



Nourishing Recipes







Encompassing your dietary recommendations

Following Session 1

These recipes have been thoughtfully crafted to support your unique biochemistry while being quick, simple, and delicious!

Each recipe targets specific wellness goals while respecting potential histamine sensitivities.

Recipe Key

-  Dopamine Support (tyrosine-rich)
-  Serotonin Support (tryptophan-rich)
-  Iron Powerhouse
-  Anti-inflammatory
-  Athletic Recovery
-  Gentle Digestion

Histamine levels are indicated by:

-  Low histamine
-  Moderate histamine (mindful portions)

Breakfast Creations

Enhanced Power Protein Oats Bowl

● Prep time: 10 minutes | Protein: 25g | Fat: 19g | Carbs: 45g | Calories: 430

Ingredients:

- 60g rolled oats 🔄 ⚡
- 1 tbsp chia seeds 🔄 🌊
- 250ml unsweetened almond milk 🌱
- 20g pea protein powder or 35g hemp protein shake powder 🧠
- 1 tbsp pumpkin seeds 🧠 🔄 ⚡
- 1 small banana, sliced ⚡ 🌱 🦵
- 2 tbsp fresh almond butter 🧠
- 1 tbsp honey (optional) 🦵

Instructions:

1. Cook oats with almond milk until creamy
2. Stir in collagen peptides
3. Top with remaining ingredients

Recovery Tip: Perfect post-morning workout meal with balanced protein and carbs.

Athlete's Scrambled Egg & Sweet Potato Hash

● Prep time: 15 minutes | Protein: 24g | Fat: 25g | Carbs: 35g | Calories: 480

Ingredients:

- 3 eggs + 1 egg white 🧠 🔄
- 1 medium sweet potato, diced ⚡ 🔄 🦵
- 1 cup fresh spinach ⚡
- 1 tbsp olive oil 🌊
- ¼ avocado 🧠
- ½ red capsicum (vitamin C) 🌊 ⚡
- Fresh herbs (rosemary, thyme) 🌊
- Pinch of sea salt 🦵

Instructions:

1. Sauté diced sweet potato until tender (8-10 mins)
2. Add capsicum and cook for 2 minutes, then add spinach until wilted
3. Scramble eggs separately, then combine
4. Top with sliced avocado and herbs

Recovery Tip: The combination of protein and complex carbs makes this ideal for post-workout recovery.

Performance Quinoa Breakfast Bowl

● Prep time: 15 minutes | Protein: 22g | Fat: 13g | Carbs: 56g | Calories: 420

Ingredients:

- 90g cooked quinoa ⚡ ⚡ 🍌
- 2 tbsp hemp seeds 🧠 🌊
- 1 kiwi, sliced (vitamin C) ⚡
- 75g blueberries 🌊
- 3 tbsp Greek yoghurt (optional) 🧠
- 1 tsp cinnamon 🌊
- 1 tbsp honey or maple syrup (optional) 🍌

Instructions:

1. Warm cooked quinoa
2. Top with remaining ingredients
3. Sprinkle with cinnamon

Energy Tip: This nutrient-dense bowl provides sustained energy for morning training sessions.

Iron-C Boosted Breakfast Scramble

● Prep time: 10 minutes | Protein: 24g | Fat: 18g | Carbs: 24g | Calories: 360

Ingredients:

- 3 eggs 🧠 🍌 ⚡
- 75g fresh spinach ⚡
- 1/2 cup fresh broccoli, finely chopped (vitamin C) 🌊 ⚡
- 75g mushrooms (vitamin D) 🍌 ⚡
- 1 tbsp olive oil 🌊
- 2 tbsp grated parmesan (optional) 🧠
- Fresh herbs of choice 🌊
- Slice of wholegrain toast 🍌

Instructions:

1. Sauté mushrooms for 3-4 minutes
2. Add broccoli for 2 minutes until bright green
3. Add spinach and wilt slightly
4. Add beaten eggs and scramble together
5. Season with herbs and cheese if using
6. Serve with toast

Iron Tip: The vitamin C from broccoli enhances iron absorption from eggs and spinach.

Iron-Boosting Recovery Smoothie Bowl

● Prep time: 5 minutes | Protein: 22g | Fat: 16g | Carbs: 42g | Calories: 390

Ingredients:

- 1 cup fresh blueberries (vitamin C) 🧠 ⚡
- 3 tbsp pumpkin seeds 🧠 🌱 ⚡
- 1 tbsp chia seeds 🌱 🧠
- 1 scoop pea protein powder or 35g Hemp protein shake powder 🧠
- 1/2 cup coconut water 🍌
- 1/2 frozen banana 🍌 🌱
- 1 tsp spirulina ⚡
- 1 tbsp almond butter 🧠

Instructions:

1. Blend blueberries, protein powder, banana and coconut water
2. Pour into bowl
3. Top with pumpkin seeds, chia seeds, spirulina and almond butter

Recovery Tip: Excellent for replenishing glycogen stores after morning workouts.

