

Creating healthy bodies and healthy minds, one step at a time

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Fuel for a  
Champion!

# Menu & Recipes

## Smoothies

### *Banana Smoothie*

#### *Ingredients:*

- 1 cup low fat or skim milk
- 1 tbs low fat greek yoghurt
- 1x medium size banana
- 1-2 tbs rolled oats
- ½ tsp cinnamon
- A few ice cubes to chill the smoothie

#### *Method:*

- Place all ingredients into a blender. Blend until smooth or till preference. Divide mixture up between glasses and serve.

### *Berry Berry Smoothie*

#### *Ingredients:*

- 1 cup low fat or skim milk
- 1 tbs low fat greek yoghurt
- 1x handful of mixed berries (your choice)
- 1-2 tbs rolled oats
- ½ tsp cinnamon
- A few ice cubes to chill the smoothie

#### *Method:*

- Place all ingredients into a blender. Blend until smooth or till preference. Divide mixture up between glasses and serve.
- Can use either fresh or frozen raspberries, blueberries, blackberries, strawberries, currants etc. or a combination of them all!



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## Fuel for a Champion!

### Breakfast

Breakfast is the most important meal of the day, and especially for highly active junior athletes. Good options include:

- ¼ cup Rolled oats with low fat milk and fresh fruit
- 1-2 slices whole grain toast
- 1 crumpet or slice raisin bread/toast
- ¼ cup Muesli with low fat milk and fresh fruit
- Fruit smoothies with low fat milk (ideal if breakfast is new for you or have difficulty stomaching solid foods)
- 2 weetbix/vita-brits with low fat milk and fresh fruit

### Porridge and Fruit

#### Ingredients:

- 1/3<sup>rd</sup> cup rolled oats
- ½ cup low fat milk
- 1/3<sup>rd</sup> cup fresh or frozen fruit
- ½ tsp cinnamon



#### Method:

- Place rolled oats and milk into a bowl, place into a microwave and heat for roughly 1 minute. Remove from microwave and stir porridge, then add the cinnamon and fruit. If using frozen fruit, place back into microwave and reheat for ~45 seconds, or until unfrozen.

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## Fuel for a Champion!

### Wholemeal Banana Pancakes

#### Ingredients:

- 2 large bananas
- 1 1/2 cups wholemeal self-raising flour
- 1 1/2 cups low fat milk
- 2 eggs, lightly beaten
- 1 tablespoon honey
- Olive oil cooking spray
- Honey and reduced-fat passionfruit yoghurt, to serve (use favourite yoghurt)



#### Method:

1. Mash 1 banana in a bowl (see note). Place flour in a bowl. Make a well in the centre. Combine buttermilk, eggs, honey and mashed banana in a jug. Pour into well. Whisk until smooth. Stand for 10 minutes.
2. Spray a large, non-stick frying pan with oil. Heat over medium heat. Spoon 1/4 cup batter into pan. Cook for 2 to 3 minutes or until bubbles appear on the surface. Turn. Cook for 1 to 2 minutes or until golden and cooked through. Transfer to a plate. Cover to keep warm. Repeat with remaining batter to make 12 pancakes.
3. Thinly slice remaining banana. Place pancakes on plates. Top with sliced banana, honey and yoghurt. Serve.



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## Fuel for a Champion!

### Lunch

Lunch time is vital to top up (replenish) the junior athletes fuel stores to maintain a strong afternoon performance.

- Cold meat and salad sandwich/roll/wrap on wholegrain
- Small tin of no added salt baked beans
- Boiled eggs or egg sandwiches
- Tinned tuna/salmon on whole grain toast or in a salad/pasta
- Omelette with assorted favourite vegetables
- Pikelets or fruit buns
- Fresh fruit or small tub yoghurt

### Salmon Patties

#### Ingredients:

- 1 cup mashed potato, cold
- 415g can red or pink salmon, drained, bones removed, flaked (see note)
- 2 tablespoons gherkins, finely chopped
- 2 green onions, thinly sliced
- 1 egg, lightly beaten
- 1/2 cup dried breadcrumbs

#### Method:

1. Combine cold mashed potato, canned salmon, finely chopped gherkins, thinly sliced green onions, lightly beaten egg and dried breadcrumbs in a bowl. Shape into 8 patties.
2. Heat 2 tablespoons olive oil in a frying pan over medium-high heat. Cook patties, in batches, for 4 minutes each side or until golden. Drain on paper towel. Cool. Refrigerate for up to 2 days



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## Fuel for a Champion!

