Food and its’ unique relationship with cycling, is a subject I am very passionate about.

As a young adolescent food was wrapped up in connotations of masculinity; among my peer group those who could eat the most were viewed as the alpha males of the pack. Too often the foods we chose to over-indulge in were processed or fried foods.

I’ve embarked on a journey from amateur athlete, to professional, and now coaching. I’ve seen the importance of diet and the challenges of trying to maintain a ‘good’ diet with limited time.

There are a lot of cookbooks dedicated to cycling, but they are mostly aimed at full time athletes, or those that have hours available to dedicate to preparing recipes. As a time crunched cyclist, we have slightly different demands.

Long training hours allow for the possibility of increased fitness levels. But that improvement is only realised when accompanied with proper recovery. Although recovery is important for all athletes, full time workers need to place an increased emphasis on it.

There are a number of recovery strategies which athletes can employ; stretching, foam rolling, and massage – that can yield marginal recovery benefits. However, the primary focus for any athlete should be nutrition, and by extension, learning how to cook.

Cortisol is a hormone produced by the body in response to stress. Our brain is unable to distinguish between different forms of stress. Physical stress (training), mental stress (work) and dietary stress (nutrition) combine to form our weekly stress allowance.

If we exceed this allowance, our bodies react to slow us down through sickness and injury. The goal for any athlete is to effectively manage this weekly stress volume. It is estimated that 40 per cent of our total stress comes in the form of nutritional stress.
Nutritional stress compromises our recovery by affecting sleep quality. For optimum recovery, a deep sleep known as the ‘delta phase’ must be achieved. When our cortisol level is elevated, delta is more difficult to accomplish.

The emergence of coffee shops and fast food outlets, and subsequent dependence on sugar and caffeine as stimulants, are all directly related to poor sleep quality.

We have, through the course of this book, prioritised sustainable energy over stimulation.

Foods that stress our body can be labelled as ‘low net gain foods’. These are foods which take huge digestive energy to breakdown and offer little nutritional benefit.

Low net gain foods include: milk, cheese, cakes, biscuits, bread, processed foods and synthetic supplements/vitamins.

The goal is to transition from low to high-net gain foods. These take less energy to digest/assimilate and return more nutrition. Making the switch from one to the other will also ‘turn off’ the hunger signal to the brain. The brain craves nutrition – vitamins and minerals – rather than calories.

This e-book is packed with new recipes, old classics and new takes on old ideas. These recipes have one common trait – they are all high net gain. Starting to add these recipes into your life will reduce your nutritional stress, improve your recovery and speed you up on the bike.

We should be cautious not to get lost pursuing ‘marginal gains’ and ignore the huge performance benefits attainable through nutrition. By focusing on including more high-net gain recipes in our diet, we will lower our weekly nutritional stress, thus giving us greater scope to train harder and recover faster.

Anthony Walsh
Director & Head Coach
A1 Coaching
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# Healthy Breakfasts

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# One-Pot Dinners

Get your carbs, protein, and nutrients, in just one pot.

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# Energy Bars/Drinks for the Bike

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Baked Eggs with Bacon and Spinach

Serves 4-6

Method:

Preheat your oven to 180° Celsius.

Generously oil a 12-hole muffin tray with melted coconut oil or light olive oil, or alternatively use a large greased paper muffin case in each one.

In a large bowl, whisk the eggs, coconut cream, and salt and pepper to taste.

Finely chop the spinach leaves and sprinkle into the egg mixture. (Alternatively, use chopped onion and red pepper).

Line each cup of the muffin tin with a piece of bacon. Pour the egg and spinach mixture into the middle of the bacon, to about 2 thirds of the way up. Season with salt/pepper/chilli flakes.

Bake for approx. 20 minutes, until risen and starting to colour. Sprinkle some goat’s cheese on the top of each egg muffin and return to the oven for approx. another 5 minutes until the cheese has melted.

These will last for up to a week in your fridge.

Tip: These will stick to the tray unless you use adequate coconut oil/olive oil!

Ingredients

7 large eggs
80 ml coconut cream
12 strips streaky bacon
Handful baby spinach leaves
Salt and pepper
Goat’s cheese (optional)
Baked Eggs with Bacon and Spinach
Breakfast Smoothies: Pear & Vanilla/ Coconut Green

Serves 1

**Ingredients**

**Pear & Vanilla**
- 1 pear
- 2/3 mug or 200mls of almond/or other milk
- A big handful of spinach
- A handful of oats
- 1 tablespoon almond/nut butter
- Half a teaspoon of vanilla powder/ extract
- Some protein powder of choice

**Coconut Green Smoothie**
- 2/3 mug or 200mls of coconut water
- 1 tablespoon of coconut yoghurt
- A big handful of spinach
- 1 ripe banana
- 1 tablespoon bee pollen (optional)
- A couple of scoops of protein powder of choice (hemp/whey)

**Method:**

**Pear & Vanilla**
Slice the pear, discarding the core. Place all the ingredients in a blender and blend on high speed until smooth and creamy. You can add some frozen blueberries or crushed ice if you like.

**Coconut Green Smoothie**
Simply peel the banana and place everything into your blender. Blend until smooth.

**Tip:** Coconut water is high in potassium, low in calories, and is more effective than water at keeping you hydrated.
Oat and Fruit Squares

Method:

Preheat your oven to 190° Celsius and grease a 20cm square baking tin.

Mix together the oats, sugar, baking powder, and cinnamon. Sprinkle half the mixture in the tin and arrange the sliced nectarines on top.

