



# RECIPES FOR SUCCESS

A nutritional toolkit focusing on healthy living to optimise performance



St. Angela's College, Sligo  
Coláiste San Aingéal, Sligeach  
*A College of NUI Galway*



## Introduction

### INTRODUCTION

Any athlete who is serious about their sport should care about what they put into their bodies. The old adage ‘you are what you eat’ rings even truer on the sporting field than it does in everyday life.

We all want to maximise our health and our performance but with so many mixed messages out there about what we should eat and drink it’s hard to know what’s best. This Recipes for Success booklet – filled with tasty, healthy, performance enhancing recipes that are easy to make – aims to support GAA players and members in making the right choices. However, cooking for yourself is something you can only truly learn by doing. That’s why the unique partnership behind Recipes for Success facilitates bringing teams together to enhance not only their nutritional knowledge but also their practical cookery skills, one of the most important life-skills any player can develop.

The project is the result of a unique partnership between the GAA, the Home Economics Department at St. Angela’s College, Sligo, and the ATHE (Association of Teachers for Home Economics). The nutritional/diet content has been determined in collaboration with leading Irish sports performance nutritionist Críonna Tobin. This unique collaboration is about bringing together expertise from an array of sector. It was designed to respond to an identified need in GAA clubs for practical programmes supporting healthy eating for sport and the game called life. The project is kindly supported by Irish Life through a CSR partnership with the GAA’s Healthy Club Project.

During the pilot stage of Recipes for Success selected minor or U21 squads from clubs participating in Phase 1 and 2 of the GAA Healthy Club Project experienced a nutritional workshop and a practical “hands on” cookery class. (The perfect training for any young adult potentially progressing into third level education and their first requirement to fend for themselves in the kitchen.) This free session was sponsored by the GAA, St. Angela’s College and Healthy Ireland and was delivered in the Home Economics department of their local secondary school. It is intended to grow the project’s reach through this model in subsequent phases.

We hope that you enjoy these Recipes for Success and that you incorporate them into your daily routine. Your body – and your performance – will be the better for it.

Below is the list of the full team that compiled this document.

Amanda Mc Cloat, *Head of Home Economics Department, St Angela’s College*

Dr Elaine Mooney, *Home Economics Department, St Angela’s College*

Roisin Lydon, *Home Economics Department, St Angela’s College*

Julie Sweeney, *Vice President of Association Teachers of Home Economics (ATHE)*

Dr. Críonna Tobin, *Performance Nutritionist of Optimum Nutrition*

Colin Regan, *Community & Health Manager, GAA*

Stacey Cannon, *National Health & Wellbeing Coordinator, GAA*



## Contents

<b>Fuelling for Gaelic Games</b>	<b>3</b>	<b>Soups</b>	<b>34</b>
<b>Choose Real Foods</b>	<b>3</b>	Curried Lentil and vegetable soup	35
1. Be carbohydrate smart, focusing on carbohydrates around training	3	Ginger, Carrot and Apple soup	36
2. Protein Rich: ensure protein is included as part of every meal and snack	4	Spicy Tomato Bean Soup	37
3. A dollop of healthy fat	4	Butternut Squash and red pepper soup	38
4. Fruit and vegetable loaded	4	Chicken Noodle Soup	39
5. Be adequately hydrated	5	Sweet Potato with ginger and coconut	40
Homemade sports drinks	5		
6. Make healthier food choices more often	5		
<b>Top Tips for Fuelling &amp; Hydrating Around Exercise</b>	<b>5</b>	<b>Main Course Recipes</b>	<b>41</b>
<b>Match Day</b>	<b>5</b>	Chilli Con Carne with Brown Rice	42
Foods with multiple performance benefits	6	Spaghetti Bolognese with wholemeal pasta	43
Eggs	6	Slow cooker chicken casserole	44
Sweet potato	6	Chicken & vegetable stir-fry with wholegrain noodles	45
Broccoli	6	Chicken Curry (or Vegetarian Curry) with Brown Rice	46
Dairy Products	6	Shepherd's pie with sweet potato mash	47
		Chicken Fajitas with salad & sweet potato wedges	48
<b>Food Labelling – safe food instead</b>	<b>7</b>	Homemade Beef Burgers	49
		Mixed Garden Salad	50
<b>Portion Sizes</b>	<b>7</b>	Sweet Potato Wedges	51
		Cajun & turmeric coated salmon	52
<b>Store Cupboards Ingredients</b>	<b>8</b>	Tomato Fish Bake	53
<b>Equipment List</b>	<b>9</b>	<b>Healthy Snacks &amp; Baking</b>	<b>54</b>
		STACS Fruit and Nut Flapjack Recipe	55
<b>Ingredient substitutions</b>	<b>9</b>	STACS Brown Bread	56
		Porridge Bread	57
<b>Easy wins to make your nutrition simpler</b>	<b>10</b>	Wholesome Blueberry & Banana muffins	58
		Easy Oatmeal Biscuits	59
<b>Breakfast</b>	<b>11</b>	Nut Balls	60
Porridge	12	Baked Apple Porridge	61
Granola	13	No Bake Popped Quinoa Granola Bars with Peanut Butter and Chocolate	62
No Added sugar muesli	14		
Bircher Muesli	15	<b>Snack Suggestions</b>	<b>63</b>
Smoothies & Shakes	16	Basil & Spinach Pesto	64
Scrambled eggs	18	Hummus	65
Pancakes	20		
		<b>Meal plans</b>	<b>67</b>
<b>Lunch</b>	<b>21</b>		
Omelette & fillings	22	<b>Alcohol and sports performance</b>	<b>70</b>
Savoury Egg Muffins	24	Effects of alcohol on your performance	70
Jacket Potato & Fillings	25	Sport Supplements	71
Sandwiches / Wraps / Panini's	26		
		<b>Rest, recovery &amp; sleep</b>	<b>72</b>
<b>Salads</b>	<b>27</b>	Top Tips for Improved Sleep	72
Bulgur Wheat & Barley Salad with balsamic vinaigrette	27		
Moroccan Cous Cous Salad	28	<b>Glossary of terms:</b>	
Brown Rice Salad	29	Optimal performance:	Best performance
Broccoli, Feta and Cherry Tomato Salad	30	Optimal recovery:	Best recovery
Warm Pasta Salad	31	Calories:	A measure of the amount of energy in a food
Mixed Bean salad	32	Metabolism:	The process by which the body burns energy or calories
Quinoa & feta salad with roasted vegetables	33	Training adaptations:	Changes that occur in the body after weeks to months of training allowing the body to become fitter, faster and/or stronger



## Fueling for Gaelic Games

### FUELLING FOR GAELIC GAMES

**G**aelic Games are high intensity sports and demand a wide range of physical and mental attributes in order to maximise performance. Performance nutrition provides the body with the appropriate fuel and nutrient sources to train and recover optimally.

Great nutrition is easy to achieve if you take the time to focus on making positive improvements to your eating habits. By following the simple steps below, you should be able to achieve a solid foundation which will underpin a strong nutritional plan for Gaelic Games.

### CHOOSE REAL FOODS

The building blocks of any nutritional plan should start with a strong focus on good day to day eating habits. To achieve this, players should eat a well-balanced diet made up of all food groups. The majority of food that players eat should be in the form of unprocessed 'real foods', such as fresh meat, fish, dairy, nuts, seeds fruit and vegetables. Often processed foods such as readymade and tinned foods lack nutrients and contain high quantities of sugar which can negatively affect health and performance.



### 1. BE CARBOHYDRATE SMART: FOCUS ON EATING CARBOHYDRATES AROUND TRAINING

Carbohydrate is the most important fuel source for a GAA player. Carbohydrate provides the player with the energy to perform activities such as sprinting, jumping, tackling, kicking, and scoring all the elements that are vital in winning a game! However, carbohydrate is stored in limited reserves in the human body, known as glycogen, with the stores becoming depleted after a training session or match. Therefore, ensuring that carbohydrate is consumed before and after exercise is important to provide the energy required for a high intensity exercise session as it is well known that a player's ability to perform at a high level is reduced towards the end of a match. Although there are multiple contributing factors to fatigue one of the main factors is a depletion of carbohydrate stores.

Carbohydrates are found in many foods and can be differentiated into either simple or complex carbohydrates. Simple carbohydrates are those found in foods that taste sweet, like sugary sweets, fizzy drinks, sports drinks, cakes and chocolate. They are digested and absorbed easily and are a source of immediate energy. However, a diet full of sweet, sugary carbohydrates can affect energy levels and are not good for overall health. Therefore, these types of carbohydrate should be limited to just before or after exercise. Fruit is a great example of a simple sugar that is a great source of energy and is packed full of nutrients such as fibre as well as vitamins and minerals. Complex carbohydrates are found in wholegrain cereal, breads, pasta and rice, lentils, beans and vegetables. They provide the body with energy as well as a large amount of key vitamins, minerals and fibre. Complex carbohydrates are digested and absorbed at a slower rate and provide longer lasting energy.

**“The food you eat every day will help you build a platform of good overall health upon which you can focus on developing a strategy to support performance.”**





## 2. PROTEIN RICH: ENSURE PROTEIN IS INCLUDED AS PART OF EVERY MEAL AND SNACK

Protein is found in a wide variety of both animal and plant foods. By consuming dietary protein we obtain the building blocks to make a range of body proteins with structural (muscles) and functional (immune factors and hormones) roles. Each protein is made up of a different combination of amino acids. Of the 20 amino acids that make up proteins in our diet, 9 are considered essential. This means that our body can't make them, they must come from the diet. Different foods contain different amounts and combinations of amino acids commonly referred to as the building blocks of protein. Protein from animal sources such as meat, fish, eggs and dairy products, contain the full range of essential amino acids required by the body. By consuming a variety of plant protein sources in the diet e.g. beans, pulses, lentils all of the essential amino acids can also be obtained.

**“While meat, fish, dairy products and eggs are especially good sources of protein, many plant sources such as legumes, nuts and grains also contain protein and can contribute to total daily protein intake.”**

Along with the total amount of protein consumed in a day the timing of when protein is consumed is also important. Muscle growth is stimulated in the presence of protein so it is a good idea to spread your protein intake evenly throughout the day by including protein in both meals and snacks. Eating a snack containing a good source of protein and carbohydrate immediately after exercise can help promote training adaptations and replenish fuel stores.



## 3. A DOLLOP OF HEALTHY FAT

Fat has a bad reputation as it is often falsely believed that it solely causes obesity. However, without fat in the diet and in the body a number of key processes would not occur. Fats are important as a fuel source at rest and during exercise that is low to moderate intensity. Fat surrounds all cells in the body, firstly to protect organs but also to produce membranes around cells for structure and function known as phospholipid layers. Dietary fat also provides the raw material to form hormones that are important in the growth and maintenance of muscles and bone. In addition, dietary fat supplies important fat soluble nutrients such as vitamins A, D, E and K which play important roles in many functions of the body including boosting immunity and the growth and maintenance of strong bones. The functions of fat are vital for health and wellbeing. However, while fats have a number of important roles they remain energy dense. Diets very high in fat, combined with little or no exercise, will lead to weight gain. Attention should not just be paid to the type of fat consumed, but the amount as well.

## 4. FRUIT AND VEGETABLE LOADED

Don't forget the fruit and vegetables! Both of these nutritious food sources provide nutrients that enhance training adaptations. Each different coloured vegetable provides the body with different performance boosting nutrients, for example green vegetables contain vitamin K to strengthen bones and the mineral magnesium which reduces tiredness and fatigue, while yellow vegetables contain vitamin A to boost the immune system. Eating a rainbow of colours when it comes to fruit and vegetables will ensure you are consuming a variety of nutrients that will allow for maximum benefit. Aim to eat 5-8 portions of fruit and/or vegetables daily; 1-2 portions of different fruit with your breakfast and 3 portions of assorted vegetables with your lunch and dinner every day.

## 5. BE ADEQUATELY HYDRATED

Whether training or during competition, staying well hydrated is important to both the mental and physical aspects of performance. Drinking little and often is the standard recommendation, whilst the colour of urine (pee) is used to monitor hydration during the day. Urine should be pale/clear in colour; if it is yellow/dark then it is likely you will begin exercise whilst dehydrated and this will adversely affect performance.

### HOMEMADE SPORTS DRINKS

Homemade sports drinks provide you with a great rehydration option which you can take both during or after training. Here are some simple options:

- 1 x freshly squeezed lime + 1 freshly squeeze lemon + 2 cups of water + 1-2 tablespoons of honey (optional) + a pinch of Himalayan sea salt / rock salt
- 1 cup of chopped fresh watermelon + 1 cup of coconut water + 1 squeeze of lime + 1 pinch of Himalayan sea salt/rock salt

(The two homemade drink options above are low in carbohydrate & a great option for hydrating throughout the day or during a training session)

- 250ml of pineapple juice + 250 ml of water + a pinch of Himalayan sea salt / rock salt (This drink is higher in carbohydrate and is a great option for during or after a game to help replenish carbohydrate.)

### THE PEE CHART

Are you Dehydrated? Check Your Urine	
1, 2, 3 Well Hydrated	1
	2
	3
4,5 Hydrated but not well	4
	5
6,7,8 Dehydrated. You need to drink more	6
	7
	8

#### TOP TIP:

Use the 'pee' chart to ensure you are hydrated before training sessions

## 6. MAKE HEALTHIER FOOD CHOICES MORE OFTEN

Eating a wide variety of healthier foods will enhance your energy levels, training adaptations and performance so why NOT choose a healthier option more frequently? It is also important that your eating habits genuinely reflect your needs. If your training volume decreases then make sure your eating habits reflect this. If you have changes to make, there is no time like the present, start now, don't wait until Monday.

Try and follow the 7 steps below 80% of the time. Remember to eat 3 meals and 3 snacks each day.

