

**High polyphenol foods to include & mix around in your diet to help feed your good gut bacteria & give you lasting energy**



**Yellow:**

Lemon, yellow carrot, button squash, yellow zucchini, yellow capsicum, yellow beets, butter beans, golden delicious apple, yellow kiwi, yellow lentils, fresh ginger, banana

**White:**

Daikon, cabbage, white onion, garlic, cauliflower, white quinoa, spring onion, cooked and cooled white potato, raw almonds with their skin still on, white mushrooms, turnips

**Red:**

Tomato, capsicum, red chilli, red onion, pomegranate, strawberries, raspberries, cranberries, red currants, red apple, cherries, rhubarb, blood oranges, goji berries, red quinoa, red rice, red kidney beans, red lentils, blood orange

**Orange:**

Carrot, orange capsicum, orange tomato, sweet potato, pumpkin, orange lentils, orange citrus fruits, apricots, nectarines, mango, fresh turmeric

**Purple:**

Eggplant, purple carrot, purple potato, purple cabbage, purple grapes, plums, figs, prunes, acai berries

**Green:**

Silver-beet, spinach, rocket, kale, zucchini, broccoli, celery, asparagus, brussel sprouts, green beans, parsley, snow peas, artichoke, dandelion greens, seaweed, split peas, bok choy, cucumber, green kiwi, green grapes, green apple, greener bananas, green tea – particularly matcha, green lentils, green olives

**Black:**

Blackberries, black rice, black quinoa, wild rice, black beans, black lentils, black olives

**Brown:**

Brown lentils, brown rice, raw cacao, dried figs, mushrooms, brown onion, chickpeas, ground flaxseed/ flaxmeal, brazil nuts, organic tempeh

**Blue:**

Blueberries, plums, blue spirulina

## Recipes to try

### **Overnight oats – *for breakfast or a snack***

#### **Apple and cinnamon overnight oats:**

- 1/3 of a cup of traditional rolled oats
- 1 teaspoon of cinnamon
- ½ a large apple diced (leave skin on)
- ½ a cup of cow's milk or raw almond milk (Nutty Bruce is a good brand)
- 1 teaspoon of pure maple syrup
- ½ a cup of plain Greek yoghurt
- 1 tablespoon of ground flaxseed
  
- Mix all ingredient together in a jar or container and keep in the fridge overnight
- Have the next morning for breakfast, top with berries or raw nuts
- Lasts in the fridge for 5 days, *makes 1 large serving*

#### **Peanut butter overnight oats:**

- 1/3 cup of plain Greek yoghurt
- ½ cup of traditional rolled oats
- 2/3 cup of raw almond milk or milk of choice
- 1 tablespoon of chia seeds
- ½ teaspoon of vanilla extract or vanilla bean paste
- 2 tablespoons of natural peanut butter (100% crushed peanuts)
- 2 tablespoons of raw cacao powder
- Pinch of salt
- 1-2 teaspoons of pure maple syrup
  
- Wisk all indigents together in medium sized bowl and then spoon into sealable jar/ container.
- Put in fridge over-night to set.

## Healthy pancakes

*– For a fun and healthy weekend breakfast, brunch, snack or dessert 😊*

### Banana and Oat Pancakes:

- 2 ripe bananas
- 2 free range eggs
- ½ a cup of traditional rolled oats
- 2 teaspoons of organic cinnamon
- ½ a teaspoon of baking powder
- Pinch of pink sea salt
- Place all ingredients into a blender, I tend to put chopped bananas in first then follow with eggs and then all the other ingredients.
- Blend all ingredients for a couple of minutes, or until smooth.
- Let mixture sit for a couple of minutes to thicken.
- Cook batter with some organic coconut oil in a frying pan on medium heat.
- Serve with some plain Greek yoghurt, chopped raw nuts/ seeds of choice and ½ a cup of mixed berries or chopped colourful fruit of choice
- For extra sweetness drizzle some pure maple syrup or raw honey over the top