Scatter the blueberries over the nectarines and sprinkle the remaining oats mixture on top.

Whisk together the milk, eggs, salt, and butter. Pour over the oats and fruit and leave until absorbed. Scatter the almonds and sugar on top.

Bake for 30-40 minutes until golden brown.

Leave to cool for 10-15 minutes and cut into squares. Serve lukewarm with yoghurt and honey.

Ingredients

- 2 cups of gluten free oats (500 ml) or organic oats
- Half cup brown sugar (125 ml)
- 1 teaspoon baking powder
- 1 and a half tsp. cinnamon
- 3 nectarines, sliced
- Half cup of blueberries
- 375 ml milk
- 2 eggs
- Pinch of salt
- 80ml melted butter
- 100g chopped almonds
- 3 tablespoons brown sugar
- Yoghurt and honey, to serve
Creamy Cocoa Oatmeal

Serves 2

Method:

In a pot boil the oats, and 2 cups each of water and milk. Simmer for 15 minutes.

Stir in 1 mashed banana, flaxseed, cocoa, cinnamon, nutmeg, and 1 more cup of water.

Cook for 10 minutes.

Add in the walnuts, and dried tart cherries.

Serve with a few teaspoons of maple syrup and a handful of blueberries.

Ingredients

1.5 cups of steel cut oats
2 cups water
2 cups milk of choice
1 banana
3 tbsps. ground flaxseed
1.5 tbsps. cocoa
1 tsp cinnamon
Quarter tsp nutmeg (optional)
1 cup water
1/3 cup walnuts
1/3 cup dried tart cherries
Maple syrup and blueberries to serve.
Healthy Egg & Chips  
Serves 4

**Method:**

Heat the oven to 200°C fan.

Tip the potatoes and shallots/onion into a large roasting tin. Drizzle with oil, sprinkle with herbs, salt and pepper to taste, and mix well, ensuring that all the vegetables have a light coating of oil.

Bake for 40-45 minutes, or until the potatoes are starting to go brown. Add the mushrooms, cut tomatoes, and cook for another 10 minutes.

Take the tin out of the oven, make 4 gaps in the vegetables, and crack an egg into each space.

Return to the oven for 6-8 minutes or until the eggs are cooked to your liking.

You might like to add a helping of low sugar baked beans.

Tip: Limit potatoes but bear in mind that any carbohydrate eaten with protein will slow its' absorption, so don’t get too cranky about this.

**Ingredients**

- 500g potatoes, diced
- 2 shallots or 1 small onion, sliced
- 1 tbsp. light olive oil
- 2 tsp. dried oregano or fresh herbs
- 200g small mushrooms, sliced
- 2 large tomatoes, halved
- 4 eggs
- Salt and pepper
Grilled Egg Avocado Breakfast  
Serves 2

Method:
Preheat your grill to medium/high.
Cut the avocados in half and take out the pit.
Take a small slice from underneath the halved avocado so that it stands without tipping over.
If the avocados are small, make the hole a little larger to accommodate the egg.
Crack an egg into each avocado half, and sprinkle with salt and freshly ground pepper.
Place the baking tray under the grill until the egg is cooked to your liking (approx. 6-10 minutes).
Top with desired toppings and enjoy while hot.
Alternatively, poach the eggs and serve with sliced avocado and toppings.

Tip: Spice and toppings are key; use good sea salt and plenty of freshly ground pepper.

Ingredients

2 avocados
4 eggs
Salt and pepper
Toppings of choice: feta and spring onion/fresh salsa/harissa sauce, etc.
Grilled Egg Avocado Breakfast
Home Made Muesli  Serves 12

Method:
Spread the jumbo oats (organic taste better) on a large roasting tin and place in a preheated oven at 190°C for 15 minutes or until golden. Take out and leave to cool.
Finely chop the mixed nuts, or pulse a few times in a food processor to chop them up. Add the seeds and coconut flakes.
Melt the coconut oil, raw honey, and vanilla extract together in a pot and coat the nuts, seeds and coconut flakes in this mixture.
Increase the oven temperature to 200°C and roast the mixed nuts, seeds, and coconut flakes for 15-20 minutes until they go brown (watch them carefully!)
Leave the roasted mixture to cool in the tin, and add in the oats.
Roughly chop the dried fruits and add them in. Mix everything well, breaking up the nuts, if necessary.
Transfer to an airtight container and serve with some fruit, cinnamon, and/or milk of choice.

Ingredients
300g Jumbo Oats (organic if poss.)
180g mixed nuts, almonds/cashews
1/4 cup coconut oil
1/4 cup raw honey
1 tsp vanilla extract
50g dried figs or dates
50g dried apricots
70g dried cranberries
50g pumpkin seeds
50g sunflower seeds
30g chia seeds (optional)
50g coconut flakes (optional)
1 tsp vanilla extract
Dash of cinnamon powder
Sundried Tomato Sausages

Serves 4-6

Method:

Finely chop the sundried tomatoes and place in a mixing bowl, with the minced pork, soft cheese, dried oregano, and egg. Season and mix well.

Divide the mixture into 10 pieces and roll each one into a sausage shape.

Chill the sausages in the fridge until ready to cook. Heat a frying pan and add light olive oil. One by one add the sausages and gently cook them for about 10 minutes, making sure they are evenly cooked.

Ingredients

Light olive oil
6 semi sundried tomatoes
450g good quality minced pork
50g soft goats cheese
1 tbspn dried oregano
1 free-range egg, beaten
Salt and black pepper
Oat Pancakes

Ingredients

1 mug (75g) oat flour, or oat flakes ground in the food processor
1 large egg
125 ml milk of choice
1 tsp cinnamon
Light olive oil/coconut oil

Toppings of choice.