### TOP TIPS FOR FUELLING & HYDRATING AROUND EXERCISE

1. Eat a carbohydrate rich meal, moderate in protein and fat 3 hours before training.
2. Eat a small snack 1-2 hours prior to exercise to top up glycogen stores and prevent hunger during the session, e.g. a banana.
3. Make sure you are optimally hydrated before the start of the exercise session.
4. Concentrate on drinking water during a training session. During matches consuming a small quantity of carbohydrate in the form of a sports drink and/or a banana may enhance second half performance.
5. Immediately after exercise consume some protein and carbohydrate to support recovery. These goals can be achieved by consuming any of the following; protein milk + a banana, a smoothie with Greek yogurt or a bottle of chocolate milk.
6. Make sure the post workout snack is followed by a substantial meal rich in carbohydrates, protein, fat and vegetables. This will ensure the body receives a variety of nutrients to maximise training adaptations and recovery.
7. Ensure you are re-hydrated before your next exercise session.

### MATCH DAY

On match day, it is much easier to plan and organise your nutrition on the basis that all matches have a defined kick-off time. Even with potential travel commitments, all players should have a well-rehearsed routine based on a high complex carbohydrate (complex carbohydrates) breakfast, pre-match meal and supporting snacks as appropriate. The pre-match meal is likely to be 3 hours before kick-off, if possible. The key is to practice the eating patterns that work for you as individuals to ensure you have enough energy for the game, but balance the need to be comfortable on the pitch.

Top favourite foods and their performance benefits



Eggs

**+** Protein, B Vitamins, Vitamin A, Vitamin D, Iron

**✓** Supports muscle growth  
**✓** Improves energy  
**✓** Contributes to healthy skin  
**✓** Boost immunity  
**✓** Transports oxygen around the body



Sweet Potato

**+** Protein, B Vitamins, Vitamin A, Vitamin D, Iron

**✓** Enhances the recovery of muscle after high intensity exercise  
**✓** Boosts Immunity  
**✓** Improves immunity after intense exercise  
**✓** Supports strong bones  
**✓** Ensures proper muscle function



Broccoli

**+** Protein, B Vitamins, Vitamin A, Vitamin D, Iron

**✓** Repairs muscle  
**✓** Boosts energy  
**✓** Supports strong bones  
**✓** Improves energy levels  
**✓** Immune protection



Dairy Products

**+** Protein, B Vitamins, Vitamin A, Vitamin D, Iron

**✓** Repairs muscle  
**✓** Boosts energy  
**✓** Supports strong bones  
**✓** Improves energy levels  
**✓** Immune protection



## Food Labelling & Portion Sizes

### FOOD LABELLING

The traffic light system is a consumer-friendly way of showing at a glance whether there are high, medium or low levels of a nutrient in 100g of a food. It is commonly used for nutrients that we should eat less of such as fat, saturated fat, sugar and salt.

**RED**

If a nutrient is red it means that there is a high level of it in 100g of the food. Foods with red levels of fat, salt or sugar should only be eaten occasionally and in small amounts.

**AMBER**

If a nutrient is amber it means that there is a medium level of it in 100g of the food. Foods with amber levels of fat, salt or sugar are fine to choose most of the time.

**GREEN**

If a nutrient is green it means that there is a low level of it in 100g of the food. Foods with green levels of fat, salt or sugar are the healthiest choices

Nutrients are colour-coded using the traffic light system, so high levels are red, medium levels are amber and low levels are green.

PER 100G	SUGARS	FAT	SATURATES	SALT
<b>HIGH</b>	Over 15 g	Over 20g	Over 5g	Over 1.5g
<b>MEDIUM</b>	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
<b>LOW</b>	5g And Below	3g And Below	1.5g And below	0.3g And Below

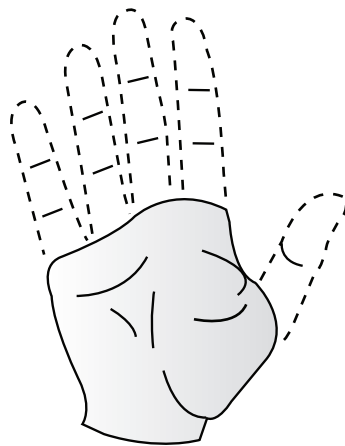
(Reference: Irish Heart Foundation, 2015)

### PORTION SIZES

Portion Size Reference Guide (Food Safety Authority of Ireland, 2011)

#### PALM OF THE HAND

The width and depth of your palm without fingers and thumb shows how much meat, poultry or fish you need in a day. Most of this can be used for your main meal, with the remainder for your light meal



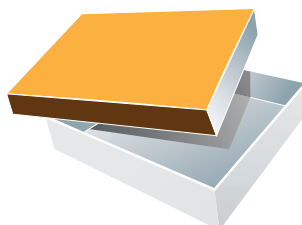
#### 200ml DISPOSABLE CUP

Use a disposable plastic cup to guide portion sizes of cereals, cooked rice and pasta, and even vegetables, salad and fruit



#### MATCHBOX SIZE PIECE OF CHEESE

A matchbox can guide you on a serving. Low fat options are best.



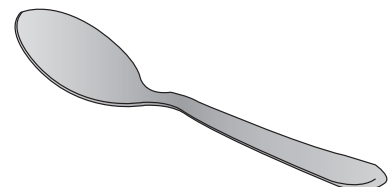
#### PORTION PACK

Portions of butter or spread found in cafés can guide the amount to use. For example one pack of fat spread is more than enough for one slice of bread - try and make it do for two. Reduced fat monounsaturated and polyunsaturated spreads are best.



#### 5ml TEASPOON

This can guide your portion size for peanut butter, jam, marmalade or honey.



## Store Cupboard Ingredients



This is a detailed list of store cupboard ingredients to stock up on! These ingredients will last for months and along with fresh ingredients such as dairy products, meat, fruit and vegetables they will allow you to make all of the recipes in this toolkit. You don't have to buy everything, but get what you can, and as you start cooking and discover the recipes you like, you will learn which basic ingredients you use most often.

### HERBS & SPICES

Cinnamon	Turmeric
Vanilla extract	Cayenne pepper
Cajun spice	Curry powder
Paprika	Mixed herbs
Chilli powder	Dried oregano
Cumin	Dried marjoram
Coriander	Parsley
Nutmeg	Basil

### DRY FOOD STUFFS

Whole-wheat pasta	Plain flour
Cous cous	whole-wheat flour
Quinoa	Corn flour
Bread soda	Baking powder
Wholegrain noodles	Spelt flour
Porridge oats	Wheat germ
Rice (Brown / Wholegrain)	Beef, chicken & vegetable stock cubes
Red / green lentils	Sunflower seeds
Pecan nuts	Cashew nuts
Pumpkin seeds	Walnuts
Flax seeds	Pine nuts
Chia seeds	Brazil nuts
Sesame seeds	Almonds

### CONDIMENTS

Mayonnaise	French dressing
Tomato ketchup	Tomato puree
Black peppercorns	Soy sauce
Lemon juice	Agave Syrup
Mango chutney	Honey
Dijon mustard	Peanut butter

### OILS & VINEGARS

Olive oil
Sunflower oil
Rapeseed oil
Sesame oil
White wine vinegar
Coconut oil

### CANNED/TINNED

Chopped tomatoes	Tuna (in sunflower oil)
Chickpeas	Sweetcorn
Pineapple (in juice)	Salmon
Peaches (in juice)	Kidney beans
Coconut milk	



## Equipment list

Kitchenware	Utensils	Bakeware
Large, medium & small saucepan	Sharp vegetable knife	Loaf tin
Non-stick frying pan	Garlic crusher	12 hole Muffin tin
1 x chopping board for meat (red)	Vegetable peeler	2 flat baking trays
1 x chopping board for vegetables (green)	Spatula	Muffin cases
Colander	Wooden spoon	
Mixing bowl	Whisk	
Measuring jug	Fish slice / egg turner	



## Ingredient substitutions

If you are missing an ingredient in a recipe, don't panic. Many recipes are flexible and have ingredients which can be easily substituted.



This...	For...
Fresh herbs	Dried herbs
Full fat dairy products	Low fat dairy products
Greek yoghurt	Yoghurt
Honey	Agave syrup / maple syrup
Fresh fruit	Tinned frozen fruit in juice
Fresh chilli	Chilli powder
Olive oil	Rapeseed oil / coconut oil
Low salt stock cubes	Regular stock cubes
Fresh ginger	Dried ginger
Cream	Crème fraiche / yoghurt
Sweet potato	Regular potato





## Easy wins to make your nutrition simpler

### Easy wins

- Eating to optimise performance may empty your pockets a bit quicker in the short term but you will be rewarded with long term performance gains
- Start the day with a pint of water & lemon
- Try to eat oily fish at least 3 times weekly to boost recovery
- Bulk cook and freeze to save time
- Put 1-2 hours aside at the weekend for food preparation. Bulk cook dinners and snacks to get you through the week properly fuelled and recovered
- Once shown how to cook a dish prepare it soon after so you don't forget the steps. Keep a note book
- Some foods like beetroot or salmon are an acquired taste and you may need to taste them more than once or twice before you like them. Don't give up!
- Nutrition on a match day needs to be practiced. Everyone digests food at a different rate so practice eating your pre-match day meal on a training day to ensure it does not cause stomach upset on match day
- Aim to drink between 2-4L of fluid daily. How much fluid a player should drink to ensure they are hydrated is individual. However, every player should know how much fluid they need to drink in order to be hydrated for each exercise session
- Use the 'pee' chart to ensure you are hydrated before training sessions
- Start your match day hydration 24-36 hours before match day. If you are well hydrated the day before a match you should be optimally hydrated by drinking 500 ml-1 litre of fluid on match day.



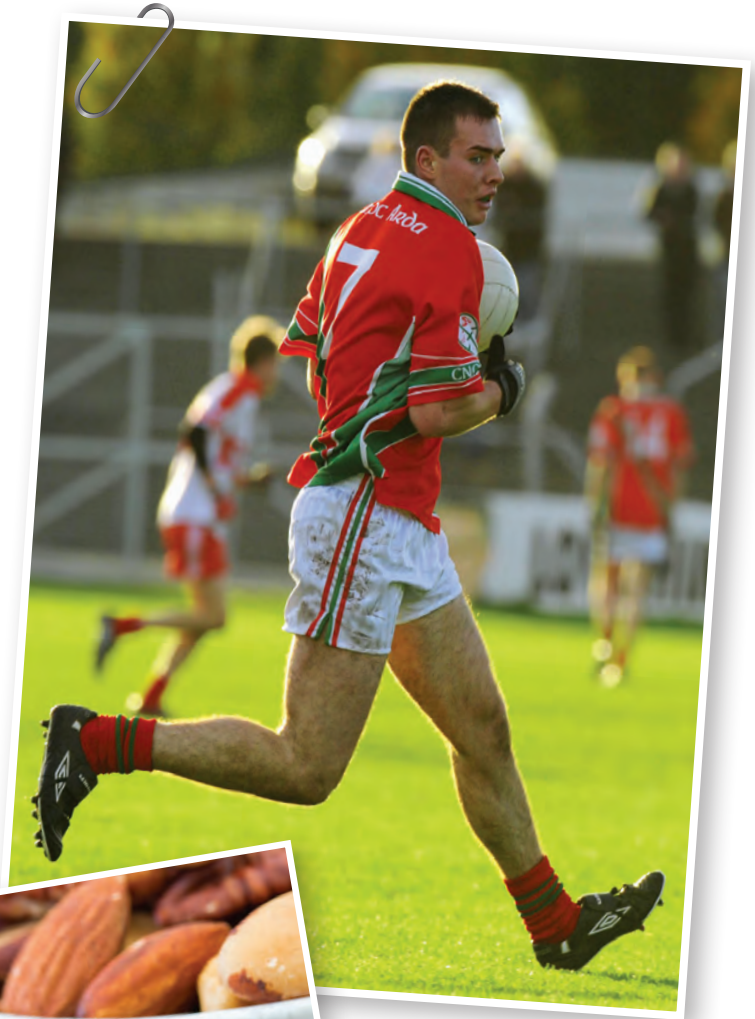
# My Favourite Breakfast

David Kinsella / Carlow Footballer

## Porridge with toppings

*Pine nuts / Brazil nuts /  
Walnuts / Honey*

Being the most important meal of the day, a healthy meal in the morning boosts my metabolism and helps me eat less during the day. I always like to have a bowl of porridge in the morning, especially on match day. Porridge contains a high amount of complex carbs, which gets digested at a slow pace, unlike simple carbs. This gives me lasting energy.



# Porridge with toppings

## INGREDIENTS

80g oats\*  
150ml milk\*\*  
2 teaspoons honey  
½ teaspoon cinnamon (optional)

**Toppings:** (these are optional toppings to enhance the nutritional content)

### Fruit:

30g blueberries/banana sliced  
½ pomegranate (seeds) / 1 peach (sliced) / 1 apple or pear (sliced) /  
1 tablespoon dried goji berries

### Seeds:

½ tablespoon mixed seeds  
(sunflower, pumpkin, flax, chia, poppy)

### Nuts:

½ tablespoon almonds / walnuts /  
brazil nuts / pecans (chopped)



## METHOD

1. Put the oats (or alternative) in a saucepan; add the milk, cinnamon & honey.
2. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it does not stick to the bottom of the pan.
3. Or make in a microwave: mix the ingredients in a microwave proof bowl, then microwave on high for 5 minutes, stirring halfway through. Leave to stand for 2 minutes before eating.
4. To serve. Pour into a bowl and top with chopped fruit, seeds and nuts.

How will this recipe  
boost my performance?



Oats contain Magnesium which boosts energy. Milk contains Calcium essential for proper muscle contraction.

