

Gymnastics Nutrition Guidance



Gymnastics Nutrition Recipes

Below is a list of recipes and preparation instruction for those meals described in the various Nutrition strategies on the website.

Blueberry Bircher Muesli

Serves 1 Preparation time: 5 minutes, plus overnight soaking

For the Blueberry Compôte (makes 4 servings):

350g/12oz/2 1/2 cups blueberries

For the Bircher Muesli:

100g Blueberry Compôte/50g cup rolled oats /170g fat-free Greek yogurt 2 tsp clear honey

1 Put the blueberries in a saucepan with 4 tablespoons water over a medium heat. Bring to the boil, then turn the heat down to low and simmer for about 10 minutes until the blueberries are soft and slightly thickened.

2 Leave the compôte to cool, then transfer to a screw-topped jar and keep in the fridge for up to 3 days.

3 To make the Muesli, put a quarter of the Blueberry Compôte (85g/30z) in a bowl, stir in the oats, cover and leave to soak in the fridge overnight.

4 Stir in the yogurt and honey and enjoy.



Summer Fruit Breakfast Smoothie

Serves 1 Preparation time: 5 minutes

10 raspberries, 5 strawberries, 1 tbsp. redcurrants,

100g fat-free Greek yogurt, 1 handful of ice, 100ml (skimmed) milk

Put all the ingredients in a blender and blend until smooth. Serve straight away or can be made night before and kept in fridge so easy to drink pour and go in the morning.

Vegetable and Bean Hotpot

Makes one large pot and should last 2 servings – so can be made in advanced and transported to training, school in a Tupperware.

Chop garlic and ginger and place in an ovenproof dish

Chop a variety of veg. broccoli, carrots, green beans, courgettes, peppers etc. and also place in the dish.



Gymnastics Nutrition Guidance



Add 1 x 400g drained tin of beans – chickpea or kidney or red lentils.
Add 1 x large jar tomato based pasta sauce.
Season as required.
Place dish into oven for 1 hour – serve with small wholemeal roll or ½ jacket potato.

Homemade Pizza

Serves 4

500g sweet potato, 4 x small wholemeal flour tortillas, 100g reduced fat feta cheese, 6 spring onions, 1 mild red chilli, and 1 tbsp. olive oil

Pre-heat the oven to 200 °C or gas mark 6
Mix together 500g sweet potatoes, chopped into 1 cm cubes – leave the peel on for extra fibre and Vitamin C, red chilli and olive oil.

Place on a baking tray and roast for 15 mins

Reduce the oven temp to 180 °C or gas mark 4 and place tortillas on a large baking tray

Divide the sweet potato among them, roughly crumble the feta cheese and trimmed, sliced spring onions over the top

Put them back in the oven for 8-10 mins, until they begin to turn golden.

Serve with salad.

Salmon wrap

Serves 2 Preparation time: 10 minutes

300g grilled or canned salmon, skinned and flaked, 2 tbsp. plain yogurt, 1 1/2 tbsp. lime juice, 2 whole meal tortilla wraps , 1/2 avocado, peeled, pitted and sliced , 2 large tomatoes, sliced, 2 handfuls of shredded lettuce

Mix the salmon with the yogurt and lime juice.

Divide the salmon mixture equally between the wraps and top each one with half the avocado, tomato and lettuce. Roll and fold each wrap to encase the filling. Serve straight away, or wrap in cling film/plastic wrap for a portable meal.

Roasted Vegetable Bruschetta

Serves 4

Preheat the grill to medium. Cooking time: 15 minutes

2 courgettes sliced, 2 red peppers, deseeded and cut into chunks, 1 aubergine, sliced 100g mushrooms, sliced, 4 garlic cloves, finely chopped, 1 tbsp. dried oregano, 3 tbsp. rapeseed oil, 4 slices of sourdough bread , 160g feta cheese

Gymnastics Nutrition Guidance



cubed, Freshly ground black pepper

Put all the vegetables and the garlic on a grill tray, sprinkle with the oregano and drizzle the oil over the top. Toss together so all the vegetables are lightly coated.

Grill for 8–10 minutes, turning the vegetables occasionally, until they are soft and golden.