Lunch Inspirations

Performance Omega-3 Grain Bowl

● Prep time: 15 minutes | Protein: 24g | Fat: 22g | Carbs: 40g | Calories: 450

Ingredients:

- 100g wild salmon, baked or grilled 🧠 🌱 ⚡
- 75g pre-cooked quinoa (prepare night before) ⚡ ⚡ 🍌
- 1 cup fresh spinach leaves ⚡
- 1/4 cup grated carrots 🧠
- 1/4 cup fresh blueberries 🧠
- 1 tbsp olive oil + fresh lemon juice (separate container) 🧠 ⚡
- 2 tbsp pumpkin seeds 🧠 🌱 ⚡
- 1/2 avocado, sliced 🧠 🧠
- Pinch of sea salt 🍌

Assembly Tips:

- Layer in jar: dressing (separate), quinoa, wild salmon, vegetables, berries, seeds
- Keep refrigerated until lunchtime
- Pack avocado separately with lemon juice to prevent browning
- Shake gently before enjoying

Energy Tip: Provides sustained energy with complete protein and complex carbohydrates.

Athlete's Protein Bento Box

● Prep time: 10 minutes | Protein: 30g | Fat: 26g | Carbs: 42g | Calories: 520

Ingredients:

- 2 hard-boiled eggs (prepare night before) 🧠🥚
- 3 tbsp fresh hummus 🧠🥄
- 30g pumpkin seeds 🧠🥚⚡
- 1 small cucumber, sliced 🥒
- 75g cherry tomatoes (if tolerated) 🍷
- 50g rice crackers ⚡🥒
- 1 small apple 🍷🥒
- 30g cheese (🧠

Assembly Tips:

- Use a bento-style container to keep items separate
- Pack hummus in a small sealed container
- Enjoy ingredients separately or combined on crackers

Recovery Tip: Perfect lunch for training days with balanced macronutrients.

Performance Tofu & Legume Buddha Bowl

● Prep time: 15 minutes | Protein: 22g | Fat: 20g | Carbs: 48g | Calories: 470

Ingredients:

- 100g firm tofu, cubed and baked 🧠
- 75g chickpeas, cooked 🧠⚡
- 100g roasted sweet potato cubes (prepare night before) ⚡🥚🥚
- 90g cooked quinoa (prepare night before) ⚡⚡
- 3 tbsp hemp hearts 🧠🍷
- 30g grated fresh beetroot ⚡
- 25g fresh spinach leaves ⚡
- 1 tbsp olive oil + lemon juice dressing 🍷⚡
- 2 tbsp fresh almond butter 🧠
- 1/4 cup red capsicum, diced (vitamin C) 🍷⚡

Assembly Tips:

- Layer in a glass container with quinoa as base
- Pack dressing separately
- Sprinkle with hemp hearts just before eating

Energy Tip: Balanced meal for sustained energy throughout the afternoon.

Dinner Delights

Enhanced Baked White Fish with Sweet Potato

● Prep time: 20 minutes | Protein: 30g | Fat: 14g | Carbs: 40g | Calories: 450

Ingredients:

- 180g fresh white fish (cod or haddock) 🧠 ⚡
- 200g roasted sweet potato ⚡ 🍌 🍌
- 120g steamed broccoli (vitamin C) 🌬 ⚡
- 1 tbsp olive oil 🌬
- Fresh herbs (dill, parsley) 🌬
- Lemon wedges (vitamin C) ⚡
- 1 tbsp pumpkin seeds 🧠 🍌 ⚡
- Pinch of sea salt 🍌

Instructions:

1. Bake fish with olive oil and herbs
2. Serve with roasted sweet potato and steamed broccoli
3. Garnish with fresh lemon wedges and pumpkin seeds

Recovery Tip: Complete protein with high-quality carbohydrates for muscle repair

Fish & Lentil Iron-Boosting Bowl

● Prep time: 15 minutes | Protein: 30g | Fat: 20g | Carbs: 42g | Calories: 480

Ingredients:

- 120g wild salmon or other fatty fish (tuna, mackerel, trout) 🧠 ⚡ 🌬
- 75g cooked lentils ⚡ 🧠
- 75g quinoa, cooked ⚡
- 1 small red capsicum, sliced (vitamin C) 🌬 ⚡
- Fresh lemon juice (vitamin C) 🌬 ⚡
- 1 tbsp olive oil 🌬
- Fresh herbs (rosemary, thyme) 🌬
- 1/2 avocado, sliced 🧠 🌬
- 2 cups mixed greens ⚡ 🌬
- Pinch of sea salt 🍌

