

Meal Ideas for Peak Performance

Breakfast

- Weetbix + banana + honey
- Morning Sun Muesli + fresh strawberries + yoghurt
- Porridge + cinnamon + banana + honey
- Goodness Superfoods Cereal + berries + yoghurt
- Multigrain Toast topped with avocado + poached eggs
- Toasted wholemeal English Muffins topped with tomato + melted cheese
- Fruit salad topped with yoghurt + muesli



Lunch

- Wholemeal sandwich topped with chicken, avocado + salad
- Multigrain bread roll with ham, cheese and tomato
- Pita wrap with tuna, low fat mayonnaise, tomato, lettuce
- Sushi Rolls
- Pasta topped with Spaghetti Mince
- Sunrice Instant Rice cup served with tin tuna and veg stirred through
- Baked Bean toasted sandwich
- Jacket Potato served with left over mince, small dollop lite sour cream and salad
- Homemade Pizzas using Toasted Muffins topped with tomato paste, mushrooms, ham, cheese, pineapple



Dinner

- Chicken, Cashew & Hokkien Noodle Stir Fry
- Spaghetti Bolognese (plenty of vegetables hidden in the sauce)
- Beef Stroganoff served with rice and steamed vegetables
- Chicken Kebabs served with rice and vegetables
- Salmon (foil baked) served with mash potato and Asian greens
- Pan Grilled Fish served with oven baked potatoes (or chips) and salad
- Chicken Quinoa Salad
- Beef Burritos serve with lettuce, tomato, grated carrot, tzatziki, salsa
- Mexican Tacos served with lettuce, tomato, grated carrot, guacamole and rice
- Homemade Pizza using lean ham, cheese, tomato paste, mushrooms, pineapple
- Homemade Lasagne served (using reduced fat cheese), served with salad
- Homemade Burgers served with wholemeal bun, lettuce, cheese, beetroot, carrot, tomato
- BBQ steak (fat trimmed) served with mashed potato + salad



Refer to Australian Institute of Sport website for great recipe ideas!
www.ausport.gov.au/ais/nutrition/recipes