



DAY 6 - FEEL ENERGISED!

On the second day of carb loading you should be eating an alternative high GI breakfast option that is easily digested. In general, today's options should all be easily digestible to maximise the glycogen loading before the big day.

BREAKFAST

2 BAGELS TOPPED WITH SMOOTH NUT BUTTER OF YOUR CHOICE, 1 TBSP OF FRUIT SPREAD AND A SLICED BANANA

+ 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 blueberries + 1 chopped apple or other fruit
- 2 large handfuls of spinach
- 20g pea protein powder (or other vegan protein of choice)
- 1 spoon of coconut butter
- Water or vegan milk for blending
- + TREK Flapjack of your choice



LUNCH

BUTTERBEAN, TOMATO AND BROCCOLI SALAD WITH SUNDRIED TOMATO DRESSING

- 100g tinned butterbeans, drained
- 8-10 cherry tomatoes, halved, or 1 large tomato, quartered
- 150g broccoli florets and chopped stalk, steamed
- 2-3 pieces sundried tomatoes
- A large handful of rocket or watercress or a mix

Dressing

- 2 tsps olive or rapeseed oil
- 2 heaped tsps sundried tomato paste
- Ground black pepper to taste

Steam the broccoli, keeping it crisp so as to retain maximum levels of nutrients. In a bowl, stir together the sundried tomato paste, the oil of your choice and black pepper.

Now assemble as follows: Firstly, add the butterbeans, followed by the chopped tomatoes and broccoli, sundried tomatoes, and finally, the rocket/watercress on top. Stir all the ingredients together and serve with baked potato or sweet potato.

EVENING

CURRIED QUINOA AND KALE SALAD

- 1 cup quinoa
- ½ red onion, thinly sliced
- 1 bunch of kale, washed, dried, and the leaves torn away from the stems.
- 3 carrots, grated
- 2 celery stalks, chopped
- 1 cup goji berries or unsulphured raisins
- ½ cup sundried tomatoes, sliced
- ½ cup almonds
- ¼ cup pumpkin seeds
- 2 tbsp sunflower seeds

Curried Dressing

- ¼ cup flax oil, hempseed oil, or extra virgin olive oil ¼ cup water
- 2 tbsp tahini
- 2 tbsp apple cider vinegar
- 2 tsp organic ground turmeric
- 2 tsp organic ground cumin
- 1 tsp ground coriander
- ½ tsp ground black pepper

Place the quinoa in a saucepan with twice the amount of water. Bring to the boil and then lower the heat and simmer, covered for 10-15 minutes, or until cooked. Set aside to cool down.

Mix all dressing ingredients together and whisk, or place in a jar, and with the lid on, shake well, until well mixed. Place the kale leaves in a large bowl and massage with the dressing. Mix with the cooled quinoa, carrots, celery, goji berries or raisins, sundried tomatoes, pumpkin seeds and sunflower seeds. Serve on plates or in bowls.





DESSERT

MANGO NICE CREAM

SERVES 2

- 1 cup frozen mango chunks
- 2 frozen bananas, peels removed prior to freezing
- Dark chocolate (optional, for garnish)

Slice the bananas and place them in a blender or food processor with the frozen mango. Blend until smooth and enjoy immediately as is or topped with dark chocolate shavings.

BEFORE BED

1 BANANA