Toast the bread.

Spoon the vegetables onto the slices of toast

Divide the feta into 4 and sprinkle over roasted vegetables and toast

Season with black pepper and serve hot.

BEETROOT, FETA AND POTATO SALAD

Serves 4 Preparation time: 15 minutes cooking time: 1 hour

2 baking potatoes, 100g mini pickled beetroot/beets, 150g mixed salad leaves 200g cubed feta cheese, 50g cubed cucumber, 150g cherry tomatoes, 1 large carrot, 85g green olives with chili (optional), 1 handful of chopped coriander/cilantro leaves, balsamic vinegar to serve



Preheat the oven to 200°C/400°F/Gas 6. Pierce the potatoes with a fork, then bake for 1 hour, or until soft on the inside with a lovely crisp skin. Meanwhile combine all the other salad ingredients in a large salad bowl.

Remove the potatoes from the oven. Leave to cool for 10 minutes, then cut into chunks and add to the salad. Toss all the ingredients together. Serve with the vinegar and oil on the side so can add your own

SWEET POTATO AND LENTIL SOUP

Serves 4 Preparation time: 10 minutes cooking time: 35 minutes

1 tbsp. rapeseed oil, 1 chopped red onion, 1 crushed garlic clove, 4 sweet potatoes (about 1.2kg/2lb 12oz total weight) peeled and chopped, 85g/3oz/1/3 cup red lentils, 1 litre vegetable stock, 1/2 tsp paprika, 1/2 tsp ground cumin, 1/2 tsp chilli powder, 1 handful of chopped coriander leaves

Heat the oil in a large saucepan over a medium heat. Add the onion and garlic and cook for 2–3 minutes until tender. Add the sweet potatoes and red lentils and cook for 2 minutes.

Add the stock, paprika, cumin and chilli powder, bring to the boil, then turn the heat down to low and simmer for 30 minutes, or until the sweet potatoes are tender and the lentils are

Gymnastics Nutrition Guidance



cooked.

Blend using a hand-held blender or transfer to a blender or food processor and whiz until smooth. Sprinkle with the coriander and serve hot.

CHICKPEA AND KALE SOUP

Serves 4 Preparation time: 10 minutes cooking time: 1 hour

1 tbsp. rapeseed oil, 1 tsp cumin seeds, 1 large chopped onion, 2 crushed garlic cloves, 1cm/1/2in piece of root ginger, 1 large chopped sweet potato (about 300g/10 1/2oz), 1 red chilli, deseeded and chopped (optional), 1 litre vegetable stock, 1 large bunch of curly kale, washed and torn into smaller pieces, 800g canned chickpeas, drained and rinsed

Heat the oil in a large saucepan over a medium heat. Add the cumin seeds and shake the pan for a minute or so until you can smell their aroma. Add the onion, garlic and ginger and fry for 4–5 minutes, stirring occasionally, until golden brown.

Add the sweet potato and chilli, if using, and cook for a further 5 minutes.

Pour in the stock and bring to the boil, then turn the heat down to low and simmer for 15–20 minutes until the sweet potato is tender.

Add the kale and simmer for a further 20 minutes. Add the chickpeas and simmer for 5 more minutes, stirring occasionally, or until everything is heated through and well blended. Serve hot.

VEGETABLE AND CHEESE FRITTATA

Serves 4 Preparation time: 10 minutes cooking time: 8 minutes

8 eggs, 1 tbsp. skimmed milk, a pinch of dried oregano, 1 tbsp. rapeseed/canola oil, 1 cm/1/2in piece of root ginger, peeled and finely chopped, 1–2 garlic cloves, finely chopped, 1 courgette, sliced; handful chopped mushrooms and cherry tomatoes, 100g grated cheddar cheese, sea salt and freshly ground black pepper, mixed green salad, to serve



Whisk together the eggs and milk in a large bowl and season with oregano, salt and pepper, then leave to one side.

Heat the oil in a large frying pan over a low heat. Add the ginger and garlic and fry for about 3 minutes until golden brown, stirring regularly. Add the vegetables and cook for a further 3–5 minutes until they are also golden in colour.

Gymnastics Nutrition Guidance



Preheat the grill/broiler to medium-high.

