCTIONS**

1. Boil the kettle and cook/steam your sweet potato or butternut squash for 15-20 mins. Finely chop the onion and garlic, then add to a frying pan with the coconut oil and cook until soft and golden in colour.
2. Add the lamb mince and cook until all pink has gone. Add the beef stock and stir, then simmer for 5 mins. Add your kidney beans to the mince. Chop the carrot and add also. Add the tomato puree and stir the mixture. Transfer to a pie dish.
3. Strain your sweet potato & butternut squash and mash until smooth. Then cover the mince with it and pop in the oven at 200 degrees C for 30 minutes.

Makes 4-5 portions. Eat alongside with your favourite vegetables.

## **TREATS TO CREATE & SHARE, HAVE AS A SNACK OR DESSERT**

### **Healthy 3 Ingredient No Bake Rice Crispy Treats**

#### **Ingredients**

1. 4 cups rice cereal (rice krispies)
2. 1/2 cup organic honey
3. 1/2 cup organic peanut butter (I use THIS)
4. 1/2 teaspoon vanilla extract
5. 1/2 teaspoon sea salt



#### **Instructions**

1. Line a 9×9 baking pan with parchment paper.
2. Heat the honey, peanut butter, vanilla and salt in a pan over low heat until it all melts together.
3. Pour the rice cereal into a large bowl and pour the melted honey and peanut butter over it. Stir together.
4. Press into the baking pan HARD using either a rubber spatula or your hand with wax or parchment paper.
5. Let cool and cut into squares.
6. Share and enjoy as a treat.

## Healthy Peanut Butter Chocolate Chip Cookies

### Ingredients

- 1 cup – peanut butter, all-natural
- 1 cup – honey
- 1 large – egg
- 1 1/2 teaspoon – vanilla extract,
- 1/2 teaspoon – salt
- 1/2 teaspoon – baking soda
- 2 cup – flour, whole wheat/ oat flour
- 3/4 cup – chocolate chips, dark



### Directions

1. Preheat oven to 350 degrees and line a baking sheet with parchment or a baking mat.
2. In a large bowl or the bowl of your stand mixer combine the peanut butter and honey and beat until well incorporated.
3. Stir in egg and vanilla. Add the salt, soda and flour and mix until it comes together to form a dough. Shape dough into small balls (about 1 tablespoon of dough each) and place on the prepared sheet. Use fork to lightly press each dough ball down.
4. Press a few chocolate chips on the top of each dough cookie.
5. Bake for 8-12 minutes until cookies become slightly golden brown. (Note: Be careful to not over bake! Honey burns easily.)
6. Remove from the oven and place the cookies on a wire rack to cool. Notes: To decorate press choc on the top.

Share and enjoy as a treat.

## **Nut & Seed Free Chocolate Bliss Balls (makes 12-15 balls)**

### **Ingredients**

- 90 g oats, gluten-free, if needed
- 3 tbsp raw cacao powder
- 1 tsp vanilla extract
- 8 medium pitted dates,
- Water



### **Instructions**

1. In a food processor or high-powered blender, mix the oats and cocoa powder together into a flour.
2. Add the vanilla and dates and blend until the mixture is well combined and starts to ball together.
3. Add a tablespoon of water if needed, to help the mixture ball together.
4. Take a tablespoon of the mixture and roll into a ball. Repeat until you have approximately 12 balls. Roll balls in coconut, melted dark chocolate, seeds, oats, granola or any yummie coatings you can think of.
5. Keep in an air-tight container for up to 10 days.
6. Enjoy!

## Banana Muffins

### Ingredients

- 2 large ripe bananas
- 2 & 1/2 cups old-fashioned oats
- 1 cup plain full fat Greek yogurt
- 2 large eggs
- 1/3 cup honey or agave
- 1 & 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2x tablespoons dark choc chips or nuts(optional)



### Instructions

1. Preheat oven to 180°C. Line a muffin pan with waxed paper or foil liners or, grease it so the muffins don't stick.
2. Mash banana with a fork. Get an adult to help this step. Inside a blender, place banana, yogurt, eggs, honey, baking powder, and baking soda. Blend until smooth.
3. Stir in chips or nuts.
4. Divide batter among cupcake liners, and bake for 18-20 minutes, or until a toothpick comes out clean.
5. Let cool down, share and enjoy.
6. These can be a great snack at school.

## Flap Jacks

### INGREDIENTS

- 1 large banana
- 2 tbsp smooth peanut butter
- 3 scoops vanilla protein powder
- 50g oats
- 2 tsp honey or agave
- 25g dark chocolate chips or chop up 70-85%dark choc
- splash almond milk
- Optional: Choc Shot to decorate



### Directions:

1. Blend together banana, protein powder, honey & peanut butter to form a paste.
2. Stir in oats & chocolate chips to form a thick cookie batter. This should be like cookie dough. If the mix looks a little dry then add a TINY bit of almond milk.
3. Place mix in a square tin of choice, lined with baking paper or cling film (for easy removal). I use a disposable foil brownie tray, available in most supermarkets when I make these to save washing up!
4. Flatten mix so top is smooth & decorate as desired with Choc Shot.
5. Allow the bars to harden in the fridge for at least 4 hours (overnight is best).
6. Eat within 3 days or freeze in portions and take out the night prior for a snack with coffee :-)

Makes 6-8 - great for a quick snack before a game.

## OAT PROTEIN PANCAKES RECIPE

Pancakes are great for lunch or an on the go snack before training with some fruit.

### INGREDIENTS

- 2 whole eggs
- 120ml milk
- 25g or 1 scoop of protein powder
- 45g or 1 scoop of fine oats
- 1/2 tbsp cinnamon
- 1 tsp vanilla extract



### INSTRUCTIONS

1. First, combine all ingredients except toppings in a blender and process until smooth. The banana acts as your egg replacer to bind all of the ingredients together.
2. Next, add coconut oil to a pan and turn to a medium to high heat.
3. Pour out the batter (around 2-3 tbsp. at a time). Fry until the edges begin to turn golden, then carefully flip and fry for a further minute or so on the other side. Repeat for remaining batter.

Makes about 4x pancakes

Yum to eat with some fruit and yogurt or some nut butter and jam.