**Serves about 2 people, so double recipe for 4 people.**

### Oat and Apple Pancakes:

- ½ a cup of un sweetened apple sauce or poached apples
- 1 ¼ cups of traditional rolled oats
- ½ a cup of raw un-sweetened almond milk or pure coconut milk (can use canned)
- 2 tablespoons of pure maple syrup
- ½ a teaspoon of baking powder
- ½ a teaspoon of baking soda
- ¼ of a teaspoon of salt
- 1 teaspoon of pure vanilla essence
- Blend all ingredients until well combined
- Cook on medium heat with coconut oil for 2-3 mins each side
- Serve with mixed berries, 2 tablespoons of flaked raw almonds, un-flavoured Greek yoghurt and some pure maple syrup or raw honey

**Makes about 4-6 pancakes**

## **Smoothies** - *Great after training or as a snack or for breakfast*

### **Nut butter oat smoothie:**

- 2 tablespoons of traditional rolled oats
- 2 tablespoon of natural peanut butter or any raw nut butter of choice
- 1 cup of frozen mixed berries
- ½ a frozen small banana
- 1.5 cups of raw almond/coconut milk (Nutty Bruce or Pure Harvest good brands)
- 1 - 2 teaspoons of hemp seeds or chia seeds
- 1 heaped teaspoon of raw cacao powder (optional)

### **Blueberry, ginger & beetroot smoothie:**

- 2 cooked baby beetroot - see below or can roast your own (Trust me you can't taste them!!)
- 1 cup of frozen blueberries
- 1 small frozen banana
- 1 cup of raw almond milk
- 1 cup of plain coconut water
- 1-inch knob of fresh ginger (peeled and chopped)
- 2 tablespoons of raw almond butter
- Place all ingredients in blender and blend on high until smooth
- Makes 2 big servings

### **Pre-cooked beetroot ready to use in smoothies:**

- <https://shop.coles.com.au/a/burwood-east/product/organic-org-love-beets-beetroot>
- <https://www.woolworths.com.au/shop/productdetails/806260/macro-organic-beetroot>

### **Mango and turmeric smoothie:**

- 1 cup of frozen mango
- ¼ of a cup of frozen raspberries
- ½ cup of plain Greek yoghurt
- 1 cm knob of turmeric or 1 tsp of ground
- Dash or two of raw almond or coconut milk
- Pinch or two of ground cinnamon

### **Hemp seed options:**

- Macro hems seeds: <https://www.woolworths.com.au/shop/productdetails/671889/macro-hemp-seeds>
- Red tractor hems seeds: <https://shop.coles.com.au/a/burwood-east/product/red-tractor-organic-hulled-hemp-seed>

## Rainbow dinner recipes to try

### **Chicken or beef or organic tempeh and rainbow vegetable stir-fry:**

- ¼ cup or organic tamari
  - ¼ of a cup of balsamic vinegar
  - 1 tsp of organic crushed garlic
  - 1 tsp of organic crushed ginger
  - Pinch of pepper and salt
  - Sprinkle of choice of herbs
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- 600g of free-range chicken strips/ grass feed beef strips or organic tempeh cubed
  - 1 onion diced
  - 1 cup of mushrooms sliced
  - 1 red capsicum sliced
  - 1 yellow capsicum sliced
  - 3cm piece of ginger cut into strips
  - 1 large carrot cut into matchstick shapes
  - 20 green beans & or snow peas, ends trimmed and cut in half
  - 1 head of broccoli chopped into small chunks
  - Brown, black, red or cauliflower rice – cook according to package instructions
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- Combine **sauce ingredient together** in a bowl and then set aside.
  - Heat some olive oil/ coconut oil in a wok and add ginger, mushrooms & onions stir-fry for 2 minutes
  - Next add meat/ tempeh to wok cook for 2-3 mins then add in rest of the veggies, cook for 5 more mins, then mix sauce through, heat through and then serve
  - Serve with brown, black, red or cauliflower rice
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- Makes 4 servings approx.