Pour the egg mixture into the pan and cook over a medium heat for a few minutes until it looks like it will come away from the sides of the pan. Scatter over the cheese. Remove the pan from the heat and put under the hot grill/broiler for 3 minutes, or until the top is golden. Cut into quarters and serve hot with a mixed green salad.

VEGETABLE GREEN THAI CURRY

Serves 4 Preparation time: 10 minutes cooking time: 25 minutes

1 tbsp. oil, 2 chopped garlic cloves, 1 bunch of spring onions finely chopped, 185g/6 1/2oz Thai green curry paste, 400g smoked tofu, 400ml coconut milk, 100g/3 1/2oz fine green beans, 100g/3 1/2oz carrots, 200g/7oz spinach leaves, 2 large courgettes/zucchini, cut into chunks, juice of 1/2 lime, 1 handful of coriander chopped, 1 small red chilli, deseeded and chopped (optional)



Heat the oil in a wok or large frying pan over a medium heat, add the garlic and spring onions/scallions and fry for a few minutes until they are golden brown. Add the curry paste and cook for a further 3 minutes, stirring occasionally, or until you can smell their aroma.

Add the tofu and stir to coat well with the paste.

Add the coconut milk and 400ml/14fl oz. /generous 1 1/2 cups water, turn the heat up to high and bring to the boil, then turn the heat down to low and simmer for 10 minutes.

Add the remaining vegetables and simmer for 8 minutes, or until the chicken and vegetables are just tender. Add the lime juice, coriander/ cilantro and chilli for extra spice, if you like.

Serve straight away or leave to cool, put in an airtight container and store in the fridge until needed.

TANGY CHICKEN STIRFRY

Serves 4 Preparation time: 15 minutes cooking time: 20 minutes

250g dried thin egg noodles, 1 1/2 tbsp. rapeseed oil, 500g skinless, boneless chicken breast, cut into thin strips, 2 tsp grated ginger, 2 crushed garlic cloves, 1 chopped small onion, 1 red pepper, deseeded and thinly sliced, 150g mangetout/snow peas or sugar snap peas, 1 large carrot cut into thin strips, 1 large courgette/zucchini, cut into thin strips, 150g baby corn, juice of 1 lime, 2 tbsp. sweet chilli sauce, 1 tbsp. soy sauce, 80ml chicken stock, 1 handful of chopped coriander leaves



Cook the noodles in a large saucepan of boiling water for 5 minutes, or until tender. Drain

Gymnastics Nutrition Guidance



well, then toss with 1/2 tablespoon of the oil to prevent them sticking together. Leave to one side.

Heat the remaining oil in a non-stick wok or large frying pan over a high heat. Add about half the chicken so the wok is not overcrowded, and fry for 2–3 minutes, stirring, until browned. Using a slotted spoon, remove the chicken from the wok and cook the remaining chicken, then remove it from the wok.

Add the ginger, garlic and onion to the wok and stir-fry for 2 minutes, or until soft. Add the remaining vegetables and stir-fry for 3 minutes, or until tender but still crisp.

Add the lime juice, chilli and soy sauces and stock and bring to the boil. Add the noodles and toss to warm through. Return the chicken to the pan and reheat thoroughly. Sprinkle with the coriander and serve hot.

MAGIC FISH PIE

Serves 4 Preparation time: 20 minutes cooking time: 1 hour

1 sweet potato (about 300g), chopped, 2 large carrots, chopped, 1 large parsnip, peeled and chopped, 670ml skimmed milk, 60g low-fat cream cheese with chives, 2 tbsp. plain/all-purpose flour, 1 smoked haddock fillet, cut into bite-size chunks, 1 smoked mackerel fillet, cut into bite-size chunks, 1 salmon fillet, cut into bite-size chunks, 300g mixed vegetables, such as frozen peas, sweetcorn/corn kernels and spinach



Preheat the oven to 180°C/350°F/Gas 4.

Put the sweet potato, carrots and parsnip in a large saucepan, cover with water and bring to the boil over a high heat. Turn the heat down to low and simmer for 10 minutes, or until tender. Drain, then mash with 100ml of the milk and the cream cheese.

