

IMPROVE ENDURANCE BREAKFAST



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PERFORMANCE PORRIDGE

Porridge is an ideal breakfast for swimmers. The combination of oats and milk provides sustained energy to fuel your body for several hours and staves off hunger. In this recipe, cocoa provides flavanols, which have been shown to increase oxygen delivery to muscle during exercise and enhance performance.

COOK 5 mins **PREP** 3 mins

SERVES 1

- 40g oats
- 250ml milk of your choice
- 1 tsp cocoa powder
- few drops vanilla extract (optional)
- ½ banana, sliced
- few almonds, chopped
- drizzle honey (optional)

- 1 Mix the oats and milk in a saucepan. Bring to the boil, turn down the heat to a simmer and cook for 4-5 minutes, stirring frequently. Once you have the consistency you prefer, stir in the cocoa and vanilla extract (if using).
- 2 Pour into a bowl and top with the banana slices, almonds and honey to taste (if using).

VARIATIONS

BLUEBERRY Add a handful of fresh or frozen blueberries to the oats. Serve the porridge topped with a little desiccated coconut, a few chopped walnuts and a drizzle of honey **APPLE PIE** Omit the cocoa powder and vanilla. Cook the porridge with 1 grated apple, 1 tbsp ground flaxseed, a handful of raisins and ½ tsp cinnamon. Serve topped with chopped apple (raw or cooked) and a drizzle of honey **CHOCOLATE ORANGE** Add the juice of ½ orange and ¼ tsp cinnamon to the oats. Serve topped with a square of dark chocolate and a few orange slices **CARROT CAKE** Omit the cocoa powder and vanilla. Cook the porridge with 1 grated carrot, a handful of raisins, ¼ tsp ginger and ¼ tsp cinnamon. Serve topped with a few chopped walnuts.

PER SERVING



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IMPROVE ENDURANCE

LUNCH



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CARROT AND RED LENTIL SOUP

This warming soup is packed with beta-carotene, a powerful antioxidant that promotes muscle recovery and adaptation. Red lentils are not only tasty and filling but they also add protein, iron, complex carbs and fibre, giving you sustained energy.

COOK 30 mins **PREP** 5 mins
SERVES 2

- 1 tbsp light olive or rapeseed oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 large carrots, peeled and sliced
- 75g red lentils
- 600ml vegetable stock (or 2 tsp vegetable bouillon (stock) powder dissolved in 600ml boiling water)
- handful fresh coriander, roughly chopped
- freshly ground black pepper, to taste

SERVE WITH 1 tbsp plain low-fat Greek yogurt, 1 tbsp mixed seeds and 1 slice wholegrain bread

- 1 Heat the oil in a large saucepan over a medium heat, add the onion and fry for 5 minutes until translucent. Add the garlic and continue to cook for 1 minute.
- 2 Add the carrots, lentils and stock. Bring to the boil and skim off any scum that appears on the surface. Reduce the heat and simmer for about 20-25 minutes.
- 3 Liquidise the soup using a stick blender or conventional blender. Stir in the coriander and season with freshly ground black pepper. To serve, ladle into bowls, swirl the yogurt on top, scatter over the seeds and add the bread.

PER SERVING
(including the yogurt,
seeds and bread)

CALORIES
469

PROTEIN
23g

FAT
15g
2g saturates

CARBS
54g (16g total
sugars)
12g fibre



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DINNER



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RAINBOW VEGETABLE NOODLE STIR-FRY

This colourful stir-fry makes a quick, delicious midweek meal and is a brilliant way to get more vegetables into your diet. It's loaded with protein and vitamin C, and infinitely adaptable – if you don't have all the ingredients for this recipe, then feel free to substitute with another veg. You could use turkey, beef, prawns or pork instead of chicken if you prefer.

COOK 15 mins **PREP** 10 mins
SERVES 2

- 125g (or 2 nests) wholewheat noodles (or use straight-to-wok noodles)
- 1 tbsp light olive or rapeseed oil
- 1 small onion, chopped
- 1cm piece fresh ginger, finely chopped
- 1-2 garlic cloves, crushed
- 2 chicken thigh fillets, thinly sliced
- ½ red chilli, finely chopped (optional)
- 400g colourful vegetables (eg thinly sliced red peppers, pak choi, courgettes, broccoli, green beans, carrot batons or mangetout)
- 1 tbsp tamari or soy sauce
- 2 tbsp water or stock
- 25g cashews, toasted

- 1** Cook the noodles according to the pack instructions. Drain and put aside while you make the stir-fry.
- 2** Heat the oil in a wok or frying pan and fry the onion for 2 minutes. Add the ginger, garlic, chicken and chilli (if using) and stir-fry until the chicken is browned all over. Add the vegetables to the pan and continue cooking until just crisp-cooked – about 3 minutes.
- 3** Stir in the tamari or soy sauce and the water or stock. Continue to cook over a low heat for 3-4 minutes or until the chicken is cooked through. Serve on the noodles and scatter over the cashews.

MAKE IT VEGETARIAN Substitute 200g marinated tofu pieces for the chicken

PER SERVING

CALORIES
600

PROTEIN
30g

FAT
24g
5g saturates

CARBS
63g (14g total
sugars)
8g fibre



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IMPROVE ENDURANCE

SNACK



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SNACK (BEGINNER)

15g cashew nuts and
1 banana or pear

SNACK (INTERMEDIATE AND ADVANCED)

15g cashew nuts and
1 banana or pear
2 x chocolate orange
oaty bites (see recipe)

CHOCOLATE ORANGE OATY BITES

These bite-size morsels are full of fibre, iron, calcium, magnesium and B vitamins and are a healthy alternative to biscuits and sweets. Wrap in cling film or foil and take them with you for an energy boost after training.

PREP 10 mins, plus 1hr chilling MAKES 16 BITES

- 100g ready-to-eat soft or Medjool dates*
- 50g ground almonds
- 25g cocoa powder
- zest of 1 orange
- 2 tbsp mixed seeds
- 50g rolled oats
- 1 tbsp runny honey
- 1 tbsp water

*Or use standard dried dates: leave them to soak in boiling water for 10-15 minutes, then drain

- 1 Put all the ingredients in a food processor. Pulse until well combined and the mixture forms the consistency of stiff cookie dough.
- 2 Press into a square about 1cm thick between two sheets of baking paper or cling film. Chill for 1 hour in the fridge if you have time, then cut into 2.5cm squares.
- 3 Transfer to an airtight container and store in the fridge for up to 1 week or in the freezer for up to 3 months.

PER BITE



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