### \*Alternatives to oats:

- Quinoa
- Rice flakes
- Ready break

### \*\*Alternatives to dairy:

- Hemp milk
- Coconut milk
- Almond milk
- Rice milk
- Soy milk



# Granola

with yoghurt/milk & berries

## INGREDIENTS

500g Porridge oats  
100g Desiccated coconut  
100g pecans (chopped)  
1 teaspoon vanilla extract  
100g hazelnuts (chopped)  
125ml coconut oil / rapeseed oil  
50g Flaked almonds  
100ml honey  
150g mixed seeds  
(Sunflower/ pumpkin/ chia/  
flaxseed/ poppy)  
250g Dried apricots/ dates/ raisins,  
cranberries/ figs sultanas (chopped)



## METHOD

1. Preheat the oven to 170°C/ Gas mark 3.
2. Place the oil, honey and vanilla extract in a small saucepan on a low heat, stir and gently melt together.
3. Mix the oats, nuts, seeds and desiccated coconut together in a large bowl. Pour over the oil and honey mixture and stir really well to ensure all the dry ingredients are evenly coated.
4. Divide the mixture between two large baking trays and spread in an even layer.
5. Bake in the oven for 20-25 minutes, tossing every 5-10 minutes, until golden brown. Remove from the oven and leave to cool on the trays, stirring frequently.
6. Once completely cool, transfer to a large bowl and stir in your choice of dried fruits. Store in airtight container at room temperature for up to two months.
7. To serve, spoon a portion into a bowl, pour over the milk / yoghurt and top with chopped fresh fruit.

How will this recipe  
boost my performance?



Almonds contain  
Magnesium which is  
essential for normal muscle  
function. Coconut contains  
Fibre which aids healthy  
digestion.

# No added sugar Muesli

## INGREDIENTS

170g Oats  
110g Mixed nuts  
(flaked almonds/ pecans/ hazelnuts)  
50g Mixed Seeds  
(pumpkin/ sunflower/ flax/ chia)  
110g apricots (chopped),  
raisins, cranberries,  
dates (chopped)



## TOP TIP:

Start the day with a pint of warm water & the juice of half a fresh lemon 20 minutes before you eat



## METHOD

1. Put the oats into a large bowl and add the nuts, seeds and dried fruit.
2. Mix well until combined & store in an airtight container.
3. To serve, spoon a portion into a bowl, pour over the milk / yoghurt and top with chopped fresh fruit.

How will this recipe boost my performance?

Apricots contain vitamin A which boosts immunity. Flaxseed contains Omega 3 essential for a healthy heart.



## TO SERVE:

Add yoghurt, honey & pear or milk, diced apple & cinnamon

# Bircher Muesli

## INGREDIENTS

100g oats  
1 eating apple, grated  
2 tablespoons mixed seeds  
 $\frac{1}{2}$  teaspoon cinnamon  
2 tablespoons mixed nuts  
25g sultanas  
300ml milk (of your choice)  
Sliced banana (to serve)  
2 teaspoons Maple syrup



## METHOD

1. Put the grated apple in a bowl and add the oats, sultanas, seeds, half the nuts and the cinnamon.
2. Toss together well.
3. Add the milk and maple syrup, then cover and chill for several hours or overnight.
4. Spoon the muesli into two bowls and top with the sliced banana and remaining nuts.



# Smoothies & Shakes



## BANANA AND BERRY SMOOTHIE

- 1 Banana (chopped)
- 50g Frozen berries
- 1/2 tablespoon peanut butter
- 180ml Milk
- 1 tablespoon Oats
- 2 teaspoons Honey
- Water to dilute as needed

## TROPICAL SHAKE

- 1 small tin Pineapple chunks (in juice)
- 1 banana (chopped)
- 5 Strawberries (stalks removed)
- 20g Spinach (washed)
- 180ml milk
- 1 tablespoon Flaxseed, ground
- 1 tablespoon Porridge Oats

How will this recipe boost my performance?

Banana contains carbohydrate which enhances the recovery of muscle after high intensity exercise. Kale contains Vitamin K which is essential for proper blood clotting

## METHOD

1. Wash fruit and/or vegetables and prepare according to chosen recipe above. Place into a blender.
2. Pour in the liquid ingredients, add the remaining ingredients and blend.
3. Taste and add a little honey or milk if necessary.
4. Serve immediately in a glass.



## STRAWBERRY ALMOND SHAKE

- 1 Banana (chopped)
- 50g Frozen berries
- ½ tablespoon peanut butter
- 180ml Milk
- 1 tablespoon Oats
- 2 teaspoons Honey
- Water to dilute as needed




## CITRUS BEETROOT SMOOTHIE

- 1 cooked Beetroot (peeled)
- 1 apple (peeled & cored)
- ½ Pomegranate (seeds)
- 2 tablespoons Natural yoghurt
- 1 Banana (chopped)
- 2 teaspoons Honey
- ½ tablespoon Chia seeds
- 100ml water



### TOP TIP:

Aim to drink between 2-4L of fluid daily. How much you drink is dependent on a number of factors, such as weight and height and can vary between each player. Use the 'pee' chart to ensure you are drinking enough and hydrated for performance



How will this recipe boost my performance?

Apple contains Fibre which enhances Healthy digestion.  
Natural yogurt contains Protein which supports muscle growth.  
Peanut butter contains Magnesium which boosts energy.



## GREEN AVOCADO SHAKE

- 1 ripe Avocado (chopped)
- 20g Spinach (washed)
- 20g Kale (stalks removed)
- 50g Blueberries
- 2 teaspoon Honey
- 2 tablespoon Natural yoghurt
- 200ml almond milk
- 1 tablespoon ground flax/sunflower / pumpkin

# Scrambled eggs

## INGREDIENTS

Egg mixture:

- 2 eggs
- 1 tablespoon Milk
- 1 teaspoon Butter
- 1/2 teaspoon ground Pepper

## FILLINGS:

(These are optional fillings to enhance the nutritional content)

1. Smoked salmon, chive and cream cheese
2. Avocado, mushroom & tomato
3. Spinach, sautéed onion and cheese
4. Smoked bacon & mushroom



## METHOD

1. Prepare fillings according to chosen recipe below. Set aside.
2. Whisk eggs and pepper together in a jug. Add the chosen fillings and stir.
3. Put the milk and butter into a saucepan and heat gently until the fat melts.
4. Add the egg mixture and stir with a wooden spoon over a gentle heat until it just thickens. It should look glossy, not dry.
5. Serve immediately with wholegrain toast or brown bread.

How will this recipe boost my performance?

Salmon contains protein which supports muscle growth & repair. Red pepper contains vitamin C to improve immunity after intense exercise. Mushrooms contain magnesium vital for normal muscle function.



**\*TO LIGHTLY FRY / SAUTÉÉ:**

Heat 1 tablespoon of olive oil in a pan over a medium heat. Add the onion/bacon/mushroom and fry until the vegetables are soft and bacon is cooked (lightly browned).



## Fillings

Smoked Salmon, Cream Cheese & Chives	Avocado, Mushroom & Tomato	Spinach, sautéed onion & cheese	Smoked Bacon & Mushroom
2 slices smoked salmon (chopped)	½ avocado (diced)	20g spinach (washed)	2 slices bacon rashers (diced & fried)*
1 tablespoon chives (chopped)	4 mushrooms (sliced & lightly fried)*	½ small onion (diced & lightly fried)*	4 mushrooms (sliced & lightly fried)*
1 tablespoon cream cheese	1 tomato (diced)	2 tablespoons grated cheese	½ teaspoon ground black pepper
5 cherry tomatoes	1 spring onion	1 clove garlic	½ red pepper

Food	Nutrient	Performance Benefit
Eggs	Choline	Enhance decision making
Avocado	Phytosterols	Reduce inflammation
Salmon	Omega 3	Increases muscle Strength
Red pepper	Vitamin C	Contributes to rapid recovery of the muscle
Olive oil	Polyphenols	Prevents muscle soreness
Spinach	Manganese	Strengthens skin
Pumpkin seeds	Copper	Repairs damaged muscle
Spring onions	Vitamin C	Boost Immunity

(This box applies to all the egg recipes above and below)

# Pancakes



## METHOD

1. Tip the flour into a bowl, add the seeds and mix. Make a well in the centre and set aside.
2. Beat the eggs, honey and milk in a jug. Pour into the dry ingredients and beat with a whisk to combine fully. The batter should be thick.
3. Heat a non-stick pan with  $\frac{1}{2}$  tablespoon of olive oil.
4. Using a tablespoon, add a spoon of batter to the pan (1 spoon for each pancake).
5. Wait until the top of the pancake begins to bubble, then using an egg turner, turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm thick.
6. Repeat until all the batter is used up, using the remaining oil if necessary.
7. Serve with sweet or savoury toppings as suggested above.

## BATTER:

1 medium Egg  
125ml Buttermilk (or alternative)  
100g self-raising Flour  
1 teaspoon Honey (for sweet pancakes)  
1 tablespoon Seeds (poppy, chia, flaxseed, sunflower)  
1 tablespoon olive oil (to fry)

Toppings (These are optional toppings to enhance the nutritional content)

### Sweet

- 1 Banana (sliced),  $\frac{1}{2}$  tablespoon flaked almond &  $\frac{1}{2}$  teaspoon cinnamon,
- 1 tablespoon natural yoghurt
- 50g Berries,  $\frac{1}{2}$  tablespoon pumpkin seeds, 2 tablespoons Greek yoghurt

### Savoury

- 2 Spring onions (chopped), 1 tomato (diced), 2 tablespoon cheddar cheese
- 20g Spinach (washed & gently cooked),  $\frac{1}{2}$  small onion (diced & lightly fried),  $\frac{1}{2}$  red pepper diced, 1 tablespoon cream cheese

How will this recipe boost my performance?

Spinach contains Manganese which is important for proper metabolism of food. Pumpkin seeds contain Copper which supports the nervous system.

## \*FLOURLESS PANCAKES:

1 medium ripe banana (mashed), 2 eggs. Mash the banana. Then mix the eggs and banana together in a bowl with a fork until combined. Continue to step 3 of the recipe above.

# My Favourite Lunch

David Kelly / Sligo Footballer


## Omelette with cheese, Spinach and spring onion

Good food choices are critical for kick-starting recovery and preparing your body for the next bout of exercise. The omelette is a meal rich in vitamins and minerals, and it's versatile. There is huge variety in your filling choice and this can be changed depending on your taste and required nutrition. On training days add a potato to bump up the carbohydrates, while if enjoyed as a post workout meal add some meat for extra protein.





# Omelette & fillings




**EGG MIXTURE:**

- 2 eggs
- 1 tablespoon Milk
- 1 teaspoon Butter
- ½ teaspoon Pepper
- 1 tablespoon olive oil

**Fillings: (these are optional fillings to enhance the nutritional content)**

1. Ham & tomato
2. Bacon & cheese
3. Rocket & red pepper
4. Cheese & spring onion
5. Potato, onion & mushroom



	Fillings				
	Ham and tomato	Bacon, mushroom & cheese	Rocket & red pepper	Cheese, spinach & spring onion	Potato, mushroom & onion
	1 tomato (diced)	2 rashers (diced & lightly fried)	½ red pepper (diced)	2 spring onions (chopped)	1 cooked potato (peeled & diced)
	2 slices ham (diced)	2 tablespoons grated cheese	2 spring onions (chopped)	2 tablespoons grated cheese	3 spring onions (chopped)
	½ red onion (diced)	3 mushrooms (sliced & lightly fried)	2 tablespoons grated cheese	30g spinach (washed)	3 mushrooms (sliced & lightly fried)
	30g spinach (washed)	½ small onion (diced & lightly fried)	20g rocket	1 clove garlic	
		½ tomato (diced)			




**TOP TIP:**

Eating to optimise performance may hit your pockets a bit more in the short term but you will be rewarded with long term performance gains



*How will this recipe boost my performance?*



*Tomato contains Vitamin C which is important for collagen formation. Cheese contains Vitamin A which helps maintain vision. Bacon contains Vitamin B12 which plays a role in making red blood cells.*



**METHOD**

1. Prepare fillings according to chosen recipe above. Set aside.
2. Using a fork beat the eggs in a jug with the milk and pepper.
3. Put a small frying pan on a low heat and let it get hot. Add the butter and olive oil. When the butter has melted and is bubbling, add the eggs and move the pan around to spread the mix out evenly. Turn the grill of the oven on a low heat.
4. When the omelette begins to cook and firm up, but still has a little raw egg on top, sprinkle over the fillings, if using, putting the cheese on last.
5. Remove the pan from the heat and place under the hot grill until the egg is cooked and the top is golden brown.
6. When cooked, remove the pan from the grill and slide the omelette on to a plate.

# Savoury Egg Muffins

(makes 6)



**INGREDIENTS**

- 6 eggs
- 25g grated cheddar cheese
- 25ml of milk
- 1 scallion finely chopped
- Pinch of black pepper
- 1 slices rasher, cut into pieces
- Pinch salt
- 4 cherry tomatoes, sliced
- 1 tsp chopped parsley
- 4 button mushrooms, quartered
- Low-calorie cooking spray



## METHOD



1. Preheat your oven to 180°C/160°C Fan/ Gas 4.
2. Lightly spray a 6-hole muffin tin with low-calorie cooking spray or lightly brush with olive oil.
3. In a pan lightly fry the bacon and mushroom until they have browned slightly. Remove from heat and add to a mixing bowl.
4. In the same bowl, add all of the remaining ingredients mix well with a fork until well combined.
5. Spoon the mixture into the cases, dividing the mixture evening. in the oven for 25-30 minutes or until golden brown.