### **Pure Harvest organic tamari sauce:**

- <https://shop.coles.com.au/a/a-national/product/pureharvest-tamari-salt-reduced>

### **Spaghetti Bolognese with legume pasta: (Sauce freezes well)**

- 600g of grass feed beef mince
  - 2 diced onions
  - 2 cloves of garlic finely chopped/ crushed
  - 1 large carrot grated
  - 2 zucchinis grated
  - 1 cup of mushrooms sliced
  - 3 stalks of celery chopped
  - 1kg of organic tomato puree/ passata
  - 2 tablespoons of dried rosemary
  - 2 bay leaves
  - Bunch of fresh basil leaves roughly chopped.
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- In a large pan or pot sauté the onions and garlic with 1 tblsp of butter or extra virgin olive oil on low-med heat until golden brown.
  - Add the mince and herbs and cook until it just starts to brown (5mins approx.) then add veggies and tomato paste.
  - Place lid ajar on pot, simmer until sauce starts to thicken, minimum 30mins, the longer it simmers the richer the sauce will be.
  - Turn off the heat and stir in the basil and then serve with lentil pasta and grated cheese.

### **Legume pasta options:**

- San Remo pulse pasta:  
<https://www.woolworths.com.au/shop/search/products?searchTerm=san%20remo%20lentil%20pasta>
- Keep it cleaner lentil pasta  
<https://shop.coles.com.au/a/national/product/keep-it-cleaner-gf-red-lentil-fusilli-pasta>
- Barilla red lentil pasta  
<https://shop.coles.com.au/a/national/product/barilla-red-lentil-pasta-penne>

**Build your own adventure rainbow Soba noodle salad bowl:**

- 1 red capsicum sliced
  - 1 yellow capsicum sliced
  - ¼ of a purple cabbage shredded/ sliced
  - 4 green tips of spring onions chopped
  - 1 large head of broccoli – chopped into chunks
  - 1 grated or thinly sliced orange carrot
  - Small bunch of coriander or parsley to serve with
  - ½ a cup of peanuts
  - 270g packet of organic soba noodles
  - 2-3 chicken breast chopped into chunks
  - Extra virgin coconut oil
  - Organic tamari sauce
  - 1 tablespoon of sesame oil or Extra virgin olive oil
  - Home-made satay sauce – see recipe below
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- Bring a large pot of water to a boil
  - While waiting for pot to boil chop all of the above veggies and arrange on a large platter – except for the broccoli
  - Once water is boiled add broccoli and cook for 1-2 mins max – remove broccoli and place straight away into big bowl of ice-cold water. Once cooled place broccoli on veggie platter (broccoli should still be crunchy)
  - After removing broccoli from water bring water back to boil and add Soba noodles
  - Cook noodles according to package instructions, once cooked place in a big salad serving bowl and mix through 1 tbsp. of sesame oil and 1 tbsp. of organic tamari sauce
  - Cook chicken in a fry pan with some virgin coconut oil and tamari sauce
  - Once chicken is cooked make your own salad bowl adding Soba noodles, a mix of veggies and herb, chicken and the below satay sauce and top with crunchy peanuts
  - I like to make the below Satay sauce in advance it last 4 days easily in the fridge and can even be frozen
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- Serves 4-5

**Good Soba Noodles from Woolworths:**

- <https://www.woolworths.com.au/shop/productdetails/210714/hakubaku-organic-japanese-soba-buckwheat-noodles-98-ff>

### **Home-made Satay sauce (From the Cook Book RUN FAST. EAT SLOW)**

- 1 tablespoon of virgin coconut oil
  - 1 brown onion diced
  - 4 cloves of garlic chopped
  - ½ teaspoon of pink salt
  - 1 can of full fat pure coconut milk
  - ½ a cup of unsalted smooth peanut butter
  - 1 tablespoon of organic tamari sauce
  - 1 tablespoon of organic coconut sugar
  - ½ teaspoon of red pepper flakes (optional)
  - ½ a fresh squeezed lime
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- In a medium saucepan heat the coconut oil on medium heat, cook the onion and salt for 5 mins, then add the garlic and cook for another min – stir regularly
  - Add the coconut milk, peanut butter, tamari, coconut sugar and pepper flakes, cook for 10 mins – stir regularly
  - Take off heat and stir in lime juice
  - Blend sauce in blender or food processor (check that your blender can handle hot foods – if not let sauce cool before blending)
  - Once blended serve over your favourite dish either hot or cold ☺