Method:

Beat the egg until light and frothy.
Add to the milk.
Mix the cinnamon into the oat flour.
Combine wet into dry ingredients and mix well.
Heat the oil in a non stick frying pan.
Fry a dessertspoon sized dollop of mixture at a time until each side is brown.
Serve with sweet or savory toppings; fresh fruit with whipped coconut cream, honey and chopped walnuts, or scrambled eggs and bacon.
Banana Berry Breakfast Cookies

Makes 8-10 cookies

Method:
Preheat the oven to 350°F, 175°C.
Pulse the oats to a flour.
In a bowl, mash the banana and add the flour, mixing thoroughly. Stir in the dried fruit and chopped nuts. If you have a food processor, mix it easily on the slowest speed.
Use a tablespoon to drop cookies onto a lined tray and bake for 10 minutes.
Smear with good quality (no sugar) peanut butter and sliced banana for breakfast on the go (or on the bike).
Store the cookies in an airtight container.

Ingredients

1 cup rolled oats (blitzed to a flour)
1 large banana
1/2 cup dried fruit: blueberries, goji berries, raisins, apricots, etc.
1/2 cup chopped unsalted nuts of choice

Possible toppings: nut butter and sliced banana
Cajun Salmon Wrap

Serves 4

Method:

Heat the oven to 200°C, 180°C fan.

Mix the Cajun spice mix with the oil and rub all over the salmon. Put on a baking tray lined with foil and cook for 15-20 minutes, or until cooked.

For the Salsa, put all the ingredients into a food processor and pulse for a few seconds. Season.

Alternatively, if you don’t have a food processor, just chop/dice all the ingredients into very small cubes, mix together, adjusting salt and pepper and chilli to taste, adding the juice of one lime. (Careful when chopping the chilli -use gloves!)

For the bean salad: mix the cannellini beans, avocados, and lime juice, season well.

Serve in wraps, with flakes of salmon and the tomato salsa, and bean salad on the side.

Ingredients

1-2 tblspn. Cajun spice mix
1/2 tblspn. Avocado oil
500g salmon fillet, skinned

For the Tomato Salsa

3 tomatoes, chopped/diced
2 Jalapeno chillies, seeded and chopped
Salt and freshly ground pepper
Juice of 1 lime
1 red onion, chopped/diced
Good handful fresh coriander, chopped
Drizzle of good extra virgin olive oil

For the Bean Salad:

400g can of cannellini beans, drained and rinsed
2 avocados, stoned, peeled, sliced
Juice of 1 lime
4 tortilla wraps
Chicken Quinoa Soup  
Serves 6

Ingredients

2 tsps. Light olive oil or coconut oil
1 diced onion
2 sliced carrots
1lb thinly sliced raw chicken
1 cup sliced mushrooms
2 sliced celery stalks
2 crushed garlic cloves
4 cups chicken stock/broth
1 cup water
3/4 cup of quinoa (rinsed well)
4 sprigs of thyme
Salt and pepper

Tip: Amino acids in chicken rebuild broken down muscle tissue, while carbs in quinoa refuel your depleted gas tank, making this a good recovery soup post-ride.

Method:

Heat the oil in a pot, and cook the onion and carrot for 6 minutes.

Add the raw chicken, mushrooms, celery, garlic, and cook for 5 minutes.

Add the chicken stock/broth, water, quinoa, thyme, salt and pepper.

Bring to the boil, reduce the heat, and simmer for about 15 minutes, until the quinoa is fluffy and tender. Top with parsley and hot sauce if you like, e.g. a dash of Tabasco or chilli oil.
Post Ride Fried Rice Bowl  
Serves 4

Method:

Cook your rice as per packet instructions.

Heat 1 tbsp. of oil in a wok over a medium-high heat.

Season the chicken with salt and pepper, and stir-fry for 7-10 minutes, or until the chicken is golden brown and cooked through. Set aside.

Add a little more oil to the wok and stir-fry the carrot and broccoli for 2 minutes. Add the beaten eggs and cook for another 2 minutes.

Return the chicken to the pan with the cooked rice, most of the spring onion, and the soy sauce and chutney.

Continue to stir fry for 1 minute. Add more soy sauce and chutney if it seems too dry.

Garnish with the remaining spring onion before serving.

Ingredients

175g long grain Basmati rice, cooked
Light olive oil/coconut oil
500g chicken fillets, sliced into bite-sized strips
1 large carrot, peeled and julienned
Large handful of broccoli florets
2 large eggs, beaten
2 spring onions, thinly sliced
2 tbsps. soy sauce
2 tbsps. peach chutney
Salt and pepper
Sweet Potato and Chilli Soup

Serves 4

Method:

Heat a large pan with oil.

Add the onion and cook over a medium heat for about 3 minutes or until soft.

Add garlic, chilli, ground coriander, cook, stirring for 1 minute.

Add the sweet potato and the stock.

Bring to the boil, reduce the heat, partially cover and simmer for 20 minutes until the sweet potato is tender.

Cool slightly and purée with a stick blender until smooth. Return to the saucepan, add milk and gently reheat.

Stir through with the fresh coriander and serve with crusty bread if you want some additional carbohydrates.