Food	Nutrient	Performance Benefit
Eggs	Choline	Enhance decision making
Mushrooms	Selenium	Speeds recovery
Tomato	Lycopene	Fast recovery
Spring onions	Vitamin C	Boost Immunity
Cheese	Calcium	Healthy bone development





# Jacket Potato & Fillings

## METHOD

1. Prepare the filling for the potato:
  - Tuna & sweetcorn: Drain the tuna, tip into a bowl. Add the sweetcorn, pepper & mayonnaise and mix until combined.
  - \*Chilli con carne on page 38
  - \*\*Coated Cajun & turmeric salmon on page 46
2. Pierce the skin of a potato with a fork. Wrap in a sheet of greaseproof paper and microwave on High for 8-10 minutes until soft inside.
3. To serve, slice a cross on the top of the potato, open out the potato to make room for the filling.
4. Fill the jacket potato with your favourite filling
5. For the:
  - Tuna & sweetcorn: top with rocket leaves.
  - Chilli: top with grated cheese.
  - Spicy salmon: top with spring onion and crème fraiche.



How will this recipe boost my performance?



Tuna contains vitamin D which is essential for normal muscle function. Beef contains iron which is important for decision making. Jacket potato contains vitamin B6 which boosts the immune system.



## Fillings

Tuna & Sweetcorn	Chilli Con Carne	Spicy Salmon & Crème Fraiche
1 small tin tuna	1 portion chilli beef*	1 fillet coated Cajun & turmeric salmon**
2 tablespoons sweetcorn	2 tablespoons grated cheese	2 spring onions chopped
½ diced red pepper		1 tablespoon crème fraiche
1 tablespoon mayonnaise		
20g rocket leaves		



### TOP TIP:

Eat more than a sandwich for lunch particularly on training days. Include a smoothie with the sandwich to increase the energy and nutritional content of this meal



# Sandwiches / Wraps / Paninis



## METHOD

1. Prepare fillings according to the chosen recipe below.
2. Choose your bread, wrap or panini then assemble and cut in half.
3. Optional: serve with soup, side salad or smoothie (page 16/17).



How will this recipe boost my performance?

Beetroot contains vitamin C which boosts energy. Red onion contains Manganese which strengthens bones. Butter contains vitamin A which strengthens immunity. Rocket contains Calcium which strengthens bones.

## CHOOSE FROM:

- Wholemeal wraps
- Wholemeal pitta bread
- Wholegrain / wholemeal / multi-seed bread
- Seeded / wholegrain Paninis



## Fillings

Chilli chicken	Tuna Mayo	Veggie	Quick Salmon	Hawaiian	Cheesy B.L.T.
1 chicken breast (grilled)	1 small tin of tuna	1 tablespoon sliced cooked beetroot	1 small can salmon (mashed)	2 slices cooked ham	2 slices bacon (grilled)
½ tablespoon chili sauce / relish	½ tablespoon mayonnaise	¼ pepper diced	½ tablespoon mayonnaise	2 slices pineapple	1 tomato (sliced)
¼ red onion (diced)	1 tablespoon sweetcorn	½ avocado (diced)	2 spring onions (chopped)	¼ red onion diced	20g rocket / spinach
1 tomato (sliced)	¼ cucumber (diced)	¼ red onion (diced)	¼ red pepper (diced)	1 tablespoon grated cheese	½ tablespoon mayo
2 teaspoons butter	20g rocket	½ tablespoon mayonnaise	20g spinach	2 teaspoons butter	1 tablespoon grated cheese
20g spinach (washed)		20g rocket			

# Bulgur Wheat & Barley Salad with balsamic vinaigrette

## TOP TIP:

Once shown how to cook a dish prepare it soon after so you don't forget the steps. Save favourite recipes to your phone



## METHOD

1. Heat oven to 200C/fan 180C/gas 6. Place the squash on a baking tray and toss with olive oil. Roast for 30 mins.
2. Meanwhile, boil the barley for about 30 minutes in water until tender, but al dente (still has a bite). Next, pour boiling water over the bulghar wheat to just cover, and set aside.
3. While this is happening, whisk the dressing ingredients in a small bowl, then season with salt and pepper. Drain the barley and the bulgur wheat, then tip it into a bowl and pour over the dressing. Mix well and let it cool.
4. Boil the broccoli in water until just tender, then drain and rinse in cold water. Drain and pat dry with kitchen paper. Add the broccoli and remaining ingredients to the barley and bulgur wheat. Mix well to combine all flavours. This will keep for 3 days in the fridge and is delicious warm or cold.

## INGREDIENTS

200g pearl barley  
 2 tablespoon pumpkin seeds  
 100g bulgur wheat  
 1 tablespoon small capers  
 1 butternut squash, peeled and cut into chunks  
 15 black olives pitted  
 300g broccoli, cut into florets  
 1 tablespoon olive oil  
 100g sundried tomatoes, slices  
 1 handful basil, chopped finely  
 1 small red onion, diced  
 1 small handful parsley chopped finely

## FOR THE DRESSING:

4 tablespoons balsamic vinegar  
 5 tablespoons extra-virgin olive oil  
 1 tablespoon Dijon mustard  
 1 garlic clove, crushed



# Moroccan Cous Cous Salad

## INGREDIENTS

- 100g cous cous
- 1 celery stick (diced finely)
- 1 teaspoons ground coriander
- 150ml boiling water
- 2 spring onions (chopped)
- $\frac{1}{2}$  teaspoon turmeric
- 1 tablespoon olive oil
- 4 tablespoons white wine vinegar
- $\frac{1}{2}$  teaspoon cumin
- $\frac{1}{2}$  red pepper (diced)
- 50g raisins

*(the below ingredients are optional)*

- Pinch cinnamon
- $\frac{1}{2}$  tablespoon fresh coriander
- § Parsley (chopped)
- $\frac{1}{2}$  pomegranate (seeds) (optional)
- 1 small can chick peas (drained)

How will this recipe boost my performance?

Parsley contains vitamin K which strengthens bones.  
Cumin contains iron reduces fatigue & tiredness.



## METHOD

1. Boil the kettle. Put the cous cous into a bowl and add the boiling water. Leave to stand for 5 minutes. Use a fork to fluff it up and break up any large lumps.
2. Cut the pepper in half, remove the seeds and dice finely. Add the pepper to the couscous along with the celery, pomegranate seeds and spring onions. Mix to combine.
3. Add the oil to a saucepan and add the spices and raisins. Warm gently over a moderate heat for two minutes.
4. Remove from the heat, stir in the vinegar and pour this mixture over the couscous.
5. Chop the parsley and coriander using leaves only. Add the chopped herbs to the couscous and mix well. Season with pepper and mix.

# Brown Rice Salad

## INGREDIENTS

- 120g brown rice
- $\frac{1}{4}$  cucumber, diced
- 1 tablespoon chopped parsley
- 75g sweet corn
- 50g salted peanuts
- 2 tbsp olive oil
- 50g raisins
- 1 tbsp soya sauce
- $\frac{1}{2}$  red pepper, diced
- Pepper to season
- $\frac{1}{2}$  green pepper, diced



## METHOD

1. Cook rice and allow to cool thoroughly.
2. Cut the red and green pepper in half, remove the seeds, slice then dice finely.
3. Cut the cucumber in half, then half again to give 4 sticks of cucumber. Dice to roughly the same size as the pepper.
4. Chop parsley finely with a sharp knife.
5. Mix together the rice, peppers, cucumber, sweetcorn, parsley, raisins and peanuts.
6. Mix together olive oil and soya sauce and toss salad lightly with the dressing. Serve garnished with fresh parsley.

# Broccoli, Feta and Cherry Tomato Salad

## INGREDIENTS

- 30g hazelnuts toasted
- 8-10 cherry tomatoes (halved)
- 150g broccoli  
(broken into small florets)
- 1 red apple
- 50g feta cheese (cubed)
- 2 tablespoons French dressing



## METHOD

1. To toast nuts; add to a dry pan on a medium heat. Toast for 5-10 minutes, tossing a few times to prevent burning. Transfer to a chopping board and roughly chop the nuts.
2. Boil the broccoli in a saucepan for 5 minutes then plunge into a bowl of cold water.
3. Remove the core from the apple and cut into cubes, roughly the same size as the halved cherry tomatoes.
4. Put the chopped nuts in a bowl with the broccoli, apple, feta cheese and cherry tomatoes. Gently toss with the dressing and season with pepper.

How will this recipe boost my performance?



Broccoli contains vitamin C which is important for cartilage formation. Red apple contains fibre which supports healthy digestion.



# Warm Pasta Salad



## METHOD

1. Cook the penne pasta in boiling water for 10-12 minutes.
2. Cut the top and bottom off the courgette. Chop the courgette into slices and then in half. Cut the red pepper in half, remove the stalk, seeds and cut into rough chunks. Half the cherry tomatoes.
3. Cut the top and bottom off the onion. Peel off the brown skin, then cut in half and slice. Crush the garlic clove or chop very finely.
4. With a pan on a high heat, add in 2 tablespoons of olive oil. Once heated add the garlic, onion and chilli. Cook for 2 minutes
5. Add in your courgette, pepper, cherry tomatoes and basil along with a pinch of salt and pepper. Cook for 5 mins. Put on the lid of the pan so that the moisture doesn't evaporate and cook until pasta is ready
6. Drain pasta immediately when cooked. Add the pasta and the spinach to the pan with the vegetables.
7. Stir through to combine all ingredients. Serve with some grated parmesan on top.



Food	Nutrient	Performance Benefit
Garlic	Disulfides	Helps fighting viruses

# Mixed Bean Salad

## INGREDIENTS

1 x 400g tin mixed beans  
80g basmati rice  
10 cherry tomatoes, quartered  
2 celery sticks, finely chopped  
2 spring onions, finely sliced  
1 red chilli, deseeded and finely chopped  
½ lemon zest



## DRESSING:

1 tablespoon white wine vinegar  
3 tablespoon olive oil  
1 tsp Dijon mustard  
1 tsp sugar  
½ tablespoon finely chopped parsley,  
mint & coriander  
Freshly ground black pepper



## METHOD

1. To cook the rice: Add cold water and rice to saucepan. Roughly 2 parts water to 1 part rice. Bring to the boil. Stir rice to loosen any grains from the base of the pan. Cover with a tight fitting lid and turn down to simmer (low – medium heat) for 10-12 minutes. Rice should absorb the liquid and be fluffy.
2. Meanwhile, open the tin of beans, drain and transfer to a large bowl. Add the spring onions, tomatoes, celery, chilli and lemon zest and stir well.
3. Meanwhile make the dressing by mixing all ingredients together in a jug.
4. Strain the rice well then fluff up the rice with a fork. Add the rice to the rest of the ingredients and mix. Then drizzle over the dressing, toss and season to taste with freshly ground black pepper.

# Quinoa & feta salad with roasted vegetables

## INGREDIENTS

100g quinoa  
1 ½ tablespoons olive oil  
1 medium red onion (sliced)  
1 red or yellow pepper  
(cut into chunks)  
75g feta cheese (cubed)  
2 garlic cloves  
½ Lemon zest and juice  
1 small courgette  
(halve then sliced)  
8 cherry tomatoes  
½ teaspoon Black pepper  
2 teaspoons honey  
½ tablespoon parsley chopped



## METHOD

1. Cook the quinoa; bring 250ml of water to the boil, then add the quinoa. Cover, simmer and cook for approximately 15 minutes or until the germ separates from the seed. The cooked germ should have a slight bite to it (al dente).
2. Meanwhile heat oven to 200°C/180°C fan/gas mark 6. Place the onion, courgettes, garlic, peppers and tomatoes on a roasting tray and toss with 1 tablespoon of the oil, black pepper, honey. Then roast for 25-30 mins.
3. Cut the feta into cubes. Mix the remaining ½ tablespoon oil, lemon juice and zest and season with pepper to taste. Drizzle over the quinoa and toss together with the roasted vegetables and parsley.
4. Crumble over the feta, toss gently again and serve.

How will this recipe  
boost my performance?



Quinoa contains Protein which  
Supports muscle growth.  
Courgette contains Potassium  
which is vital to ensure muscles  
work properly.



# My Favourite Soup

*Anne Dalton / Kilkenny Ladies Camogie*

## Butternut Squash & Red Pepper Soup

One recipe I find most easy to prepare and to bulk up on is soup. By preparing and freezing different soup recipes each week, this enables me to spend less time in the kitchen and more time on the field, while getting all the essential nutrients I need. Also a great way to warm up after a cold night's training.



### TOP TIP:



Put 1-2 hours aside at the weekend for food preparation. Bulk cook dinners and snacks to get you through the week properly fuelled and recovered

# Curried lentil and vegetable soup

## INGREDIENTS

- 1 tablespoon olive oil
- 1 onion (diced)
- 2 cloves garlic (crushed)
- 1 thumb size piece fresh ginger (grated)
- ½ teaspoon ground pepper
- 1 tablespoon tomato puree
- 2 tablespoons curry powder
- ½ teaspoon chilli (optional)
- 1 Low salt vegetable stock cube (300ml hot water)
- 200g lentils / chickpeas
- 1 can low fat coconut milk
- 1 can chopped tomatoes
- 75g spinach or kale (chopped)
- ½ tablespoon coriander
- 1 tablespoon Natural Yoghurt



## METHOD

1. Boil a kettle. In a jug, dissolve the stock cube in 300ml hot water and set aside.
2. In a saucepan, heat the oil on a medium heat. Lightly fry the onion, garlic and ginger until the onion is soft.
3. Add the tomato puree, curry powder, and chilli and cook for another minute.
4. Add the vegetable stock, coconut milk, diced tomatoes and lentils. Cover and bring to a boil, then simmer on low heat for 30 – 35 minutes, until the lentils are very tender.
5. Ten minutes before the end stir in the kale/ spinach and cook to soften.
6. Season with pepper and serve in a bowl garnished with some chopped coriander and a spoon of natural yoghurt.

