

COCONUT LIME BALLS

<https://www.sportsdietitians.com.au/recipes/coconut-lime-balls/>

Sports Dietitians Australia Website

PREPARATION TIME: 5 MINUTES

MAKES: 12 BALLS

INGREDIENTS:

- 2/3 cup raw cashews
- 1/3 cup raw almonds
- 1 cup fresh dates (seeds removed)
- Zest of 2 limes
- Fresh juice from 1 lime
- 1/2 cup shredded coconut

METHOD:

1. Blend all the ingredients, except coconut, until the mix becomes breadcrumb like consistency.
2. With damp hands, roll into walnut sized balls, and roll in coconut.
3. Refrigerate until ready to eat.



CREAM CHEESE & VEGE BAGEL

https://ais.gov.au/nutrition/recipes/cream_cheese_and_vegie_bagel

Australian Institute of Sport Website

PREPARATION TIME: 5 MINUTES

SERVES: 1

INGREDIENTS:

- ½ - 1 bagel, split
- 1 tbs low-fat spreadable cream cheese
- 1 lettuce leaf, torn
- ½ small carrot, grated
- 3 slices tomato
- 1 egg, hard-boiled
- freshly ground black pepper



METHOD:

1. Spread base of bagel with cream cheese.
2. Top with remaining ingredients.
3. For High Fuel, top with second bagel half.
4. For Low Fuel, leave as an open bagel.

*Athletes with **high fuel** needs (e.g. endurance athletes, athletes who are growing, athletes aiming to increase muscle mass) require extra carbohydrate-based ingredients and a larger serve size*

*Athletes with **low fuel** needs (e.g. skill-based athletes, athletes trying to reduce body fat) need to opt for a smaller serve size*

SIMPLE CITRUS SALAD

<https://daa.asn.au/recipes/simple-citrus-salad/>

Dieticians Association of Australia Website



PREPARATION TIME: 15 MINUTES

SERVES: 2

INGREDIENTS:

- 1 small celery stalk chopped
- ½ cup of cherry tomatoes, halved
- 1 cup of kale, chopped
- 3 white button mushrooms, peeled and sliced
- 1 small cucumber, deseeded and sliced
- 1 medium peeled orange, segmented
- ¼ cup of almonds
- ¼ small red onion, finely chopped
- ½ cup of freshly squeezed orange juice
- ¼ avocado peeled, de-seeded, chopped

METHOD:

1. Combine all ingredients in a large bowl.
2. Toss well to ensure orange juice coats all salad items.

Tips: For cucumber slice lengthways and use a spoon to de-seed. Then slice cucumber

BIRCHER MUESLI

https://ais.gov.au/nutrition/recipes/bircher_muesli

Australian Institute of Sport Website

PREPARATION TIME: 10 MINUTES + STAND TIME (OVERNIGHT)

INGREDIENTS:

- 2 cups UNCLE TOBYS Traditional Oats
- ½ cup chopped dried apricots
- 1 cup orange juice
- 1 1/3 cups skim milk
- 1 cup SKI D'LITE Vanilla Crème Yogurt plus extra to serve
- 1/3 cup slivered almonds
- 1 apple, grated
- honey, to serve
- chopped banana, strawberries or blueberries, passionfruit and raspberries to serve

METHOD:

1. Combine UNCLE TOBYS Traditional Oats, apricots, orange juice, milk, SKI D'LITE Vanilla Crème Yogurt, nuts and apple in a large bowl. Cover and refrigerate overnight.
2. Before serving, drizzle with honey, to taste.
3. Serve with banana, strawberries, blueberries, passionfruit and/or raspberries and extra yogurt.

NUTTY BANANA LIQUID FUEL

<https://www.sportsdietitians.com.au/recipes/nutty-banana-liquid-fuel/>

Sports Dietitians Australia Website

PREPARATION TIME: 5 MINUTES

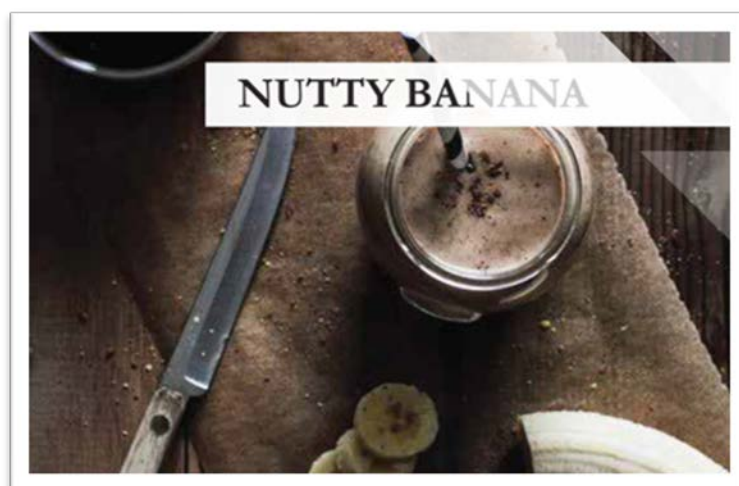
SERVES: 1

INGREDIENTS:

- ½ cup almond milk (or regular milk)
- 1 scoop whey or vege protein powder
- 1 tbsp almond or peanut butter
- 1 large frozen banana (peel before freezing)
- 1 tbsp raw maple syrup
- ½ tbsp wheatgerm

METHOD:

1. Blend ingredients together...add ice if desired



BROCCOLI SALAD

<http://www.theathleteskitchen.com.au/recipes>

The Athlete's Kitchen Website

PREPARATION TIME: 10 MINUTES

SERVES: 1

INGREDIENTS:

- 250g broccoli florets, roughly chopped
- 150g carrots, roughly chopped
- 1 apple, cored, roughly chopped
- 1/4 red onion, roughly chopped
- 20g lemon juice
- 120g natural yoghurt
- 1/2 cup slivered almonds

METHOD:

1. Place all ingredients except the almonds into a food processor.
2. Blitz until finely chopped, or to your desired consistency.
3. Stir through almonds just before serving.