Ingredients

Light olive oil
1 onion, finely chopped
2 tsp garlic, minced
1 tsp chilli, minced
2 tsp ground coriander
1kg sweet potato, peeled and cut into small cubes
1 litre, chicken or vegetable stock
150ml light evaporated milk
½ cup fresh coriander, roughly chopped
Sweet Potato and Chilli Soup
Red Lentil and Roasted Vegetable Soup

Ingredients

1 onion, quartered
Light olive oil/coconut oil
3 carrots, cut into chunks
Half a medium turnip, cut in chunks
1 parsnip, cut into chunks
2 sticks celery, roughly chopped
1 level teaspoon finely chopped fresh thyme
450g red lentils, washed well
Natural sea salt
1 level tablespoon finely chopped fresh parsley
Coarsely ground black pepper

Method:

Preheat the oven to 180°Celsius.
Tip the chopped carrots, turnip, parsnip and onion onto a baking tray/roasting tin and coat lightly with oil, salt and pepper.
Roast for 30 minutes.
Remove from the oven and place in large pot.
Add the thyme, and place the washed lentils on top of the roasted veg.
Pour in hot vegetable/chicken stock to 5 cm (2 inches) above the lentils.
Add a pinch of salt.
Place a lid on top, bring to the boil, lower the heat and simmer for 20 minutes.
Blend until smooth. Stir in the parsley. Season with salt and pepper.
Can be frozen.
Tagine of Butterbeans, Tomatoes & Olives

Serves 4-6

Method:

If using dried beans, soak them overnight.
Rinse the soaked beans. Put them in a deep pot with plenty of water and boil for 5 minutes, then reduce the heat and simmer for about 1 hour.
Drain and refresh them with cold water.
Heat the oil and butter in a heavy based casserole. Stir in the garlic, onions, chillies, and sauté until they soften. Add the coriander, ginger, and saffron. Cover and cook gently for 4-5 mins.
Toss in the tomatoes with the sugar and thyme.
Cover and cook until the skin on the tomatoes begins to crinkle.
Toss in the beans and olives, pour over the lemon juice and season. Cover and cook gently for about 5 minutes.
Sprinkle with flat leaf parsley and serve with chunks of crusty bread and a dollop of thick yoghurt, if you like.

Ingredients

- 175g dried butter beans, soaked overnight in plenty of water
  (Alternatively, use canned)
- 2-3 tblspns olive oil plus a knob of butter
- 4 garlic cloves, crushed
- 2 red onions, sliced
- 1-2 red or green chillies, diced
- 1-2 tsps. Coriander seeds, crushed
  (or use powder)
- 25g fresh ginger, chopped
- Pinch of saffron threads
- 16-20 cherry tomatoes
- 1-2 tsps. Sugar
- 1-2 tsps. Dried thyme
- 2-3 tblspns black olives, destoned
- Juice of 1 lemon
- Fresh parsley, coarsely chopped
- Sea salt and freshly ground pepper
Sesame Salmon with Chilli Quinoa Salad

Serves 2

Method:

Rinse the quinoa well, and cook it with the salt. Cover with twice the amount of water, bring to a boil and simmer gently for 10 minutes. Cover the pot and leave to sit for another 10 until the grains have soaked up all the water and the quinoa is light and fluffy.

Add the remaining salad ingredients and stir, adjust the seasoning and set aside.

Rub the salmon fillets with a little oil and salt and press the sesame seeds onto the flesh side.

Using a non stick frying pan, add a little oil and heat the pan to hot. Fry the salmon for around six to seven minutes per side until golden and cooked through (the flesh should flake easily when pressed). Take care not to let the seeds get too dark and burn.

Plate up the salad and place the salmon on top. Drizzle the fish with a little soy sauce, toasted sesame oil and lemon juice, to taste.

Ingredients

**Quinoa Salad:**
- 100g quinoa, rinsed well, cooked
- Half tsp salt
- 400g can of chickpeas
- 1 tblspn toasted sesame oil
- 1 tblspn soy sauce, or to taste
- 1 tblspn rice vinegar
- 1 tbspn fresh lemon juice
- 8 spring onions, finely sliced
- 2 tsp finely chopped red chilli
- 1 tblspn finely chopped coriander, parsley, or spinach
- Freshly ground black pepper

**Sesame Salmon**
- 2 salmon fillets
- 2 tblspns sesame seeds
- A little light olive oil
- Sea salt
- A little soy sauce
- Toasted sesame oil and lemon juice for drizzling
Sesame Salmon with Chilli Quinoa Salad
**Simple Trout Parcels**

*Serves 2*

**Method:**

Preheat the grill to very hot.

Stir the soy sauce, sugar, chilli, rice vinegar, ginger, and spring onions together.

Spread out a large piece of tinfoil on a baking tray and lay the fish fillets in the middle, not touching.

Pour the sauce over the top of each fillet.

Fold the foil and seal the fish inside a parcel.

Cook for approx. 8-10 minutes, or until the flesh is firm when pressed and flakes easily (cooked).

Take care as the steam will be very hot.

Serve on a bed of stir fried vegetables.

**Ingredients**

- 2 tblspns Tamari (wheat free sauce) or soy sauce
- 1 tsp xylitol or castor sugar
- Half a red chilli, finely chopped (wear a glove to chop chilli)
- 1 tbspn. rice vinegar
- 2.5cm fresh root ginger, peeled and grated or finely chopped
- 3 spring onions, very finely sliced
- 2 trout fillets (or salmon)
Simple Trout Parcels
Spiced Hake Nuggets  

Serves 4

Method:

Mix all the marinade ingredients in a cup with a little olive oil.

Place the fish into a medium sized bowl, and cover it with the marinade, mixing well.