How will this recipe boost my performance?



Tomatoes contain vitamin C which is important for your nervous system to work properly. Yoghurt contains calcium which strengthens bones.

# Ginger, Carrot and apple soup

## INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion (diced)
- 2 cloves garlic (crushed)
- 1 thumb size piece fresh ginger (grated)
- 1 large apple (peeled and diced)
- ½ teaspoon ground black pepper
- 1 teaspoon curry powder
- 6 medium carrots (peeled and sliced)
- 1 tablespoon cream
- ½ tablespoon parsley (chopped)
- 1 vegetable stock cube (1 litre stock)



## METHOD

1. Boil kettle. In a jug, dissolve the stock cube in 1 litre hot water and set aside.
2. Heat the oil in a large saucepan over medium heat.
3. Sauté (fry) the onion, garlic, curry and ginger until the onion is softened
4. Stir in the carrots and apple; cook, stirring often, for 2 to 4 minutes or until apple is tender.
5. Stir in the stock; bring to boil over medium-high heat.
6. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 30 minutes or until carrots are tender.
7. Remove from heat. Process mixture with a handheld blender until smooth. Serve with sprinkling of chopped parsley on top.

How will this recipe boost my performance?

Ginger contains vitamin B6 which boosts the immune system. Carrots contain vitamin A which is important for vision.





# Spicy Tomato Bean Soup

## INGREDIENTS

- 1 tablespoon olive oil
- 1 onion (diced)
- 2 cloves garlic (crushed)
- 2 medium carrots (peeled and chopped)
- 1 medium sweet potato (peeled and chopped)
- 1 red pepper (deseeded and chopped)
- 1 Low salt vegetable stock cube (1 litre water)
- 1 tablespoon tomato puree
- 1 teaspoon mixed herbs
- 1 can kidney / butter beans
- 1 teaspoon chilli powder
- 1 teaspoon cumin powder
- ½ teaspoon ground black pepper
- ½ tablespoon coriander (chopped)
- 1 can chopped tomatoes



## METHOD

1. Boil kettle. In a jug, dissolve the stock cube in 1 litre of hot water and set aside.
2. Put the oil, onion and garlic in a large saucepan and cook for 5 mins. Then, off the heat add the chilli powder, cumin and mixed herbs. Stir well then return to heat.
3. Add the red pepper, carrots and sweet potato and cook for a few minutes stirring to coat the vegetables in the spices.
4. Add the chopped tomatoes, vegetable stock, tomato puree and half of the coriander. Bring to the boil then simmer for 20 -25 minutes.
5. Once simmered, use a stick blender to roughly blend the soup leaving some pieces of vegetables for a chunky texture.
6. Return to the heat then add the kidney beans and heat thoroughly.
7. Serve with a sprinkling of chopped coriander on top.

How will this recipe boost my performance?



Kidney beans contain Magnesium which contributes to normal protein synthesis. Coriander contains Vitamin C which is important for the nervous system to work properly.

# Butternut Squash and red pepper soup

## INGREDIENTS

- 2 tablespoons olive oil
- 1 onion (diced)
- 1 Red pepper (deseeded and chopped)
- 2 garlic cloves (crushed)
- 1 butternut squash (peeled and chopped)
- 200g chorizo sliced (optional)
- 1 teaspoon parsley (chopped)
- 1 mild red chilli (finely chopped)
- 1 chicken stock cube (1 litre)
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon nutmeg
- 1/2 teaspoon black pepper
- 1 tablespoon crème fraiche



## METHOD

1. Peel and deseed the butternut squash. Cut it into small cubes then set aside. Prepare other vegetables as above.
2. Heat the oil in a large saucepan, and add the onions, garlic, chorizo, spices and the chilli. Fry lightly, then cover and cook on a very low heat for 5-10 minutes until the onions are completely soft. Meanwhile make stock; dissolve 1 chicken sock cube in 1 litre of boiling water
3. Add the butternut squash and pepper and cook for a few minutes to develop flavour and soften. Once the pepper is slightly cooked, add the stock and half of the crème fraiche. Bring to the boil then reduce to simmer for 25-30 minutes.
4. Remove from the heat and blend the soup until smooth. Return to the pan, gently reheat, and then season to taste. Serve the soup in bowls with a spoon of crème fraiche on top.

How will this recipe  
boost my performance?



Butternut Squash contains Vitamin A which offers protection from illness. Parsley contains Vitamin C which boosts immunity.

# Chicken Noodle Soup



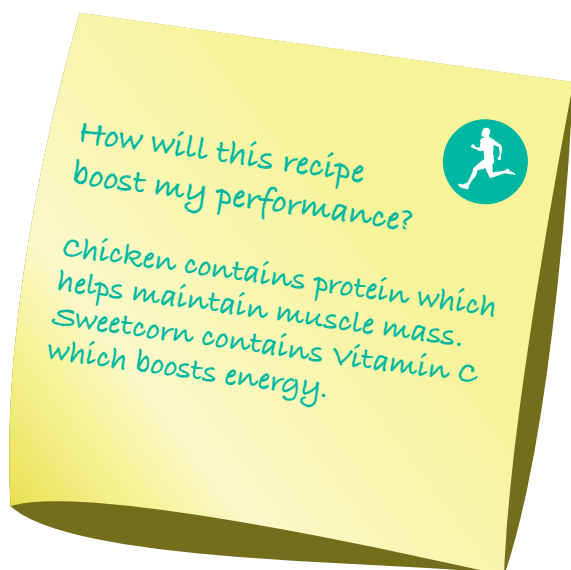
**INGREDIENTS**

- 1 tablespoon olive oil
- 1 onion (diced)
- 2 cloves garlic (crushed)
- 1 inch fresh ginger (grated)
- 1 chicken fillet
- 1 small red chilli (finely chopped)
- 1 low salt chicken stock cube
- 2 tablespoons sweetcorn (canned or frozen)
- 3 button mushrooms (sliced)
- 2 spring onions (chopped)
- 2 teaspoons soy sauce
- 50g rice / wheat noodles
- 1/2 red pepper (sliced)



## METHOD

1. Boil kettle. In a jug, dissolve the stock cube in 1 litre of hot water and set aside.
2. Pour the chicken stock into a saucepan and add the chicken fillet, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.
3. Remove the chicken to a board and shred into bite-size pieces using a couple of forks.
4. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, half the spring onions and the soy sauce.
5. Simmer for 3-4 mins until the noodles are tender.
6. Ladle into two bowls and scatter over the remaining spring onions, herbs and chilli shreds if using.



How will this recipe boost my performance?

Chicken contains protein which helps maintain muscle mass. Sweetcorn contains vitamin C which boosts energy.



# Sweet Potato with ginger and coconut

## INGREDIENTS

2 tablespoons olive oil  
1 onion (diced)  
2 cloves garlic (crushed)  
2 teaspoons fresh root ginger (grated)  
450g sweet potatoes  
(peeled and chopped)  
 $\frac{1}{2}$  red chilli,  
(seeded and finely chopped)  
1 low salt chicken or vegetable stock cube  
1 tablespoon fresh coriander (chopped)  
250ml coconut milk  
 $\frac{1}{2}$  teaspoon ground black pepper  
1 teaspoon cumin



## METHOD

1. Heat the oil in a heavy based large saucepan. Lightly fry the onion, garlic and sweet potato in the sunflower oil. Add the ginger, chilli and fry for 4 minutes, stirring occasionally.
2. Add the stock and then bring to the boil. Reduce the heat and simmer for 10 minutes or until the liquid has slightly reduced and all of the vegetables are completely soft, stirring occasionally.
3. Pour the coconut milk into the saucepan, add the chopped coriander and cook for another 5 minutes, stirring constantly. Season to taste.
4. Blend with a hand blender until smooth. To serve, ladle into a bowl and garnish with coriander on top.

How will this recipe  
boost my performance?



Sweet potato contains carbohydrate which enhances the recovery of muscle after high intensity exercise. Cumin contains calcium which is vital for normal nerve function & therefore muscle contraction.

## Main Course

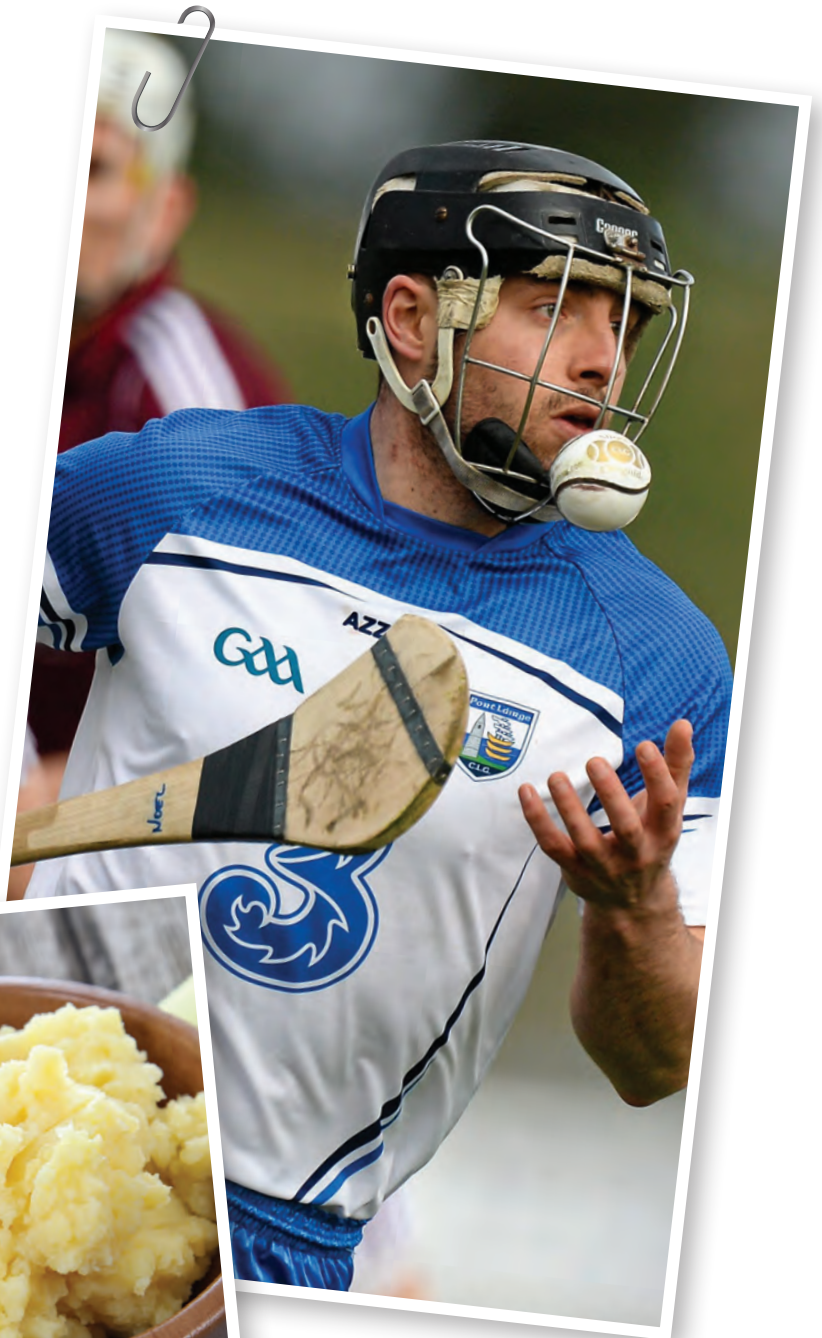
All recipes to serve 4 so save time & freeze 2 portions of the meal to eat on another occasion...make rice fresh / pasta to serve....Note on rice

# My Favourite Main Course

Noel Connors / Waterford Hurler

## Shepherd's Pie with Sweet Potato Mash

Lean beef provides me with numerous vitamins and minerals that are fundamental for me to perform to my potential, yet also enhancing my recover correctly (for instance beef contains, vitamin B12, B3 (Niacin), B6, Iron, Zinc, Selenium to name but a few). Further the sweet potato supplies the optimal carbohydrates for energy, additionally, selecting this recipe provides me with ample decisions on vegetables to include in the recipe depending on training days or recovery sessions.



### TOP TIP:

These recipes serve 4. Cook a batch in advance and freeze portions in suitable containers for a speedy lunch on a busy weekday! Make rice fresh/ pasta to serve.



# Chilli Con Carne with Brown Rice

## INGREDIENTS

450g Lean mince beef  
1 Onion (diced)  
1 Red pepper (diced)  
2 cloves Garlic (crushed)  
1 Can Red kidney beans  
1 low salt beef stock cube  
1 teaspoon dried mixed herbs  
1 teaspoon ground cumin  
1 can chopped tomatoes  
1/2 tablespoon tomato puree  
1/2 teaspoon Ground black pepper  
1 teaspoon Chilli powder  
1 teaspoon paprika  
1 tablespoon Olive oil



## METHOD

1. Heat oil in a large saucepan. Add the beef mince, break up and fry until browned. (No juice left on bottom of saucepan). Next add the onion, garlic, cumin, paprika and chilli and fry for two minutes.
2. Add the remaining vegetables (except the beans) to the pan and continue to cook for 5 minutes until vegetables are softened.
3. Meanwhile make stock by dissolving 1 stock cube in 200ml boiling water. Open a can of kidney beans, drain and set aside.
4. Add the chopped tomatoes, tomato puree, beef stock, herbs and pepper to the saucepan and mix well. Add the kidney beans and stir. Bring to the boil, then reduce heat and simmer until sauce is thickened and reduced for approx 12-15 minutes.
5. Meanwhile cook the rice: Add cold water and rice to saucepan. Bring water to the boil. Stir rice to loosen any grains from the base of the pan. Cover with a tight fitting lid and turn down to simmer (low – medium heat) for 10-12 minutes. Rice should absorb the liquid and be fluffy.
6. Fluff up the rice with a fork then serve with the chilli con carne.