Instructions:

1. Gently cook salmon until just done (about 3-4 minutes per side)
2. Meanwhile, sauté capsicum for 1-2 minutes until slightly softened but still crisp
3. Serve fish over a bed of quinoa, lentils, and greens
4. Top with avocado and sautéed capsicum
5. Drizzle with fresh lemon juice and olive oil
6. Garnish with fresh herbs

Iron Tip: The vitamin C from capsicum and lemon juice enhances absorption of both the heme iron from fish and non-heme iron from lentils and quinoa.

Tofu & Vegetable Skillet with Turmeric

● Prep time: 15 minutes | Protein: 25g | Fat: 22g | Carbs: 30g | Calories: 440

Ingredients:

- 130g extra-firm tofu, cubed 🧠
- 1.5 cups cauliflower florets (vitamin C) 🌊 ⚡
- 1/2 cup Brussels sprouts, halved (vitamin C) 🌊 ⚡
- 1 tbsp olive oil 🌊
- 1/2 tsp turmeric powder 🌊
- Fresh herbs (rosemary, thyme) 🌊
- 1/2 cup sweet potato, cubed 💪 ⚡
- Pinch of sea salt 💪

Instructions:

1. Press tofu to remove excess water, then cube
2. Sauté tofu with turmeric until lightly browned
3. Add sweet potato and cook for 5 minutes
4. Add cauliflower and Brussels sprouts
5. Cook until vegetables are tender but still bright
6. Season with herbs and sea salt

Recovery Tip: The sweet potato adds necessary carbohydrates while maintaining the low-histamine profile.

Fish & Vegetable Bowl with Quinoa

● Prep time: 15 minutes | Protein: 28g | Fat: 18g | Carbs: 42g | Calories: 480

Ingredients:

- 130g white fish or salmon, cooked 🧠 ⚡ 🌊
- 75g cooked quinoa ⚡ 💪
- 100g steamed kale ⚡ 🌊
- 1/4 avocado 🧠
- 1 tbsp olive oil 🌊
- Fresh lemon juice (vitamin C) ⚡
- 2 tbsp pumpkin seeds 🧠 🌱 ⚡
- Pinch of sea salt 💪

Instructions:

1. Arrange fish, quinoa, and kale in a bowl
2. Top with avocado and pumpkin seeds
3. Drizzle with olive oil and fresh lemon juice
4. Add pinch of sea salt

Energy Tip: Balanced meal with adequate protein and carbohydrates for muscle recovery and energy replenishment.

Lentil & Vegetable Bowl with Turmeric Rice

● Prep time: 20 minutes | Protein: 22g | Fat: 15g | Carbs: 50g | Calories: 460

Ingredients:

- 120g cooked lentils 🧠 ⚡
- 100g cooked white rice with pinch of turmeric 🌊 ⚡ 🌱 🍌
- ¼ tsp ground turmeric 🌊
- 120g steamed vegetables (carrots, zucchini, spinach) 🌊 ⚡
- 1 tbsp olive oil 🌊 - ½ red capsicum, sliced (vitamin C) 🌊 ⚡
- Fresh herbs to taste 🌊
- 1 tbsp pumpkin seeds 🧠 🌱 ⚡
- Pinch of sea salt 🍌

Instructions:

1. Cook rice according to package instructions, adding turmeric to the cooking water
2. Sauté red capsicum until softened
3. Combine capsicum with lentils and warm briefly
4. Serve lentil mixture over yellow turmeric rice with steamed vegetables arranged around the bowl
5. Drizzle with olive oil and sprinkle with fresh herbs
6. Top with pumpkin seeds

Iron Tip: The anti-inflammatory properties of turmeric combined with plant protein from lentils makes this an excellent post-workout recovery meal.

Nourishing Snacks & Recovery Options

Enhanced Protein Energy Balls

● Prep time: 10 minutes | Protein: 9g | Fat: 16g | Carbs: 18g | Calories: 230

Ingredients:

- 30g pumpkin seeds, ground 🧠 🌱 ⚡
- 40g almond butter, fresh 🧠
- 2 tbsp ground flaxseeds 🌊
- 1 tbsp honey 🍌
- 10g hemp seeds 🧠 🌊
- 1 tbsp dried cranberries (vitamin C) ⚡
- Pinch of cinnamon 🌊

Instructions:

1. Mix all ingredients
2. Roll into small balls
3. Store in refrigerator

Recovery Tip: Perfect pre-workout or between-meal snack.