Cover with clingwrap and refrigerate for at least an hour.

Place a griddle pan or large non stick frying pan on a high heat. Carefully place your hake pieces in the pan and cook, turning every couple of minutes, for about 5 minutes, until the fish firms up and is cooked through.

Tip: Stuff these into a pita bread with salad and a dollop of yoghurt for lunch, or serve on a bed of stir fried vegetables.

Ingredients

600g hake, skin off, cut into bite size pieces
2 tbsps. light olive oil
Sea salt
Freshly ground black pepper

For the marinade:
Half tbsp. paprika
Half tbsp. turmeric
Half tbsp. ground ginger
Half tbsp. ground coriander
Small bunch flat leafed parsley, finely chopped (optional)
Sardines and Tomatoes on Toast
Serves 2

Ingredients
10-15 cherry tomatoes
Light olive oil for frying
1 red chilli, whole
100g tin sardines in oil/tomato
2 slices dense wholewheat bread
Butter for the toast
Sea salt
Freshly ground black pepper

Method:
Cut the tomatoes in half while you heat the oil in a nonstick frying pan that has a lid.
Take the pan off the heat, place the tomatoes in the pan, cut side down.
Add the whole chilli (for subtle heat).
Place the lid over the pan and steam the tomatoes, turning once.
Break all the sardines in half and put them into the pan with the tomatoes and chilli.
Gently heat the mixture.
Make your toast and butter it.
Top it with the mixture and season generously.
The whole chili may be removed, or alternatively use a little chilli oil to add heat.
Tomato and Chickpea Curry

Serves 4

**Method:**

Dry fry the cumin and coriander in a large pot for about 30 seconds to release their aroma.

Finely dice the onion. Add in the coconut oil and onion to the pot. Sauté for 5 minutes.

Crush the garlic and throw it in with the ginger and some cracker pepper, stir for a minute.

Pour in the tomatoes and drained chickpeas. Throw in the chilli and garam masala.

Add in the chicken or vegetable stock. Season. Cook for 30 minutes stirring regularly.

**Ingredients**

- 2-3 tsps. coconut oil/light olive oil
- 1 tsp of cumin
- 2 tsp of coriander
- 1 white onion, sliced
- 2 inches of grated ginger
- 2 cloves of garlic
- 1 can of chopped tomatoes
- 1 can of chickpeas, drained
- 1 pinch of chilli flakes
- 1 tsp of garam masala spice
- salt and pepper
- 250 ml chicken or veg stock
Tomato and Chickpea Curry
Mediterranean Bean Stew

Serves 3-4

Method:
Fry the shallots/onion, garlic, and peppers in olive oil.
Add the dash of wine and stew for half an hour.
Add the tomatoes, oregano, stock, olives, beans, soy sauce, pepper and salt.
Stew this very slowly for about 40 minutes.
Serve piping hot with crusty garlic bread.

Optionally:
Add a teaspoon of German mustard to give it a nice kick.
Add cooked, chopped up sausage.
Add strips of chicken coated in flour (fry it off first).

Ingredients

Light olive oil
6 shallots, or 1 onion
1 red pepper
1 yellow pepper
2-3 cloves garlic
A good dash of red/white wine
1 tin of chopped tomatoes
1 tsp. dried oregano or mixed herbs
500ml chicken/veg stock
Handful black olives (optional)
1 tin of butter beans
1 dessertspoon soy sauce
Salt and black pepper
Salmon Coconut Curry

**Method:**

Wash the fish and pat it dry with kitchen towel. Cut it into 2 inch cubes.

Heat some light olive oil or coconut oil in a large frying pan or pot and once heated, add the onion, garlic, ginger, and chilli.

Add the curry powder and cook for 1 minute.

Add the tomatoes, and cook, mashing them with a fork into the mixture. About 2-3 minutes.

Add the coconut milk and bring to a simmer. Continue to cook until the milk is slightly reduced and thickened (but not for too long as it will separate, which doesn’t look nice but is still fine to eat!) Add the beans/mangetout.

Add the fish and cook, for approximately 5-6 minutes until the flesh is firm and flakes easily.

Season. Serve over basmati rice or a starch of your choice.

**Tip:** Try cauliflower rice as a low carbohydrate alternative to basmati rice. Pulse half a head of chopped cauliflower florets in a food processor (or chop very finely by hand). Fry for 6-7 minutes in seasoned light olive oil.

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**Ingredients**

- 500g salmon fillet
- 1 small onion, chopped
- 2 cloves garlic, crushed
- 1 thumb sized piece ginger, grated
- 2 chillies of choice, minced
- 2-3 tsps. Curry powder of choice (i.e. mild, medium, or hot)
- 2 large tomatoes, chopped
- 1.5 cups full fat coconut milk
- Salt & freshly ground black pepper
- 2 handfuls green beans/mangetout
- Cauliflower rice or basmati rice
Salmon Coconut Curry
Lentil Bobotie

Try this all-vegetable twist on a South African dish.

Method:
Preheat the oven to 180°C.
Grease an ovenproof dish.
In a pot, heat the oil and sauté the onion until soft. Add the spices and mix.
Add the rest of the filling ingredients and mix lightly. Spoon into the ovenproof dish.

Topping:
Whisk the eggs and milk and pour over the filling. Lightly press the bay leaves into the topping. Bake for 30 minutes or until set.

Serve with any or all of the following Sambals:
Chopped onion and tomato.
Chopped banana and coriander.
Chopped cucumber and plain yoghurt.
Micro herbs to garnish.