### TO SERVE:

300g Wholegrain / brown rice

How will this recipe boost my performance?



Beef contains Vitamin B12 which boosts energy. Brown rice contains Magnesium which reduces fatigue & tiredness.

### \*VEGETABLE CHILLI:

Substitute lean mince beef with 1 sweet potato or butternut squash, 1 yellow pepper, 1 tablespoon freshly chopped coriander. Substitute a beef stock cube with a vegetable stock cube.



**TOP TIP:**

Add at least 3 different coloured vegetables to main meals to increase recovery power & boost immunity



# Spaghetti Bolognese with wholemeal pasta

## INGREDIENTS

300g Lean minced beef  
150g Lean minced pork  
1 small Onion (diced)  
2 Garlic cloves (crushed)  
1 tablespoon Olive oil  
1/2 tablespoon Tomato puree  
1 teaspoon Mixed herbs  
1 can of chopped tomatoes  
1/2 teaspoon Ground black pepper  
6 button Mushrooms (sliced)  
1 small Red pepper (diced)  
1 stick of Celery (diced)  
1 small Carrot (grated)  
1 low salt beef stock cube



## METHOD

1. Make the stock by dissolving the stock cube in 300ml hot water.
2. Heat oil in a large saucepan. Add pork & beef mince, break up and fry until browned. (No juice left on bottom of saucepan). Next add the onion and garlic and fry for two minutes.
3. Add the remaining vegetables to the pan and continue to cook for 5 minutes.
4. Then add the chopped tomatoes, tomato puree, beef stock, herbs and pepper and mix well. Bring to the boil, reduce heat and simmer until sauce is thickened and reduced approximately 15-20 minutes.
5. Meanwhile cook the pasta: Bring a large saucepan of water to boiling point. Add pasta and stir once. Cook for 10-12 minutes then strain in colander.
6. Serve bolognese sauce on a bed of pasta or spaghetti.

## TO SERVE:

300g wholegrain pasta / spaghetti



How will this recipe boost my performance?

Carrot contains Vitamin A which boosts immunity.  
Tomatoes contain Vitamin C which repairs damaged tissue.



# Slow Cooker Chicken Casserole

## INGREDIENTS

1/2 tbsp olive oil  
400g medium potatoes, halved  
Knob of butter  
2 sticks celery, diced  
4 chicken fillets / chicken thighs  
2 carrots, diced  
1 large onion, finely chopped  
250g mushrooms, quartered  
3 garlic cloves, crushed  
600ml stock made with 1 chicken stock cube  
1 1/2 tbsp. flour  
2 tsp d'jon mustard  
2 bay leaves  
Black pepper & pinch salt to season



## METHOD

1. Heat the butter and oil in a large frying pan, cook the onion for 8-10 mins until softened and starting to caramelize.
2. Meanwhile put the flour and a little salt and pepper in a bowl and toss the chicken in it.
3. Next, add the garlic and chicken to the pan with the onions and cook for 4-5 mins more until the chicken is starting to brown. Transfer to your slow cooker, along with the rest of the ingredients.
4. Give it a good stir. Cook on Low for 7 hours or High for 4 hours. Remove the bay leaves and serve.

# Chicken & vegetable stir-fry with wholegrain noodles

## INGREDIENTS

- 4 Chicken fillets (sliced)
- 1 Red or yellow pepper (de-seeded and sliced)
- 2 teaspoon Sesame seeds
- 1 Onion (sliced)
- 6-8 button Mushrooms
- 1 tablespoon Olive oil
- 2 Garlic cloves (crushed)
- 1 chopped red Chilli (optional)
- 1 tablespoon Soy sauce
- 1 inch Ginger (peeled & grated)
- 25g Cashew nuts
- 1 teaspoon Sesame oil
- 100g Mange tout
- 1 teaspoon honey
- 300g Wholegrain Noodles

How will this recipe boost my performance?

Cashew nuts contain copper which is vital for maintaining healthy muscle tissue. Kidney beans contain fibre which support a healthy digestion.



## METHOD

1. Cook the noodles in hot water for 8-10 minutes. When the noodles are cooked, drain them in a colander.
2. Heat the oil in a wok or large frying pan. Fry chicken strips for 6 minutes. Add garlic, onion and ginger, stir-fry for 2 minutes.
3. Add the vegetables and stir-fry for a further 3 minutes.
4. Meanwhile, mix together the corn flour, honey, soy sauce and sesame oil in a cup with 1 spoon of cold water.
5. Add the soy sauce mixture to the pan and combine well. Cook for 2 minutes until thickened.
6. Next add the noodles, cook through to reheat noodles. Serve.



# Chicken Curry (or Vegetarian Curry) with Brown Rice

## INGREDIENTS

- 4 chicken fillets (cut into bite size pieces)
- 2 Garlic cloves (crushed)
- 1 Onion (diced)
- 1 inch Ginger (peeled & grated)
- 1 teaspoon Turmeric
- 1/2 teaspoon Cumin
- 2 tablespoons Curry powder
- 1/2 teaspoon Cayenne pepper
- 1/4 teaspoon Cinnamon
- 1/2 teaspoon Ground black pepper
- 1 Red pepper (sliced)
- 6 button Mushrooms (washed and sliced)
- 1 can chopped tomatoes
- 1 Cooking apple (diced)
- 2 tablespoons Mango chutney
- 1 tablespoon Lemon juice
- 50g Spinach
- 1 chicken stock cube
- 2 teaspoons Corn flour
- 1 tablespoon Olive oil
- 1 tablespoon Fresh coriander chopped

## TO SERVE:

300g Wholegrain / brown rice

How will this recipe boost my performance?

Mushroom contains B vitamins which boosts energy. Wholegrain rice contains Manganese which protects the cells of your body from stress during exercise



## METHOD

1. Cut the chicken into bite sized cubes. Heat oil in a large saucepan.
2. Fry the chicken until golden brown. Lower the heat, add onions and garlic and cook until lightly browned.
3. Add the ginger, peppers, mushrooms and cook for a minute. Stir in the spices, cook slowly for 2 minutes to develop its full flavour.
4. Add tomato puree, chicken stock, tinned tomatoes. Bring to the boil. Boil for 5 minutes. Season then cover and simmer for 1/2 an hour over a low heat.
5. Add the diced apple, spinach, chutney and lemon juice fifteen minutes before the end of cooking time. If sauce is too runny mix the corn flour with a little water and add to the curry. Heat to thicken the sauce.
6. Sprinkle freshly chopped coriander on top before serving with rice.

# Shepherd's pie with sweet potato mash

## INGREDIENTS

450g Lean minced beef  
1 tablespoon Olive Oil  
1 Onion (peeled & chopped finely)  
1 Carrot (diced)  
50g Peas  
6 button Mushrooms  
(washed and sliced)  
2 cloves Garlic crushed  
1 stick Celery (diced)  
½ teaspoon Freshly ground pepper  
1 tablespoon Flour  
1 can chopped tomatoes  
1 low salt beef stock cube  
1 teaspoon Mixed herbs  
1 tablespoon Tomato puree

## TOPPING INGREDIENTS

900g sweet potato or reg potato  
half teaspoon ground black pepper  
2 teaspoons of butter  
25g of grated cheddar cheese

How will this recipe  
boost my performance?

Peas contain vitamin C which  
boosts energy. Sweet potato  
contains carbohydrate which  
enhances the recovery of muscle  
after high intensity exercise.



## METHOD

1. Make the stock by dissolving the stock cube in 300ml hot water. Heat oil in a large saucepan. Add the beef mince, break up and fry until browned. (No juice left on bottom of saucepan). Next add the onion and garlic and fry for two minutes.
2. Add carrot, celery, mushrooms and pepper and cook for 2 minutes on a medium heat.
3. Stir in flour, remove from heat. Add the chopped tomatoes, tomato puree, pepper and the stock then return to the heat.
4. Bring to the boil stirring all of the time. Add more water to make a juicy consistency if necessary. Lower heat, add the peas then cover and simmer for 15 minutes. Preheat oven to 180°C / Fan 170°C / Gas Mark 4.
5. Meanwhile, peel and cut sweet potatoes into even sizes. Cook potatoes in boiling for 10-15 minutes until tender. Drain and mash with the butter, milk, cheese and pepper.
6. Turn savoury mince into a greased casserole dish and top with mashed potatoes.
7. Bake in the oven for 20-25 minutes until golden brown on top.

# Chicken Fajitas

## with salad & sweet potato wedges

### INGREDIENTS

- 4 chicken fillets (sliced)
- 1 Red onion (sliced)
- 1 Yellow pepper (de-seeded & sliced)
- 6 button Mushrooms (washed and sliced)
- 1 red pepper (de-seeded & sliced)
- 1 tablespoon Fresh coriander chopped
- 2 teaspoon Cajun spice mix
- 1 teaspoon Smoked paprika
- 1/2 Ground cumin
- 1/2 teaspoon Freshly ground black pepper
- 1 tablespoon Olive oil



### TO SERVE:

- 4 Whole-wheat tortillas
- 100g grated cheese
- 4 tablespoon natural yoghurt
- 4 tablespoon Tomato salsa



### METHOD

1. Finely slice chicken into thin strips. Add to a bowl with the spices and toss to coat the chicken.
2. Heat a frying pan with the olive oil. Add the chicken and fry until golden brown. Add the onion and lightly fry until softened. Next add the mushrooms and peppers and fry for another few minutes until tender.
3. Meanwhile, heat the tortillas in a Microwave in 30-second bursts until they are warmed through. Repeat in batches until all your tortillas are warm.
4. Once the chicken mixture is cooked, Spoon it down the centre of the warmed tortillas; fold in half. Serve topped with grated cheese, salsa and natural yoghurt (accompanied with sweet potato wedges.)

How will this recipe boost my performance?



Chicken contains Protein which supports muscle growth. Cheese contains Calcium which is essential for muscles to work properly.



# Homemade Beef Burgers

## INGREDIENTS

450g lean minced beef  
1/2 onion (chopped finely)  
1/2 tablespoon fresh parsley (chopped)  
3 tablespoons breadcrumbs  
1/2 teaspoon dried mixed herbs  
Ground black pepper  
1 garlic clove crushed  
1 egg (beaten)  
1 teaspoon chilli powder  
2 teaspoons Dijon mustard

## SAUCE:

1/2 onion (finely chopped)  
2 tablespoons mayonnaise  
2 tablespoons ketchup

## TO SERVE:

4 burger buns (wholegrain/multiseed)  
4 lettuce leaves  
2 tomatoes (sliced)  
4 cheese slices (optional)

How will this recipe boost my performance?

Beef contains iron which transports oxygen around the body. Cheese contains calcium which strengthens bones.



## METHOD

1. Preheat oven to 180°C / Fan 170°C / Gas Mark 4.
2. Place minced beef in a bowl, add the onion, herbs, breadcrumbs, Worcestershire sauce, ketchup, egg and pepper and mix well together.
3. Shape the mixture into 4 burgers, even size and shape. Cover and leave in the fridge until ready to cook.
4. Fry the burgers for 5 minutes on each side until brown then transfer to an oven proof dish. Place the oven on a baking tray for 10 – 15 minutes until cooked. Check doneness by cutting one burger in half – the juices should run clear and there should be no traces of pink meat.
5. Assemble the burger in the bun with lettuce, cheese, tomatoes and sauce.
6. Serve with a green salad (p44) and sweet potato wedges (p45).

# Mixed Garden Salad

## INGREDIENTS

100g mixed lettuce leaves

- rocket,

lambs leaf,

baby spinach,

crisp

8-10 Cherry tomatoes

$\frac{1}{2}$  Red onion sliced

1 tablespoon Mixed seeds - pumpkin,  
sunflower

$\frac{1}{2}$  Red pepper

2 Spring onions

$\frac{1}{4}$  Cucumber

25g Toasted walnuts



## METHOD

1. Wash all vegetables. Spin lettuce leaves through salad spinner.
2. Slice cucumber and cut into halves. Half, deseed and cut pepper into thin strips.
3. Peel and slice the red onion. Peel and grate carrot (using the large holes of the grater). Half the cherry tomatoes.
4. Top and tail radishes and slice thinly. Top and tail the scallions and slice. To toast the nuts: dry fry in a dry pan over a medium heat for a few minutes, tossing every so often so they don't burn. Remove from the heat and roughly chop the nuts.
5. Arrange the salad ingredients in a bowl. Sprinkle over the mixed seeds and toasted chopped walnuts.
6. Serve with a French / Vinaigrette salad dressing.

How will this recipe  
boost my performance?



Vegetables are packed full of nutrients. Eating a rainbow of coloured vegetables each day will boost immunity, recovery & performance.

# Sweet Potato Wedges

## INGREDIENTS

- 4 medium Sweet potatoes
- 2 tablespoons Olive oil
- 1 teaspoon Paprika
- 1 teaspoon Cajun spice mix
- ½ teaspoon Freshly ground black pepper
- ½ teaspoon Turmeric



How will this recipe boost my performance?

How will this recipe boost performance: Sweet potatoes contain carbohydrate which enhance muscle recovery after high intensity exercise. They also contain Vitamin A to which boosts immunity.



## METHOD

1. Preheat the oven to 200°C/Gas mark 6.
2. Toss the wedges with the oil and spices then season with freshly ground black pepper.
3. Roast in the oven for 15-20 minutes, until lightly browned.
4. Serve warm with homemade beef burgers & side salad.



**TOP TIP:**



Some foods like beetroot or salmon are an acquired taste and you may need to taste them more than once or twice before you like them. Don't give up!