### Chicken Meatball Wraps

#### Ingredients:

- 800g chicken mince
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 2 teaspoons finely grated lemon rind
- 60g (1 cup) fresh white breadcrumbs
- Olive oil spray
- 8 whole meal wraps
- Rocket Salad, to serve
- Your choice of salad vegetables

#### Method:

1. Preheat oven to 180°C. Place the mince, onion, garlic, lemon rind and breadcrumbs in a large bowl. Season with salt and pepper. Use your hands to mix until well combined.
2. Use wet hands to roll 1-tablespoonful portions of the mince mixture into balls.
3. Heat half the oil in a large non-stick frying pan over medium heat. Add half the meatballs and cook, turning occasionally, for 12 minutes or until golden and cooked through. Transfer to a plate and cover with foil. Repeat with the remaining oil and meatballs, reheating the pan between batches.
4. Serve the meatballs with the whole meal wraps, rocket salad and your choice of salad vegetables.



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## Fuel for a Champion!

### Dinner

Choose small lean cut meats, skinless chicken, grilled/steamed fish and serve with salads or steamed vegetables. Include vegetables with every main meal recipe, including a wide variety of colours and textures, include legumes/beans also for added protein and fibre.

### *Warm Roasted Vegetable Salad*

10 minutes preparation + 40 minutes cooking - **15 serves of vegies in this recipe!**

#### Ingredients:

- 300g butternut pumpkin, peeled and chopped into 2cm cubes
- 2 potatoes, peeled and chopped into 2cm cubes
- 1 capsicum, seeded and cut into large pieces
- 1 onion, chopped into eighths
- 100g flat mushrooms, quartered
- Olive or canola oil spray
- 1 bunch English spinach leaves, washed and drained

#### Dressing:

- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1 tablespoon fresh basil, chopped

#### Method:

1. Preheat oven to 220°C. Line a large baking tray with baking paper.
2. Place pumpkin and potato in a microwave dish with a little water, cover with cling film and cook in microwave on HIGH (100%) for 4 minutes.
3. Toss pumpkin, potato, capsicum, onion and mushrooms together then spread in a single layer over tray. Lightly spray with oil. Bake for 30-40 minutes, turning after 15 minutes.
4. Mix dressing ingredients in a small bowl.
5. When vegetables are cooked, pour over dressing. Line serving dish with spinach leaves and pile roast vegetables on top. Serve immediately.  
Serves 4.

#### FUN TIP!

Try including sweet potato, zucchini, carrots, beetroot, squash and baby eggplant when in season!

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## Fuel for a Champion!

### Sweet Potato, Rocket and Asparagus Frittata

#### Ingredients:

- 350g sweet potato, peeled, cut into 3cm pieces
- 1 bunch asparagus, trimmed, cut into 4cm lengths
- 60g baby rocket leaves
- olive oil spray
- 6 eggs
- 1/2 cup reduced-fat milk
- 2 tablespoons grated parmesan
- large green salad, to serve

#### Method:

1. Cook sweet potato in a saucepan of boiling water for 8–10 minutes, or until tender, adding asparagus to pan for last 3 minutes of cooking. Drain well.
2. Preheat grill to high. Spray a large, ovenproof frying pan with oil and place over medium-high heat. Add sweet potato, asparagus and rocket. Cook, stirring occasionally, for 2 minutes or until rocket wilts.
3. Whisk together eggs and milk. Pour eggs into frying pan over sweet potato mixture. Cook for 4–5 minutes over medium heat, or until frittata is almost set. Sprinkle with cheese and place under preheated grill for 3–4 minutes until golden brown and just set. Cut into quarters. Serve with a green salad and your choice of wholegrain bread.

#### FUN TIP!

Get creative with the vegies!  
Carrots, green onions,  
cauliflower, spinach. Check to  
see what vegetables are in  
season to lower the cost per  
serve