Omega-3 Salmon Roll-Ups

● Prep time: 5 minutes | Protein: 18g | Fat: 14g | Carbs: 12g | Calories: 240

Ingredients:

- 80g fresh smoked or cooked salmon 🧠 ⚡ 🔥
- 3 cucumber spears 🌿
- 1 tbsp fresh almond butter 🧠
- 1 small apple, sliced 🔥 🍏
- Pinch of sea salt 🧂

Instructions:

1. Spread almond butter on cucumber spears
2. Wrap with thin slices of salmon
3. Enjoy with apple slices

Energy Tip: *Balanced protein-carb snack for sustained energy.*

Post-Workout Protein Smoothie

● Prep time: 5 minutes | Protein: 25g | Fat: 12g | Carbs: 35g | Calories: 320

Ingredients:

- 1.5 scoops high-quality pea protein or 35g hemp protein shake powder 🧠
- 250ml unsweetened almond milk 🌿
- 1 whole banana ⚡ 🌿 🍌
- 1 tbsp almond butter 🧠
- 1/2 cup fresh berries (vitamin C) 🔥 ⚡
- Ice cubes
- Dash of cinnamon 🔥

Instructions:

1. Blend all ingredients until smooth

Recovery Tip: *Ideal post-workout recovery drink with balanced protein and carbs.*

Enhanced Roasted Chickpeas

● Prep time: 5 minutes (plus 15 min cooking) | Protein: 10g | Fat: 8g | Carbs: 26g | Calories: 210

Ingredients:

- 100g cooked chickpeas 🧠
- 1 tsp olive oil 🌊
- 15g pumpkin seeds 🧠 ⚡
- Pinch of sea salt 💪
- Herbs to taste (rosemary, thyme) 🌊
- 1/2 tsp turmeric 🌊

Instructions:

1. Toss chickpeas with oil and seasonings
2. Mix in pumpkin seeds
3. Roast at 200°C for 15 minutes until crispy

Energy Tip: Perfect for a mid-afternoon energy boost.

Athletic Performance Egg Muffins

● Prep time: 15 minutes | Protein: 18g | Fat: 18g | Carbs: 8g | Calories: 270

Ingredients:

- 5 eggs 🧠 ⚡
- 120g chopped vegetables (spinach, capsicum) (vitamin C) 🌊 ⚡
- 30g feta cheese (if tolerated) 🧠
- 2 tbsp nutritional yeast 🧠
- Pinch of turmeric 🌊
- Fresh herbs to taste 🌊
- Pinch of sea salt 💪

Instructions:

1. Beat eggs and mix in remaining ingredients
2. Pour into muffin tins
3. Bake at 180°C for 15 minutes
4. Store extras in refrigerator

Energy Tip: Excellent portable protein source for busy days.

Hydration & Recovery Drinks

Electrolyte Recovery Drink

● Prep time: 2 minutes | Protein: 0g | Fat: 0g | Carbs: 18g | Calories: 70

Ingredients:

- 500ml coconut water 🥥
- Juice of 1/2 lemon (vitamin C) ⚡
- Pinch of sea salt 🧂
- 1/2 tsp honey (optional) 🍯

Instructions:

1. Mix all ingredients
2. Chill or serve over ice

Recovery Tip: Ideal for replacing electrolytes during or after intense workouts.

Anti-inflammatory Recovery Tonic

● Prep time: 5 minutes | Protein: 0g | Fat: 0g | Carbs: 15g | Calories: 60

Ingredients:

- 1 cup water
- 1/2 inch fresh ginger 🌿
- 1/4 tsp turmeric 🌿
- 1 tbsp lemon juice (vitamin C) ⚡
- 1 tsp honey 🍯
- Pinch of black pepper 🌿

Instructions:

1. Grate ginger into water
2. Add remaining ingredients
3. Heat gently until warm
4. Strain and drink

Recovery Tip: Supports recovery through anti-inflammatory compounds.

Nourishment Tips for Athletic Performance

- **Timing Matters:** Consume protein and carbs within 30 minutes after training
- **Listen to Hunger:** Respond to true hunger signals rather than ignoring them
- **Hydration:** Aim for pale yellow urine throughout the day
- **Energy Density:** Choose nutrient-dense foods that provide both calories and micronutrients
- **Recovery Days:** Even on rest days, maintain adequate protein and energy intake
- **Preparation:** Batch cook proteins and complex carbs for quick meal assembly
- **Tracking:** Notice energy levels during workouts and daily activities

Remember, nourishing your body adequately isn't just about performance—it's about supporting hormonal health, recovery, and overall wellbeing.