# Cajun & turmeric coated salmon



**INGREDIENTS**

- 4 salmon fillets
- 4 teaspoons Cajun spice
- 1 tablespoon olive oil
- 1 teaspoon dried mixed herbs
- 2 teaspoons turmeric
- 1 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper



**METHOD**

1. Preheat the oven to 200°C/Gas mark 6. Line a baking dish with tin foil.
2. Mix the spices and oil together to make a paste. Place the salmon fillets in the prepared baking dish, and coat with the paste mixture.
3. Bake salmon for 15 minutes in the preheated oven, or until fish is easily flaked with a fork and is fully cooked through.



How will this recipe boost my performance?



Salmon contains Vitamin B12 which boosts energy.

# Tomato Fish Bake

## TOP TIP:

Try to eat oily fish at least 3 times weekly to boost recovery



## INGREDIENTS

350g Whole grain pasta  
1 tablespoon Olive oil  
1 Onion (diced)  
2 Garlic cloves (crushed)  
1 Can chopped tomatoes  
½ tablespoon tomato puree  
½ teaspoon ground black pepper  
2 smoked bacon rashers  
1 teaspoon Corn flour  
4 Salmon / Cod fillets  
2 teaspoon Mixed herbs  
1 Red pepper diced  
70g Spinach  
1 teaspoon Chilli powder  
1 tablespoon basil leaves (chopped)  
½ tablespoon parsley (chopped)  
200ml milk  
300ml milk water

## TOPPING:

50g grated cheese  
25g breadcrumbs  
2 Spring onions (chopped)  
25g tablespoon flaxseed



## METHOD

1. Preheat oven to 200°C/180°C fan/gas mark 6. Grease a large ovenproof dish approximately 9x12x2 inches. Cook pasta in a large saucepan of boiling, salted water, until tender. Drain, then return to saucepan. Set aside.
2. Meanwhile, heat oil in a saucepan over medium heat. Add onion, garlic and bacon. Cook for 2-3 minutes or until onion has softened and bacon is golden. Add the pepper and spinach. Cook for a 2-3 minutes until spinach is wilted. Add the tinned tomatoes, tomato puree, mixed herbs, chilli and simmer for 10 minutes.
3. Prepare the fish: cut the salmon and cod into bite sized pieces and poach in milk and water for 5-8 minutes. Remove using a slotted spoon and place in a bowl. Discard the cooking liquid.
4. Remove the tomato based mixture from the heat and stir into the pasta. Add the chopped basil, fish and gently stir through. Transfer to a casserole dish.
5. Mix the cheese, flaxseeds, spring onions and breadcrumbs in a bowl. Sprinkle this on top of the pasta & fish. Bake for 20 to 25 minutes or until golden. Serve with side salad.

How will this recipe boost my performance?



Flaxseed contains Manganese important for proper muscle tissue formation. Basil contains Vitamin K which supports bone strength.



# My Favourite Snack

Lyndsey Davey / Dublin Ladies Footballer

## Training:

STACS brown bread topped  
with banana and almond butter

## Non Training:

Wholesome Blueberry  
and Banana Muffins

If I was looking for a snack before gym or training, I would pick the STACS Brown Bread and top it with a banana and almond butter as it is easily digested and slow energy releasing which makes it an ideal pre workout snack. When I'm not training I would go for the Wholesome Blueberry and Banana Muffins as not only is this a delicious and healthy snack but the sweetness of the blueberries and banana are great for curbing any sugar cravings that I may have.



### TOP TIP:



Eating to optimise performance may empty your pockets a bit quicker in the short term but you will be rewarded with long term performance gains





# STACS

## Fruit and Nut Flapjack Recipe



### METHOD

1. Lightly grease and line a baking tin approximately 28cm x 18cm (11" x 7") with parchment paper. Preheat the oven to Gas Mark 4 / 180°C.
2. Put the oil and the honey into a large saucepan and heat gently until the honey has melted.
3. Remove from the heat and stir in all the remaining ingredients.
4. Tip the mixture into the tin, then press it down firmly, making sure it is well compacted in the tin. Next, level the top with the back of a spoon.
5. Cook in the oven for 20-25 minutes until the flapjack is golden brown.
6. Cool slightly at room temperature (in the tin) then remove from the tin and place on a wire rack to cool completely.
7. Once cooled, cut into slices or bites.
8. Store the bars in an airtight container; they will keep for one week.

### INGREDIENTS

- 150g porridge oats
- 25g dried cranberries, chopped
- 50g mixed seeds (pumpkin, chia, sunflower, flaxseed)
- 50 ml olive oil
- 25g desiccated coconut
- 5 tbsp honey
- 25g dried apricots, chopped
- 50g mixed nuts (chopped)



St. Angela's College, Sligo  
Coláiste San Aingeal, Sligeach  
A College of NUI Galway

**SIGNATURE RECIPE**

# STACS

## Brown Bread



### INGREDIENTS

- 350g Coarse / wholemeal flour
- 50g Spelt flour
- 15g Chia seeds
- 15g Flax seeds
- 50g Porridge oats
- 2 Eggs (beaten)
- 1 tablespoon Sunflower oil
- 500ml Buttermilk
- 1 teaspoon Bread soda
- 1 teaspoon Baking powder



How will this recipe boost my performance?



Oats contain soluble fibre which help to create a feeling of fullness. Spelt flour contains Potassium for normal muscle function.

1. Preheat oven to 200°C / Gas mark 6. Prepare loaf tin by greasing with oil or lining with parchment paper.
2. Add the wholemeal flour to the mixing bowl then sieve in plain flour, baking powder and bread soda. Stir well to combine.
3. Add the oats and seeds (keep back 1 teaspoon of seeds for the top) and stir with a spoon. Make a well in the centre of the bowl.
4. In a jug, mix the buttermilk, oil and egg.
5. Pour into the bowl and mix until all ingredients are fully combined but not too much.
6. The mixture should be wet. Pour into loaf tin and sprinkle with the remaining seeds on top.
7. Bake for 35 - 40 minutes until risen and golden brown.
8. Turn upside down in the tin then bake for a further 10 minutes
9. When baked remove from the oven wrap in a clean damp tea towel. This will keep the crust soft and bread moist.

# Porridge Bread

## INGREDIENTS

2 tablespoons sunflower oil  
2 tablespoons flaxseed / linseed  
500g tub natural yoghurt  
2 teaspoons bread soda  
100ml milk  
400g porridge oats  
2 tablespoons sesame seeds



## METHOD

1. Preheat oven to 200C/ fan 180C/ Gas Mark 6. Grease a 1 pound loaf tin (approximately 3 x 5 x 7 inch) with a little oil then line parchment paper.
2. Add the oats and half of the sesame seeds and flaxseeds to a bowl. Then sieve in the bread soda and stir all ingredients well.
3. Next, in a jug mix together the sunflower oil, yoghurt and milk until all ingredients are combined.
4. Pour the wet ingredients into the dry and mix everything together until well blended.
5. Spoon into the prepared tin, spreading the top level. Scatter the remaining sesame and flaxseeds on top.
6. Bake for 45 minutes or until golden brown and a skewer comes out clean when pierced in the middle.
7. Remove from the tin and return the loaf to oven, directly on the shelf, for another 5 minutes to dry out the crust.
8. Remove from the oven and cool on a wire rack.





# Wholesome Blueberry & Banana muffins (makes 12)

## INGREDIENTS



100g Wholemeal flour  
150g plain spelt flour  
1 teaspoon Bread soda  
100ml Honey / agave syrup  
½ teaspoon Vanilla extract  
2 medium Bananas  
300ml buttermilk  
30g Walnuts (chopped)  
2 tablespoons Sunflower & pumpkin seeds  
1 teaspoon Cinnamon  
125g Blueberries  
2 Eggs  
50g Porridge oats  
5 tablespoons sunflower / rapeseed oil



## METHOD

1. Heat oven to 180°C / gas mark 4 and line a 12-hole muffin tin with paper muffin cases.
2. Tip the flour, bicarbonate of soda and cinnamon into a large bowl. Stir well to combine. Add the seeds, chopped nuts and oats. Stir to combine. Make a well in the centre.
3. In a separate bowl, mash the bananas until nearly smooth. With a fork mix the buttermilk, oil, vanilla extract, honey and egg then stir into the mashed banana until evenly combined.
4. Pour the liquid mixture into the well and stir quickly until just combined. Do not over-mix.
5. Tip in the blueberries and give it just one more stir. Divide the mix between the muffin cases – they will be quite full.
6. Bake for 18-20 mins until risen and dark golden. Cool for 5 mins in the tray before lifting out onto a rack to cool completely.

How will this recipe boost my performance?



Sunflower seeds contain vitamin E which boosts immunity. Blueberries contain vitamin C which also boost immunity.

# Easy Oatmeal Biscuits

## BASIC RECIPE

75g wholemeal flour  
75g porridge oats  
1 tsp baking powder  
50g caster sugar  
75g butter or margarine  
1 tablespoon milk

## OPTIONAL EXTRAS

30g raisins  
 $\frac{1}{2}$  teaspoon cinnamon  
or  
1 teaspoon orange zest  
30g cranberries  
or  
1 teaspoon lemon zest  
1 tsp ground ginger



## METHOD

1. Preheat the oven to 180C/fan 160C/gas 4. Line a baking tray with baking parchment paper.
2. Add the flour, oats and sugar to a mixing bowl. Sieve in the baking powder and stir to combine. At this stage, add in extra ingredients from the 'optional extras' list above. (Fresh fruit like blueberries can also be used or chocolate chips for a treat!)
3. Melt butter and milk in a saucepan or in the microwave and stir until heated through.
4. Add to the dry ingredients. Mix well to combine.
5. Spoon onto a baking tray, shape into rounds then flatten each slightly with a fork so it leaves a mark on the top.
6. Bake in preheated oven for 10 to 15 minutes, or until golden brown. Leave to cool for 5 minutes before removing from tray.

# Nut Balls



## METHOD

1. Place all ingredients in a food processor. Blend everything to combine.
2. Add a small amount of water if the mixture is not moist enough.
3. Shape into bite- sized balls and leave in the fridge for over an hour to set.

How will this recipe boost my performance?



Almonds contain calcium which strengthens bones.  
Flaxseed contains Magnesium which helps reduce fatigue.



# Baked Apple Porridge

## INGREDIENTS

1 apple  
80g oats  
200ml coconut / almond milk  
1 teaspoon coconut oil  
1 tbsp chia seeds  
1 tbsp blueberries  
1 teaspoon cinnamon  
1 tsp honey / agave syrup



This is a great snack to have the night before a game to top up carbohydrate stores.



## METHOD

1. Cut the apple in half, then in quarters. Remove the core then slice.
2. Place the apple in a bowl and microwave for 1 minute to soften.
3. Then place the apple in a pan with coconut oil and cinnamon.
4. Once the apple slices are browned set aside.
5. Mix the oats and milk in a bowl and microwave for two minutes.
6. Place the hot apples on top, sprinkle with blueberries, cinnamon and chia seeds then drizzle agave syrup/honey on top.

How will this recipe boost my performance?



Apple contains Fibre which aids with proper digestion. Oats contain carbohydrate which enhances the recovery of muscle after high intensity exercise.

# No Bake Popped Quinoa Granola Bars with Peanut Butter and Chocolate

## INGREDIENTS

150g porridge oats  
 30g dark chocolate, chopped  
 100g quinoa  
 2 tablespoons pumpkin seeds  
 25g almonds, roughly chopped  
 125g peanut butter  
 50g cashew nuts, roughly chopped  
 100g honey  
 75g dried cranberries

## TOPPING:

2 tablespoons chia seeds  
 40g dark chocolate melted



## METHOD

1. Line a 9 x 9 inch baking tray with parchment paper.
2. Heat a large saucepan over a high heat. Add a few kernels of quinoa and when they start to pop add the rest of the quinoa. 'Cook' the quinoa until it starts to pop and brown. Keep the quinoa moving by tossing in the saucepan so it doesn't burn. As soon as it turns a light golden brown colour add it to a large bowl.
3. Place all the dry ingredients in a large bowl. Heat the peanut butter and honey for 10-20 seconds in the microwave. Pour over the dry ingredients and mix until everything is combined.
4. Press the mixture tightly into the baking tray and place into the freezer for ½ hour. After ½ an hour, remove and drizzle the chocolate over the top. Place back into the fridge for 20 minutes.
5. Remove from the tray and then cut into slices or bars. It can also be cut into smaller bites if desired. Store in the fridge for up to 1 week in an airtight container.

Food	Nutrient	Performance Benefit
Sunflower seeds	Vitamin E	Rapid recovery
hazelnuts	Magnesium	Prevent muscle fatigue
Oats	Iron	Muscle endurance
Chia seeds	Calcium	Healthy bones
Spelt flour	Potassium	Supports muscle recovery
Walnuts	Protein	Boost Immunity
Blueberries	Anthocyanins	Speeds muscle repair
Cashew Nuts	Copper	Supports strong bones
Oats	Carbohydrate	Source of fast energy
Peanut Butter	Protein	Supports muscle growth
Dark chocolate chips	Antioxidants	Boost recovery
Flaxseed	Omega 3	Reduce inflammation

(This box contains foods that apply to all the above bakes and snacks)



## Snack suggestions



- ★ A tub (125g) of full fat plain Greek yogurt + ½ a cup of berries (or whatever fruit you like) + 1 dessertspoon of flax seed or a tablespoons of homemade granola
- ★ **Star Snack:** 1 medium apple, chop it and top with peanut butter (it would be great to get a picture to accompany this snack)
- ★ 2-4 wholegrain oatcakes topped with almond butter
- ★ 2 slices of rye/spelt toast topped with cheese & tomato
- ★ 2 slices of rye/spelt toast topped with nut butter (almond, peanut or hazelnut butter)
- ★ A handful of mixed nuts + a medium sized piece of fruit
- ★ A bowl of porridge topped with a ½ a cup of blueberries & a dessertspoon of flaxseed & a Greek yogurt
- ★ 2 x boiled eggs + 1 large peeled & chopped carrot
- ★ Green smoothie & 2 boiled eggs
- ★ An avocado sprinkled with pepper & sea salt
- ★ A smoothie (choose from recipes p16-17)
- ★ 1-2 tablespoons of cottage cheese on oatcakes sprinkled with pepper
- ★ 1 large chopped carrot dipped in hummus (Add a chicken breast to this snack to increase its protein content)
- ★ 4 - 6 x squares of 70-80% dark chocolate



# Basil & Spinach Pesto

## INGREDIENTS

50g pine nuts\*  
25g fresh basil\*\*  
25g spinach  
25g parmesan cheese  
80ml olive oil  
2 garlic cloves  
2 tsp lemon juice  
Freshly ground black pepper  
Pinch chilli flakes

\* Alternatives to pine nuts:

Pistachio nuts  
Hazelnuts

\*\* Alternatives to Basil:

Rocket



How will this recipe  
boost my performance?