Ingredients

For the filling:
1 tbspn. Light olive oil
1 onion, chopped
Quarter tsp. chilli powder
1 tsp: ground cumin, ground cinnamon, and ground turmeric
50g tomato paste
1 tblspn. Apricot jam/brown sugar
2 tsp. apple cider vinegar
1/4 cup coarsely chopped almonds
1/4 cup raisins
2 cups of cooked lentils
2 cups roasted butternut cubes
Salt and pepper

For the Topping:
2 eggs
1/4 cup milk of choice
Few bay leaves
Lentil Bobotie
Vegetable Goulash With Herb Dumplings

Serves 6

Method:

To make the dumplings, mix both flours, salt and baking powder in a large bowl. Rub in the butter with your fingers, until the mix looks like breadcrumbs. Stir in the herbs. Gradually add 4 tsp. cold water and bring the mix together to form a soft dough. Do not knead. Set aside.

Wash the leek well and dice it. Heat 2 tbsp. oil in a large pot and cook the leeks for 3 minutes.

Add the garlic, carrots, parsnip, turnip.

Wash the barley and add to the pot, along with the tomato puree, tomatoes, paprika, bay leaves and a pinch of salt.

Stir the 2 stock cubes into 1 litre boiled water.

Pour into the pot, bring to a boil.

Lower the heat, add the potatoes, cover tightly and simmer for 5 minutes.

Take pieces of the dumpling dough and roll into 2.5 cm balls. Stir in all the beans into the goulash arrange the dumplings on top and put the lid back on to simmer for another 10 minutes.

Turn the dumplings over and simmer for a further 5 minutes. The dumplings will double in size. Check seasoning, sprinkle with paprika.

Ingredients

For the dumplings:
4 tbsps. Wholemeal flour
4 tbsps. White flour
Sea salt and black pepper
2 tsp. baking powder
55g butter
1 tbsp. fresh chives, chopped
1/2 tbsp. fresh oregano, chopped
1/2 tbsp. fresh parsley, chopped

For the Goulash:
Light olive oil
1 medium leek, 1 large garlic clove
4 medium carrots, cut into chunks
2 medium parsnips, cut into chunks
1 small turnip, cut into chunks
55g Barley
4 tsp. tomato puree
1 can chopped tomatoes
2 tsp. paprika, 2 bay leaves
2 vegetable stock cubes
3 medium potatoes
1 tin red kidney beans
1 tin cannellini beans
Vegetable Goulash with Herb Dumplings
Lamb Tagine with Dates, Almonds & Pistachios

Ingredients

2-3 tbsps. Olive oil plus a knob of butter
2 onions, finely chopped
1-2 tps. turmeric
1 tsp. ground ginger
2 tps. ground cinnamon
1 kg lean lamb, from the shoulder/neck/leg, cut into bite sized pieces
250g ready to eat, stoned dates
300ml veg or chicken stock
1 tbspn. dark runny honey
Sea salt and black pepper
2-3 tbspns. blanched almonds
2 tbspns. shelled pistachios
A small bunch fresh flat leaf parsley finely chopped.

Method:

Heat the oil and butter in a heavy based casserole, or a tagine.
Stir in the onions and sauté until golden brown.
Stir in the turmeric, ginger, and cinnamon.
Toss in the meat, making sure it is coated in the spices.
Pour in enough stock and water to almost cover the meat, and bring it to the boil. Reduce the heat, cover with a heavy lid and simmer gently for about 90 minutes.
Add the dates and stir in the honey. Cover with a lid again and simmer for another 30 minutes.
Season with salt and lots of black pepper.
Heat more olive oil and butter in a small pan.
Stir in the almonds and pistachios and cook until they begin to turn golden brown. Scatter the nuts over the lamb and dates and sprinkle with chopped parsley.
Serve with a buttery couscous and a crunchy citrus salad to cut the sweetness.
Chickpea & Chorizo Casserole

Serves 4

Method:

Heat the olive oil in a heavy based casserole. Stir in the onions and garlic and sauté until they begin to colour.

Add the chorizo, bay leaves and thyme and sauté until lightly browned.

Toss in the chickpeas, add the paprika, and cover with a lid.

Cook gently for 10-15 minutes, to allow the flavours to mingle.

Toss in the sage leaves and lemon juice. Season with salt and pepper to taste and serve hot with yoghurt and flat bread.

Ingredients

Light olive oil
2 red onions, chopped
2 garlic cloves, chopped
1 thin chorizo sausage, about 15cms, sliced on the diagonal
2-3 bay leaves
Several sprigs of fresh thyme
2 cans of chickpeas
1-2 tsps. Spanish smoked paprika
Some fresh sage leaves, shredded
Freshly squeezed juice of 1 lemon
Sea salt and freshly ground pepper

Tip: Serve this on its’ own, with yoghurt and bread, or as a side with grilled lamb chops.
Chicken Curry in a Wok

Serves 6

Method:
Mix all the spices together in a cup.

Sweat the onions and garlic and put aside in a bowl.

Brown the chicken in the wok and put aside.

Heat a little light olive oil or coconut oil and fry the spices for a minute or two, then add just a little stock—enough to make a paste in the wok.

Add all the ingredients and the remaining stock.
Simmer for approximately 20-30 minutes or until the chicken is cooked through.
Serve over basmati rice or stir fried vegetables.

