

DAY 1 - RARING TO GO!

The intake of carbohydrate today should be lower than the following days due to the reduction in training. Intake of protein from meals and snacks are relatively high, whilst snacks aim to deliver fibre to maintain proper gut function.

BREAKFAST

**A LARGE BOWL OF OATMEAL (100G)
+ VEGAN MILK OF CHOICE + 1 TABLESPOON
OF WALNUTS AND 2 TABLESPOONS OF RAISINS**



BREAKFAST 2 OR MID-MORNING SNACK... PROTEIN SMOOTHIE

- 1 cup blueberries + 1 chopped apple or other fruit
- 2 large handfuls of spinach
- 20-30g pea protein powder (or other vegan protein of choice)
- 1 spoon of coconut butter
- Water or vegan milk for blending
- + 2 slices of rye bread spread with nut butter of your choice



LUNCH AVOCADO, COURGETTE AND PUMPKIN SEED SALAD WITH TOASTED RYE BREAD

- 1 Cos lettuce
- 2 spring onions, thinly sliced
- ½ punnet cherry tomatoes, halved
- ½ raw courgette, sliced and diced or cut into ribbons
- 1 small ripe avocado, stoned, and the flesh sliced and then diced
- 1 tablespoon of pumpkin seeds (or other seeds)
- Juice of ½ lemon
- 1-2 tbsp of flax or hempseed oil or walnut oil
- ½ tsp of sea salt

Chop the lettuce into a bowl, and add the onions, tomatoes, courgette, seeds and the avocado. In a small bowl mix the lemon juice with the oil and salt, and mix well. Pour over the salad, toss well and serve with slices of toasted rye bread.



SNACK

5 OATCAKES SPREAD WITH 2 TABLESPOONS OF HUMMUS

EVENING

SIMPLE CHICKPEA AND TOFU STEW WITH TOMATOES AND SWEET PEPPER

SERVES 2

- Coconut oil/butter for frying
- 1 red onion, finely sliced
- 2 garlic cloves, finely sliced or chopped
- 2 teaspoons freshly grated ginger
- 1 de-seeded + chopped sweet red pepper
- ½ tsp sea salt or Herbamare salt
- 2 x 400g/14oz tins of chickpeas, drained
- 100 firm tofu, cut into cubes
- 80ml/2¾fl oz water
- 1 tsp cumin
- Freshly ground black pepper
- 500g/17½oz cherry tomatoes, or chopped large tomatoes
- 100g/3½oz baby spinach leaves



Heat a large deep frying pan over a medium heat. Add the oil, onion, garlic, ginger, red pepper and salt and lightly fry for five minutes (or until the onions are soft), being mindful to stir regularly. Add a little water to steam if necessary.

Add the chickpeas, water, cumin, pepper and cubed tofu and cook for a further five minutes or until the water evaporates. Finally, add the tomatoes and cook for another two minutes to soften. Remove from the heat and check for seasoning. Serve with 200g cooked quinoa or brown rice.

BEFORE BED

1 BANANA