Spinach contains Magnesium  
which aids rapid recovery.



## METHOD

1. Heat a small frying pan over a low heat. Cook the pine nuts until golden, shaking occasionally.
2. Meanwhile, peel garlic cloves, and grate the cheese.
3. Place all ingredients into a food processor and blitz until smooth. Add more seasoning if necessary.
4. Pour the pesto into a jar and cover with a little extra oil, then seal and store in the fridge. It will keep in a fridge for up to two weeks.

# Hummus

## INGREDIENTS

200g chickpeas (drained)  
1 tablespoon tahini paste  
1 garlic clove  
2 tablespoons olive oil  
1 tablespoon lemon juice & ½ lemon  
zest  
½ tablespoon chopped parsley  
½ teaspoon low salt



## TO SERVE:

Optional ingredients to  
enhance nutritional content  
1 carrot, peeled and sliced  
2 celery sticks sliced  
1 Red pepper sliced



## METHOD

1. Drain the chickpeas. Place in a food processor with the garlic, lemon juice and zest, tahini and salt. You want a smooth dip, so if necessary add some cold water, still with the motor running, until you get the consistency you want. Taste for flavour and if necessary add more seasoning.
2. Whiz together and pour in the oil as the motor is still running. Stir in the parsley.
3. Serve with sticks of carrot, celery or slices of red pepper.

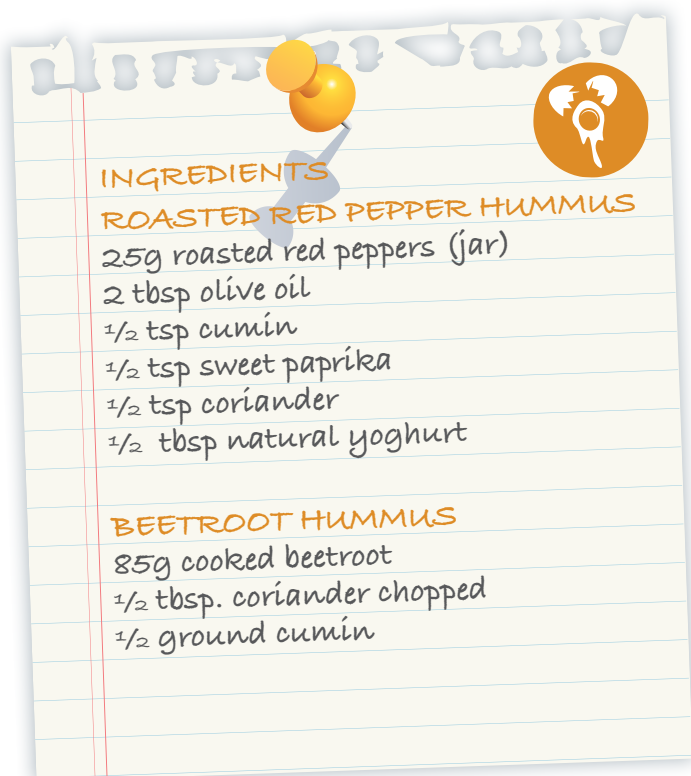
How will this recipe  
boost my performance?



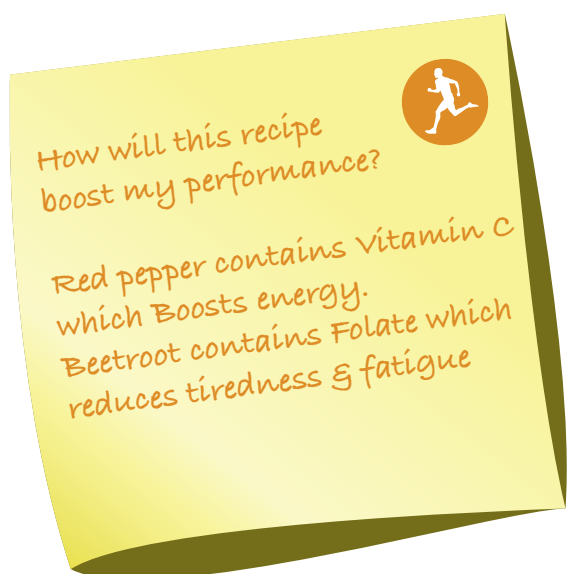
Chickpeas contain protein  
which support muscle  
growth & repair.

# Variations:

## Roasted red pepper hummus / Beetroot Hummus



1. Add all of the above ingredients to the processor with chickpeas and continue as for normal hummus from step 1.



1. Roughly chop the beetroot and place all of the above ingredients to the processor with chickpeas and continue as for normal hummus from step 1.



## Meal Plans

**NOTE:**  
Use the 'pee' chart to ensure you are hydrated before training sessions

### Training Day Meal Plan

**Breakfast:** Banana & Berry Smoothie along with 2 slices of STACS brown bread topped with peanut butter

**Snack:** 1 x lime & coconut ball + a plum (or fruit of your choice)

**Lunch:** A medium sized jacket potato topped with homemade chill con carne, a cup of rocket or spinach, 5 cherry tomatoes & a sprinkle of cheese

**Snack:** A green avocado shake

#### Pre-training:

**Dinner:** Tomato fish bake served with 1 cup of assorted green vegetables & 1 cup of cooked wholegrain basmati rice (1/4 portion of the menu)

#### Training

**Post Training:** A pint of (protein) milk + a banana

**Post Training Meal:** Grilled chicken breast, spinach, red onion, tomato sandwich on multispeed bread served with roast red pepper & chickpea salad

**Snack:** Greek yogurt + 1 tablespoon of homemade granola + 1/4 cup of berries

**Fluid:** Drink 2 - 4L of fluid throughout the day



• Refer to the recipes for all the above meal suggestions

#### TOP TIP:

Start your match day hydration 24-36 hours before match day. If you are well hydrated the day before a match you should be hydrated by drinking 500 ml- 1000 ml of fluid on match day. Continue your fluid intake to be optimally hydrated to maximise performance

## Meal Plans



**NOTE:**  
Ensure dinner the night before game day is high in carbohydrate

### Match Day Meal Plan

- Breakfast:** Medium bowl of porridge (80g raw) made with 150ml of whole milk & topped with ¼ cup of mixed berries, blueberries, 1 x heaped dessert spoon of flaxseed + 1 teaspoon cinnamon
- Pre-Match Meal:** Omelette with sweet potato, spring onion & mushroom served with 2 slices of thick cut wholegrain bread
- 2pm Match**
- Match ½ time:** ½ – 1 banana + 200-500 ml of fluid
- Immediately Post Match:** A pint of milk (protein milk) + a banana
- 4pm Dinner:** Shepherd's Pie topped with sweet potato mash serve with a cup of mixed green vegetables
- 7pm Tea/Snack:** Savoury Pancakes
- 9 pm Snack:** 1 x Wholesome blueberry & banana muffins
- Fluid:** Drink 2 - 5L of fluid throughout the day




### Rest Day Meal Plan

- Breakfast:** Scrambled eggs topped with smoked salmon, chive & cream cheese
- Snack:** 2 slices of spelt bread topped with homemade pesto & ½ a sliced avocado
- Lunch:** A bowl of carrot & apple soup served with Quinoa & feta salad with roasted vegetables + a chicken breast (add the chicken breast to the soup or salad)
- Snack:** Chocolate peanut butter seed bar
- Dinner:** Cajun & turmeric coated salmon served with sweet potato wedges+ a cup of broccoli
- Snack:** Citrus Beetroot smoothie
- Fluid:** Drink 2 - 4L of fluid throughout the day



#### TOP TIP:

 Nutrition on a match day needs to be practiced. Everyone digests food at a different rate so practice eating your pre-match day meal on a training day to ensure it does not cause gastrointestinal upset on match day



## Alcohol and sports Performance



### Playing, celebrating and drinking

The social side of Gaelic Games is very important and celebrating with team members after a match is a tradition in many clubs. However, if your celebrations involve drinking alcohol and especially if you drink to the point where you get drunk, this can seriously affect your fitness.

If you take your sport seriously, and like to do the best you can for yourself and your team, it's worth knowing the facts and what you can do to reduce your risk of poor performance due to alcohol intake.

### Effects of alcohol on your performance

- **Greater risk for injuries and complications:** Alcohol increases the bleeding and swelling around soft tissue injuries (sprains, bruises, and cuts- the most common sports injuries) requiring a longer recovery period. Alcohol also masks pain, which may lead you to delay in getting treatment - rapid treatment can make all the difference in a speedy recovery. If you've been injured, avoid alcohol, as it will complicate your recovery.
- **Greater body heat loss:** Alcohol is a vasodilator (it causes the blood vessels near the surface of the skin to expand) and thereby promotes heat loss and a lowered body temperature.
- **Reduced endurance:** The blood sugar your body needs for energy is produced by the liver when it releases glucose into the blood stream. Drinking alcohol in the 48 hour period before a match reduces your body's ability to produce this sugar, so you have less energy and less endurance capacity.
- **Slower reactions:** Alcohol is a sedative and it can affect your performance during a game for up to 72 hours after you have finished drinking. Some players think they have less tension and increased relaxation as a result of alcohol. The actual result, however, is poorer hand-eye coordination and slower responses.
- **Dehydration:** Alcohol promotes water loss. It reduces the production of the anti-diuretic hormone, causing you to urinate more. This, in turn leads to dehydration which can lead to a greater risk of fatigue during exercise, poor recovery and in some instances can contribute to injury.
- **Vitamin and Mineral Depletion:** Water loss caused by alcohol consumption involves the additional loss of important minerals such as magnesium, potassium, calcium, and zinc. These are vital to the maintenance of fluid balance and nerve and muscle action and coordination.
- **Reduced aerobic performance:** Alcohol reduces the body's ability to convert food to energy and also reduces carbohydrate/blood sugar levels. These effects, together with lactic acid build-up and dehydration, combine to reduce aerobic performance.
- **Muscle injury:** The usual treatment for injury (rest, ice, compression, elevation) can be negated due to the painkilling effect of alcohol. If you can't feel the pain of your injury you are less likely to take care of it and slow your recovery time or even cause further damage.

So, no matter how much training and conditioning you've put in, drinking up to 72 hours before a match will take the edge off your fitness. If you want to be the very best you be at your sport you'll have more of a chance of achieving that by not drinking alcohol. However if you do want to drink it's best to drink a little and not too often. For more information visit [www.gaa.ie/community](http://www.gaa.ie/community)

## Calories in Alcohol

- 1 bottle of beer: 160 kcal
- 1 pint of beer: 180-200 kcal
- 1 glass of wine: 125 kcal
- 1 measure of spirits: 97 kcal
- 1 alcopops/cocktails: 150-250 kcal



## Sports supplements

The GAA recognise that there are many factors that contribute to optimal athletic performance; genetics, training, commitment, motivation, rest and recovery, along with good nutrition and hydration practices. These factors are the cornerstone of performance and using a sports nutrition supplement will not substitute for a less than adequate nutrition and/or hydration strategy. Sports nutrition supplements should never be used to substitute good nutrition practices, diet should always come first. **The GAA do not support the use of sports supplement in any player under the age of 18.** There is always a risk when taking a sports supplement and each player is personally responsible for any substances that may be found in their body, whether they intended to cheat or not. Realise that contaminated supplements may result in at least a two year ban from sport.

If you are considering taking any sports nutrition supplement the GAA recommends this is done in consultation with an appropriately accredited nutrition expert and is part of an agreed performance nutrition plan and a healthy balanced diet.



## Rest, recovery & sleep

### Rest, recovery & sleep

Rest & recovery are just as important to ensure performance is maximised as the training sessions themselves. Adequate sleep is critical for proper recovery and players should aim to get at least 7-8 hours sleep every night. This is particularly important for amateur athletes who don't have the luxury of the recover periods/days available to professional athletes. Studies have shown numerous performance benefits when athletes get the optimal amount of sleep;

- **Sleep improves split second decision making ability by 4.3%**
- **Maximum bench press drops 9kg after 4 days of inadequate sleep**
- **Athletes who sleep less than 8 hours per night have 1.7 times greater risk of being injured than those who sleep more than 8 hours**

### Top Tips for Improved Sleep

- **Go to bed early without any technology**
- **A bedtime routine relaxes the body getting it ready for sleep**
- **Sleep in a dark room**
- **Don't drink caffeinated beverages after lunchtime**
- **Too much fluid intake after training is one of the biggest disturbances of sleep; reduce your intake so you get an interrupted night's sleep but ensure you are fully hydrated for the start of your next exercise session**
- **Catch up on lost sleep by taking catnaps during the day**





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## Notes

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