

SPORTS NUTRITION COOKBOOK



PROTEIN YOGURT BOWL WITH BERRIES & CEREAL

Serves 1 | Prep 5 min

INGREDIENTS

- 250 g plain high-protein yogurt
- 45 g protein cereal
- 30 g protein powder
- 30 g blueberries
- 50 g strawberries, hulled and chopped

DIRECTIONS

1. Stir the yogurt and protein powder until smooth. Add a splash of water or milk if too thick.

2. Top with cereal, blueberries and strawberries.

3. Serve immediately to keep the cereal crunchy.



BERRY PROTEIN SHAKE

Serves 1 | Prep 5 min

INGREDIENTS

- 30 g protein powder
- 32 g peanut butter (2 tbsp)
- 140 g frozen mixed berries
- 250 ml cold water, plus extra as needed

DIRECTIONS

1. Add the water, protein powder, peanut butter and berries to a blender.

2. Blend until smooth, scraping down the sides if necessary.

3. Add a little extra water for a thinner shake, then serve.



GREEK-STYLE TURKEY BURGER WITH TZATZIKI

Serves 1 | Makes 1 burger

INGREDIENTS

- 150 g turkey breast mince
- 1 tbsp finely diced onion
- 1/4 tsp smoked paprika
- 1/4 tsp dried oregano
- 1 tsp olive oil
- 1 brioche burger bun
- 1 tomato slice; 2 onion rings
- Small handful baby spinach
- Tzatziki: 25 g Greek yogurt
- 1 tbsp grated, squeezed cucumber
- 1/2 tsp lemon juice; 1/2 tsp dill
- Salt and black pepper

DIRECTIONS

1. Combine turkey mince, onion, paprika and oregano; shape into a patty.

2. Mix yogurt, cucumber, lemon juice and dill to make the tzatziki.

3. Cook patty in oil over medium heat, turning until the centre reaches 75°C for 30 seconds.

4. Toast the bun. Assemble with spinach, turkey, tzatziki, tomato and onion.



LOADED BEEF NACHOS

Servings depend on portion size

INGREDIENTS

- 1 low-calorie tortilla/wrap
- 130 g extra-lean beef mince
- 25 g low-fat cheese
- 2 tbsp light sour cream
- 1 tsp salsa
- 1/2 tomato, diced
- 10 g diced red onion
- 10 g diced bell pepper
- Paprika, garlic salt and Mexican seasoning
- Parsley and lemon juice
- Cooking oil spray

DIRECTIONS

1. Cut the wrap into strips, spray lightly and season. Bake at 180°C until crisp, watching closely.

2. Cook beef mince thoroughly with Mexican seasoning and salsa.

3. Arrange wrap crisps, cooked beef and cheese in an ovenproof dish. Heat until cheese melts.

4. Mix tomato, onion, pepper, parsley and lemon juice. Top nachos and serve with sour cream.



KETO TIRAMISU

Chill 2 hours | Makes several p

INGREDIENTS

- 1 cup almond flour
- 2 tbsp monk fruit sweetener
- 2 tsp baking powder; pinch of salt
- 1 tbsp melted butter; 1 egg
- 1/4 tsp vanilla extract
- 1 1/2 cups mascarpone
- 4 tbsp double/heavy cream
- 2 tbsp powdered monk fruit sweetener
- 1 shot espresso, cooled
- 1 tbsp cocoa powder

DIRECTIONS

1. Mix almond flour, sweetener, baking powder and salt. Add butter, vanilla and egg.

2. Microwave batter in a microwave-safe greased dish at 800 W for 1 1/2–2 minutes, until set.

3. Mix mascarpone, cream and powdered sweetener.

4. Cut cooled cake into pieces. Layer with cream and a little espresso in jars.

5. Refrigerate for 2 hours; dust with cocoa before serving.



LAMB CHOPS IN A SKILLET

Serves approximately 4, dependi

INGREDIENTS

- 2 lb (about 900 g) lamb chops
- Salt and black pepper
- 2 sprigs rosemary
- 4 sprigs thyme
- 3 garlic cloves
- 1 tbsp butter
- 1 tbsp olive oil