Ingredients

2 tsp. ground turmeric
1 tsp. chilli powder (or to your taste)
2 tsp. coriander powder
1 tsp. ground ginger
1 tsp. cumin powder
2 medium onions, chopped
2 cloves garlic, chopped
6 chicken breasts, cubed
150g mushrooms, quartered
1 tin full fat coconut milk
1 tin chopped tomatoes
225ml chicken or veg stock (using 2 stock cubes)

Tip: You might not use all of both tins of coconut milk and tomatoes, judge for yourself.
Beef Goulash

Serves 4

Method:

Turn on your oven to 140°C.

In a heavy bottomed casserole pot, heat some oil and brown the cubes of meat on the hob for 5-6 minutes. Remove and put aside.

Add a little more oil to the pot and add the onion and garlic, cooking gently for 4-5 minutes.

Return the meat to the pot.

Sprinkle in the flour and paprika and stir to soak up all the juices.

Add the tomatoes and vegetable stock. Season, and bring slowly to the boil.

Cover tightly with a lid and place the casserole pot in the oven for 2 hours, adding a little more stock if necessary (don’t let it dry out).

After 2 hours, add the chopped peppers and cook for a further 30 minutes.

Remove from the oven and stir in the sour cream.

Serve with rice or potatoes.

Tip: A good one for parties. Just one pot, no mess.

Ingredients

1 kg steak, cubed
2 large onions, chopped
1-2 cloves garlic, crushed
2 tbsp. light olive oil
1 tbsp. flour
1 tbsp. paprika
1 tin chopped tomatoes
150 ml vegetable stock
1 medium red or green pepper
2 tbsp. sour cream, or to taste
Salt and pepper
Pan Roasted Chicken with Harissa Chickpeas

Serves

Method:

Preheat oven to 200°C. Heat oil in a large casserole or oven proof pan, over medium-high heat. Season the chicken with salt and pepper. Working in 2 batches, cook the chicken until browned, about 5 minutes per side; transfer to a plate.

Add onion and garlic; cook, stirring often, until softened, about 3 minutes. Add tomato paste, chickpeas, harissa, and broth; bring to a simmer. Nestle chicken, skin side up, in chickpeas.

Transfer the pot to the oven. Roast until chicken is cooked through, 20–25 minutes. Top with parsley and serve with lemon wedges for squeezing over.

Tip: Harissa is a great shortcut ingredient to flavour, but no two jars (or tubes) are the same. Taste first—if it seems very spicy, use a bit less. You can always stir more into the chickpeas when the dish is finished.

Ingredients

1 tablespoon light olive oil
8 skin-on, bone-in chicken thighs
Sea salt, freshly ground pepper
1 small onion, finely chopped
2 garlic cloves, finely chopped
2 tablespoons tomato paste
2 cans chickpeas, rinsed
1/4 cup harissa paste
2 cups chicken stock
1/4 cup chopped fresh flat-leaf parsley
Lemon wedges, for serving

Ingredient info: Harissa, a spicy North African red chili paste. Make your own from a recipe online, or buy it in a good Delicatessen or health shop.
Pan Roasted Chicken with Harissa Chickpeas
Maca Energy Balls  Makes 16 balls

Ingredients

150g of hazelnuts
150g of medjool dates
4 tbsp of raw cacao
2 tbsp of maca powder
3 tbsp of coconut oil
a small pinch of salt

Method:
Place the hazelnuts in the food processor, blitz for a minute.
Add the rest of the ingredients and process until fully combined.
Roll into balls and put in the freezer for 20 minutes then into the fridge until you want to dig in.
These keep in the fridge for 2 weeks.

Tip: Maca powder is a naturally sweet superfood, available in good health shops.
Date and Oat Bars

Makes 20 bars

Method:

Preheat your oven to 200° Celsius.

Combine the chia seeds and water in a mug and let this mixture sit for about 10 minutes until a gel forms.

Pit the dates and put them in a pot with the coconut oil. Allow to melt for 5 minutes, until the dates are nice and soft. Blend this to a smooth paste in a blender.

Add the oats, sunflower seeds, raisins, and cinnamon to a bowl and stir in the date mix. If the chia gel is formed, then stir this into the mix too.

Line a baking tray (about 6x9 inches) with baking paper, or grease it with coconut oil. Pour the granola bar mix into it and spread it evenly.

Bake for about 35 minutes, until the top turns golden. Take the tray out of the oven and leave it to cool for at least 15 minutes, before cutting it into bars—this is important for getting them to set.

Store in an airtight container. For an afternoon snack try spreading one with almond butter and some mashed banana.

Ingredients

- 400g of oats
- 20 medjool dates
- 300ml water
- 200g raisins
- 100g sunflower seeds
- 3 tablespoons coconut oil
- 4 tablespoons chia seeds mixed with 16 tblspns of water
- 2 teaspoons of cinnamon
Date and Oat Bars
Date Truffles

Makes 28

Method
Cook the dates and apricots in the tea, in a saucepan until soft and all the liquid has evaporated. Chop finely in a food processor.
Add the coconut, cocoa powder and just enough honey to make a stiff paste.
Shape into small balls, each with a whole almond in the middle. Roll the truffles in either cocoa powder, chopped almond nibs, or coconut and chill them for 30 minutes.
Keep the truffles in the fridge.

Ingredients

500g dried dates, finely chopped
50g dried apricots, finely chopped
125ml rooibos tea infusion
Half cup (150ml) desiccated coconut
Quarter cup (60mls) cocoa powder
15ml (1 tblspn) raw honey
100g raw whole almonds
Cocoa powder, chopped almond nibs, or desiccated coconut for coating.