Put the flour in a small saucepan and stir in enough of the milk to make a paste. Put the pan over a low heat and whisk in the remaining milk, then stir until the mixture comes to the boil and thickens into a white sauce.

Put the fish pieces into the bottom of a large ovenproof dish and add the mixed vegetables. Pour the sauce over the top and stir together gently. Spread the mash mixture over the top.

Bake for 30–40 minutes until the pie is piping hot and the top is crisp. Serve straight away.

Gymnastics Nutrition Guidance



Breakfast Shake (could be used on days when you have little time in the morning and need a portable option)

Serves 1 Preparation time: 5 minutes

125g low-fat fruit yogurt, any flavor, 200ml (skimmed) milk, 30g rolled oats, 1 tbsp. clear honey

Put all the ingredients in a blender and blend until smooth. Serve straight away.

SCRAMBLED EGG PITTA

Serves 1 Preparation time: 5 minutes cooking time: 5 minutes

3 eggs, 1 tbsp. skimmed milk, 1 large wholemeal pitta bread, sea salt and freshly ground black pepper, 1 tbsp. apple chutney, to serve

Put the eggs and milk in a bowl and whisk together until fluffy. Season with a little salt and pepper. Pour into a non-stick saucepan over a low heat and cook for 2–3 minutes, stirring continuously, until the eggs have stiffened and come away from the side of the pan.

Meanwhile, heat the grill/broiler to high and toast the pitta bread, then slice it open. Spoon the scrambled egg mixture into the pocket of the pitta and serve hot or cold with a spoonful of chutney.

CHICKEN AND QUINOA SALAD

Serves 4 Preparation time: 15 minutes, plus 20 minutes cooling Cooking time: 15 minutes

150g dry weight quinoa, 1 litre cups chicken stock, 400g skinless, boneless, cooked chicken cut into chunks, 150g cherry tomatoes, 100g chopped cucumber, 1 chopped red or green pepper, 1 tbsp. walnut oil, 1 avocado, juice of 1/2 lemon, sea salt and freshly ground black pepper

Put the quinoa and stock in a saucepan and bring to the boil over a high heat, then turn the heat down to low and simmer for 12 minutes, or until the quinoa is soft and has absorbed most of the stock. Drain off any remaining stock, put the quinoa in a bowl and leave to cool.

Add the chicken, tomatoes, cucumber, pepper and oil, season with salt and pepper and toss together to mix.

Peel the avocado, remove the pit and cut the flesh into chunks. Toss with the lemon juice, then gently fold into the salad. Serve straight away or put in an airtight container and chill in the fridge for up to 3 days.

Gymnastics Nutrition Guidance



SAUSAGE CASSEROLE

Serves 4 Preparation time: 15 minutes cooking time: 1 hour

8 lean (or veggie) sausages, 400g canned chopped tomatoes, 400g canned baked beans, 1 large courgette, cut into chunks, 2 large carrots, cut into chunks, 2 garlic cloves, finely chopped, 4cm piece of root ginger, peeled and finely chopped, 150g fine green beans, halved, 1 tsp paprika, 1 handful of rosemary leaves

Preheat the oven to 180°C/350°F/Gas 4.

Put all the ingredients except the toast in a casserole dish and stir well. Cover and cook for about 1 hour until the sausages and vegetables are cooked.

Serve with wholegrain toast or medium baked sweet/potato

Sweet Potato Parcels

Serves 4 Preparation time: 5 minutes cooking time: 1 hour

4 medium sweet potatoes, 1 bunch of chopped spring onions, 100g crumbled feta cheese, Green salad leaves, cherry tomatoes and toasted seeds, to serve

Preheat the oven to 200°C/400°F/Gas 6. Pierce each sweet potato several times with a fork, then bake for 40–45 minutes until cooked through and tender. Remove from the oven and cut in half.

Preheat the grill/broiler to medium. Very carefully, use a spoon to scoop out the sweet potato flesh, keeping the skins intact. Mix the flesh with the spring onions/scallions and feta cheese, then spoon the mixture back into the empty skins.

Grill/broil the sweet potatoes for 5–10 minutes until golden brown. Serve with a tomato and toasted seed salad.