DIRECTIONS

1. Pat the lamb chops dry and season with salt and pepper.

2. Heat olive oil in a skillet over medium-high heat. Sear the chops, turning to brown both sides.

3. Add butter, garlic, rosemary and thyme; baste with the herb butter.

4. Cook to your preferred safe doneness, checking the thickest part with a food thermometer.

5. Rest for 5 minutes before serving.



BURGER BOWL WITH YOGURT SAUCE

Serves approximately 1–2

INGREDIENTS

- 3 tbsp plain yogurt
- 1 tbsp sriracha
- 1 tsp mustard
- 1 1/2 tbsp pickle juice
- 140–170 g ground beef
- 1 tbsp olive oil
- 1/2 medium onion, diced
- 2–3 slices cheddar cheese
- Lettuce and sliced pickles
- Onion powder, garlic powder, salt and pepper

DIRECTIONS

1. Stir together yogurt, sriracha, mustard and pickle juice for the sauce.

2. Cook beef and onion in a skillet with olive oil until beef is fully cooked.

3. Add seasonings and melt cheddar over the beef.

4. Arrange lettuce and pickles in a bowl; add beef and drizzle with the sauce.



BAKED CHICKEN DRUMSTICKS

Makes 9 drumsticks

INGREDIENTS

- 9 chicken drumsticks
- 1 grated onion; 3 minced garlic cloves
- 1 tbsp tomato paste
- 1/2 tsp each salt, red pepper flakes, black pepper, thyme and cumin
- 1 tbsp low-fat plain yogurt
- 2 tbsp olive oil
- 1 chopped red bell pepper
- 4–5 chopped shallots

DIRECTIONS

1. Combine onion, garlic, tomato paste, spices, yogurt and oil.

2. Coat drumsticks in marinade. Arrange with pepper and shallots in a baking dish.

3. Bake at 200°C (180°C fan) for about 45 minutes, or until the thickest part reaches 75°C; cooking time varies by size.



LAMB SHANK WITH PRUNES

Serves 2 | Slow cook about 2 ho

INGREDIENTS

- 2 tbsp olive oil
- 2 lamb shanks
- 10 peeled shallots
- 3 prunes, halved
- 1/2 large apple, sliced
- 2 garlic cloves
- 1 sprig rosemary
- 1 cinnamon stick
- 1 cup (240 ml) water

DIRECTIONS

1. Heat oil in a heavy pot and brown lamb shanks on all sides.

2. Add shallots, prunes, apple, garlic, rosemary, cinnamon and water.

3. Cover and simmer gently for approximately 2 hours or until the lamb is tender; top up liquid if necessary.

4. Serve with the cooking juices.



PROTEIN TURKEY NUGGETS

Makes approximately 20 nuggets

INGREDIENTS

- 300 g turkey mince (under 2% fat)
- 2 large eggs
- Garlic powder, BBQ seasoning, smoked paprika, salt and pepper
- 50 g low-fat cheese
- Cooking oil spray

DIRECTIONS

1. Combine turkey mince, eggs, seasonings and cheese thoroughly.

2. With damp hands, form about 20 small nuggets. Place on lightly greased baking paper.

3. Air-fry at 200°C for about 10–12 minutes, turning halfway, until the centre reaches 75°C.

4. Alternatively, oven-bake at 200°C, allowing extra time and checking internal temperature.

LINKS & RECOMMENDATIONS

Resources, useful equipment and important notes

FREE LEARNING

Free nutrition guides: livegoodforlife.com/guides/

Sports nutrition supplement guide (free PDF)

SUGGESTED PRODUCTS

A food thermometer, digital kitchen scales and a blender can make preparation easier.

Use protein powder only if suitable for your diet; whole foods can also meet protein needs.

HEALTH & AFFILIATE DISCLOSURE

This cookbook is for general educational purposes, not individual medical, nutrition or performance advice. Consult a qualified professional for specific needs, including allergies or medical conditions.

Nutrient totals vary by ingredients, brands, preparation and portion size. No nutritional figures in this edition have been independently verified.

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