### **Beef and kidney bean patties: *(these freeze well – great to make in advance)***

- 1 cup of canned organic red kidney beans (well rinse and drained)
  - 325g of grass-fed beef mince
  - ¼ cup of diced red onion
  - ½ tsp of cumin
  - ½ tsp of oregano
  - ½ tsp of pink salt
  - Fresh ground pepper
  - 1 teaspoon of chilli powder or flakes (optional)
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- Mash beans in a bowl
  - Then add in all other ingredients and mix them well together
  - Shape into 4 patties and then cook, serve with large basic salad or a mix of rainbow coloured roast veggies



## Muffin recipe & bliss ball brands to try

### **Bliss ball brands to buy: (Great as a snack or before or after training sessions)**

- Health lab: *found in IGAs, Petrol stations, health food stores, online and some Woolworths and Coles.* <https://healthlab.com.au/collections/snacks>
- Tom and Luke snacks balls or bars: *found at all supermarkets.* <https://tomandluke.com/product-category/snackaballs/>
- Carmen's Bliss balls: *found at all supermarkets.* <https://www.carmanskitchen.com.au/product-category/bliss-balls/>
- KIC – keep it cleaner protein balls and bars – *found at Coles and Woolworths* <https://shop.coles.com.au/a/a-vic-metro-richmond-south/everything/search/keep%20it%20cleaner?pageNumber=1>

### **Super hero muffins - from the Cook Book RUN FAST. EAT SLOW.**

#### **(These freeze well)**

- 2 cups of almond meal
  - 1 cup of traditional rolled oats
  - 2 teaspoons of ground cinnamon
  - ½ teaspoon of ground nutmeg
  - 1 teaspoon of baking powder
  - ½ teaspoon of fine sea salt
  - ½ cup of chopped walnuts (optional – can use pumpkin seeds instead)
  - ½ a cup of dark chocolate chips
  - 3 eggs beaten (just with a fork is fine)
  - 1 grated zucchini
  - 2 small grated carrots
  - 6 tablespoons of melted butter
  - ½ a cup of pure Canadian Maple Syrup
  - 1 teaspoon of vanilla extract
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- Pre-heat oven to 180 degrees and position rack in the centre of the oven
  - Pre greased 12 tin muffin tray with grass fed butter (Kerry Gold)
  - In a large bowl combine the almond meal, rolled oats, cinnamon, nutmeg, baking powder, sea salt, walnuts and choc chips
  - In separate bowl beat the eggs and then mix in the melted butter, maple syrup, vanilla extract, zucchini and carrot, then add in the dry ingredients, combine well
  - Spoon mixture into muffin tins and bake muffins until nicely browned on top and tooth pick inserted into the centre comes out clean. Approx. 20 -30mins, check after 20 mins.
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- Makes 12 muffins

### **Squeezy yoghurt brands:**

- I prefer Natural or Greek yoghurt because it is less processed and has optimal levels of beneficial good bacteria. However, if you really love your flavoured yoghurt the best time to get it in is before or after a training session and there are some brands that are pretty good and still have some beneficial live bacteria in them, see the best flavoured yoghurt brands to use below.

Better quality flavoured squeezy pouched yoghurts to have around training sessions:

- **Jalna Pouch of Purity** - <https://shop.coles.com.au/a/burwood-east/everything/search/jalna%20pouch%20of%20purity?pageNumber=1>
- **Tamar Valley Kids** - <https://www.woolworths.com.au/shop/search/products?searchTerm=tamar%20valley%20kids>
- **Activia vanilla no added sugar** is pretty ok too - <https://shop.coles.com.au/a/burwood-east/product/activia-yoghurt-vanilla-4-pack>