Tip:
Raw honey is unprocessed (it has not been heated or pasteurised) and is, therefore, packed with natural vitamins and amino acids. Some nutritional value can be lost when honey is processed.
Date Truffles
Peanut Butter & Jelly Granola Bars

Makes 9 Bars

Method

Preheat the oven to 175°C or 350°F.

Add the coconut oil, apple sauce, and peanut butter to a saucepan over low heat until melted and incorporated.

Meanwhile, combine the dry ingredients: rolled oats, flour, sugar, flaxseeds (whole or ground), and salt in a mixing bowl. When the liquid ingredients are melted, slowly drizzle them into the mixing bowl with the dry ingredients.

Stir until well combined.

Add the granola to a lightly-oiled 8 x 8 inch pan and press down evenly. Top with the raspberry jam and use a knife to scrape and swirl the jam into the top layer of the granola mixture.

Bake for about 30 minutes until lightly browned and firm, but don’t overcook because the edges will burn fairly easily. Allow to cool for at least 30 minutes before attempting to cut and remove from the pan.

Ingredients

1/4 cup coconut oil
1/4 cup apple sauce
1/2 cup peanut butter
2 cups rolled oats
1/3 cup whole wheat flour
1/3 cup sugar
2 tablespoons flaxseeds
pinch sea salt
1/3 cup raspberry jam
Peanut Butter and Jelly Granola Bars
Ultimate Energy Bites  Makes 10-12

Method:
Blend the nuts, flaxseed, and chia seeds for about 1 minute. Add the other ingredients and blend for 1 minute.
Form into bite sized balls, and refrigerate until needed.

Tip: Cacao (ka-cow) is the raw, unprocessed form of chocolate. These untreated seeds referred to as cacao beans can be considered a superfood offering a wealth of antioxidants and essential vitamins and minerals; magnesium, and other essential minerals including calcium, sulfur, zinc, iron, copper, potassium, and manganese.

Flavonoids, with antioxidant properties.
Vitamins: B1, B2, B3, B5, B9, E.
Is it true that chocolate grows on trees? If you thought “Yes”, you are certainly right.
GCN’s Uber Bars

Makes 16

Preheat the oven to 180°C/350°F.

Melt the oil, brown sugar, golden syrup, peanut butter, and vanilla extract, over a medium heat for a couple of minutes until melted and mixed together.

Next add the seeds, almonds, sultanas, and chopped dates.

Gradually stir in the thick cut porridge oats/oatmeal.

Line a square cake pan (approx. 8x10 inch) with parchment paper.

Pour the mixture in and flatten/press it down with the back of a spoon or fork.

Cook for 10 – 15 minutes. Leave to cool for at least 15 minutes before cutting into bars.

Tip: Hannah Grant (Tinkoff-Saxo) has a sugar-free version of GCN’s Uber bar which uses blended bananas instead of refined sugar. She calls it the GCN Energy Bar 2.

Ingredients

120 ml Coconut/Sunflower Oil
180g Soft Dark Brown Sugar
2 tbspn. Golden Syrup
1-2 tbspn. Sugar free Peanut Butter
1/2 tsp. Vanilla Extract

25g/2 tbsp. Sesame Seeds
25g Sunflower Seeds
50g/1/2 cup Flaked Almonds
50g Sultanas
50g Chopped Dates

Gradually stir in thick cut porridge oats/oatmeal - 225g / 8 oz
Steve’s Energizing Beetroot Juice  
Makes 2 glasses

There is much talk amongst endurance athletes about the benefits of beetroot juice.

It has a potent flavour so give it a try 2-3 hours pre-ride, and let yourself get used to it before trying it out on a race day.

Wash all the ingredients.
Carefully peel the beetroot, scrape the brown skin from the ginger with a teaspoon, and chop the apples into quarters.

Juice all the ingredients and add crushed ice, or refrigerate, but this juice is best consumed within 30 minutes of making it, as after this, the nutrients will not be as fresh/potent.

Ingredients
4-5 medium fresh beetroots
2-3 Granny Smith Apples
2 inches fresh root ginger
Good handful of fresh parsley
Alternative Sports Drink  
Makes 8 cups

It’s no secret: sugar-laden sports drinks are not great for you.

As an adaptogen, Tulsi makes an excellent choice for hydration while exercising because it can help the body adjust to the increased physical stress and may even increase endurance.

You can purchase Tulsi (Holy Basil) Tea online, or in a good health food shop.

Boil the water, add the tulsi tea and let it steep (off the heat and covered) for 10-20 minutes. Strain. Let it cool to room temperature before adding the honey to preserve the enzymes in the honey. Mix in salt and minerals to taste. It keeps in the fridge for probably a week.

Ingredients

8 cups filtered water
6 teaspoons loose tulsi tea OR 6 teabags of it
3 tbsps. raw honey (or more to taste)
Big pinch of unrefined salt such as sea salt (adjust to taste)
15 drops trace minerals (approximately), optional but recommended
Adaptogenic/Alternative Sports Drink.
The recipes in this Cookbook were researched using the following sources:

Wellness Mama.com
One Ingredient Chef.com
Madeleine Shaw.com
BBC Good Food
Nourished Kitchen.com
Empowered Sustenance.com
Pure Wow.com
The Domestic Man.com
You Magazine Recipes
Team Sky Cycling Nutrition/Team Sky Chef Recipes
Women’s Health Magazine
Deliciously Ella.com
Bicycling.com
Patrick Holford Cookbook
The Real Food People Cookbook
Blazing Salads Cookbook
Epicurious.com

Most recipes have been updated/modified from their original form.

Compiled by Aisling Duggan, for A1 Coaching, 2015.