

DAY 2 - GET INTO IT!

It is a good option to start the day with protein rich breakfast that will support muscle growth and repair, whilst training volume is lower. The plan for today will help to boost micronutrients such as magnesium, iron and omega 3, which are crucial for energy production.



BREAKFAST

BANANA BREAD BREAKFAST QUINOA

Cook 70g quinoa in $\frac{1}{2}$ rice/soya milk and $\frac{1}{2}$ water. Bring to the boil and simmer until tender and the liquid has absorbed. Peel and mash up one ripe banana and then stir into the cooked quinoa together with $\frac{1}{2}$ tsp of vanilla extract and $\frac{1}{4}$ tsp cinnamon. Mix 1 tbsp of almonds and berries into the quinoa or add on top.

Fresh fruit salad – choose apples, hard pears, berries or nectarines. Chop a selection of fruits into a bowl, with a squeeze of lime or lemon juice. Add 2-3 spoons of coconut yogurt or soya yogurt and 2 tablespoons of seeds. Try pumpkin or sunflower seeds, or shelled hempseeds, or simply use a mix. The seeds are a great source of much-needed protein, and essential fats.

BREAKFAST 2 OR MID-MORNING SNACK...

PROTEIN SMOOTHIE

- 1 cup strawberries + $\frac{1}{2}$ cup mango
- 2 large handfuls of spinach or kale
- 20g 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 wholegrain peanut butter or almond butter



LUNCH

RAINBOW SALAD WITH AVOCADO, SWEET POTATO, BEETROOT, TOMATO AND FLAXSEEDS

SERVES 2

- 2 medium/200g sweet potatoes, diced into small cubes
- 1 ripe avocado
- 1 pack of vacuum-packed organic beetroot
- 100g cherry tomatoes, halved
- 1 bag of watercress and spinach salad
- 2 tbsp of flaxseeds
- Balsamic or apple cider vinegar
- ¼ tsp sea salt
- ¼ tsp of ground black pepper



Place the cubes of sweet potato in a pan of boiling water and allow them to cook for 10 minutes. While the potato is cooking, empty the watercress and spinach into a large salad bowl.

Then remove the beetroot from the pack and cut into cubes. Place in a small bowl with the tomatoes, and dress with the vinegar, salt and pepper. Leave to one side. Cut the avocado in half; lengthways, and gently twist away the stone. Place each half on a plate.

When the potato cubes are tender, drain under cold water. Add to the watercress and spinach, and finally add the beetroot and tomatoes. Toss together, and pile equal amounts over the avocado. Sprinkle the flaxseeds on top of the salad and serve immediately.

SNACK

1 TREK ENERGY BAR OF CHOICE - PACKED WITH PROTEIN, SLOW RELEASE CARBS AND A GREAT SOURCE OF CALCIUM AND MAGNESIUM





EVENING

TOFU, CASHEW AND LEAFY GREEN STIR-FRY

SERVES 2

- 1 block of tofu cubed
- Coconut butter for frying
- A small knob of root ginger
- 1 large red pepper
- 3 large handfuls (approx 200g) curly kale, Swiss chard, spinach, or young spring greens
- 20g unsalted cashew nuts
- 100g of quinoa
- Tamari sauce or standard soy sauce

Bring the quinoa to the boil (using 2 parts water to 1 part grain), then reduce the heat and allow it to simmer, covered until tender. Whilst the quinoa is cooking, prepare all the other ingredients.

Finely chop the ginger root, and then halve, de-seed and slice the red pepper lengthways. Heat the oil in a wok and then add the ginger and tofu. Stir-fry for a 3-4 minutes before adding the red pepper. Continue stirring before finally adding the greens. Add a touch of water, and a splash of Tamari sauce. Reduce the heat and allow it all to steam. Serve the tofu and veg over the quinoa.

BEFORE BED

1 BANANA

