

A woman with short dark hair, wearing a white t-shirt with a dark shoulder panel, is smiling and dipping a piece of food into a metal cup. She is in a kitchen with wooden cabinets and a window with blinds in the background. The image is dimly lit, with a dark overlay.

28 DAY CHALLENGE

FOOD IDEAS

Food Ideas

Scrambled Eggs & Potato Hash Recipe

Ingredients:

2 teaspoons of olive oil
3 large whole raw chicken eggs
60g of chopped onions
150g of peeled and diced potatoes
90g of eggs, beaten

Instructions:

Heat a large skillet or frying pan over medium heat and add the olive oil.

Add the chopped onions and diced potatoes to the pan, and stir occasionally for 5-7 minutes until they are lightly browned and softened.

Crack the three large eggs into a bowl and beat them together until they are fully mixed.

Once the onions and potatoes are cooked, push them to one side of the pan and add the beaten eggs to the other side.

Using a spatula, gently scramble the eggs in the pan until they are just cooked, and then mix them together with the cooked onions and potatoes.

Season the scrambled eggs and potato hash with salt and pepper to taste.

Simple Boiled Eggs & Smoked Salmon Recipe

Ingredients:

3 large eggs
112g of cold-smoked salmon

Instructions:

Start by preparing the eggs. Place them in a medium saucepan with enough water to cover them by an inch or two.

Bring the water to a rolling boil over high heat, then turn off the heat and let the eggs sit in the hot water for 10-12 minutes.

Remove the eggs from the hot water and place them in a bowl of ice water to cool and stop the cooking process.

Once the eggs have cooled, peel them and cut them in half lengthwise.

Arrange the smoked salmon on a plate and place the boiled egg halves on top.

Whey Protein Shake with Some Fruit Recipe

Ingredients:

- 1 tablespoon of cashew nut butter
- 2 tablespoons of frozen mixed berries
- 1x large banana, flesh only
- 250ml of unsweetened almond milk
- 40g of Optimum Nutrition 100% Whey Gold Standard

Instructions:

Start by adding the cashew nut butter, frozen mixed berries, and banana to a blender.

Pour in the unsweetened almond milk and blend the ingredients together until smooth.

Add the Optimum Nutrition 100% Whey Gold Standard to the blender and blend again until fully combined.

If the shake is too thick, you can add some water to achieve the desired consistency.

Pour the protein shake into a glass and enjoy immediately.

You can also add some ice cubes if you prefer your shake to be colder.

This protein shake is a delicious and healthy way to start your day or refuel after a workout!

Whey Protein Shake and a Bowl of Oatmeal Recipe

Ingredients:

- 1 tablespoon of flax seeds (milled or whole)
- 1/2 teaspoon of ground cinnamon
- 250ml of unsweetened almond milk
- 1x ripe banana, sliced
- 40g of rolled oat flakes
- 40g of Optimum Nutrition 100% Whey Gold Standard

Instructions:

Start by adding the rolled oat flakes and almond milk to a small saucepan.

Place the saucepan over medium heat and bring the mixture to a simmer.

Stir the oats frequently and cook until the mixture becomes thick and creamy, about 5-7 minutes.

Once the oatmeal is cooked, remove the saucepan from the heat and stir in the flax seeds and ground cinnamon.

Pour the oatmeal into a bowl and top with the sliced banana.

In a separate blender, add the Optimum Nutrition 100% Whey Gold Standard and 250ml of unsweetened almond milk.

Blend the ingredients together until smooth and frothy.

Pour the protein shake into a glass and enjoy alongside the bowl of oatmeal.

This protein shake and oatmeal combo is a delicious and nutritious breakfast option to help you start your day on the right foot!

Steak & Eggs and Mixed Fruit Recipe

Ingredients:

2 tablespoons of homemade fruit salad

1 teaspoon of olive oil

80g of spinach leaves

2x large eggs

180g of beef rump steak

Instructions:

Start by preparing the steak. Heat a non-stick skillet over high heat and add the beef rump steak to the skillet.

Cook the steak for 4-5 minutes on each side or until it reaches your desired level of doneness.

Once the steak is cooked, remove it from the skillet and let it rest for a few minutes.

In the same skillet, add 1 teaspoon of olive oil and 80g of spinach leaves.

Sauté the spinach for 1-2 minutes until it is wilted and tender.

In a separate pan, cook the 2 large eggs to your desired level of doneness.

Slice the steak into thin strips and place them on a plate.

Top the steak with the cooked spinach and the 2 fried eggs.

Add 2 tablespoons of homemade fruit salad on the side of the plate.

Serve and enjoy your delicious steak and eggs breakfast with a side of mixed fruit salad.

This meal is packed with protein and nutrients to help you power through your day!

Chicken Thighs with Potato and Green Beans Recipe

Ingredients:

70g of green beans, trimmed

175g of potatoes, peeled and chopped into small cubes

180g of skinless and boneless chicken thighs, chopped into bite-sized pieces

60g of onion, chopped

Instructions:

Preheat your oven to 200°C (400°F).

In a large mixing bowl, combine the chopped potatoes, chopped onion, and chicken thighs. Mix well to combine.

Transfer the mixture to a baking dish and spread it out in an even layer.

Roast in the oven for 25-30 minutes, or until the chicken is cooked through and the potatoes are tender.

While the chicken and potatoes are roasting, prepare the green beans. Blanch the green beans in boiling water for 3-4 minutes, then drain and rinse them under cold water.

Once the chicken and potatoes are cooked, remove the baking dish from the oven and add the blanched green beans to the dish. Mix everything together well.

Return the baking dish to the oven and roast for another 5-10 minutes, or until the green beans are heated through.

Serve the chicken thighs, potatoes, and green beans hot and enjoy your delicious and nutritious meal!

This recipe is packed with protein and healthy vegetables, making it a great option for a hearty and balanced meal.

Grilled Salmon with Rice & Salad Recipe

Ingredients:

200g of mixed salad greens

50g of wholegrain rice, uncooked

170g of salmon fillet

1 lemon wedge

Instructions:

Begin by cooking the wholegrain rice according to the package instructions. Once

cooked, set it aside to cool.

Preheat your grill to medium-high heat.

Season the salmon fillet with salt and pepper to taste.

Grill the salmon for 5-7 minutes on each side, or until it is cooked through and flakes easily with a fork.

While the salmon is grilling, prepare the mixed salad greens by washing and drying them.

Once the rice has cooled, mix it with the mixed salad greens in a bowl.

Squeeze the lemon wedge over the rice and salad mixture, and toss everything together well.

Once the salmon is cooked, transfer it to a plate.

Serve the grilled salmon hot with a side of the rice and salad mixture.

This grilled salmon with rice and salad recipe is healthy and delicious, providing you with plenty of protein, fiber, and nutrients.

Steak with Roast Carrots, Courgette (Zucchini) and Potatoes Recipe

Ingredients:

1 teaspoon of olive oil

175g of potatoes, peeled and chopped into small cubes

80g of courgette (zucchini), chopped into bite-sized pieces

120g of carrots, peeled and chopped into small cubes

172g of beef fillet steak

Instructions:

Preheat your oven to 200°C (400°F).

In a mixing bowl, toss the chopped potatoes, courgette, and carrots with olive oil. Season with salt and pepper to taste.

Spread the vegetables out in an even layer on a baking tray.

Roast in the oven for 20-25 minutes, or until the vegetables are tender and lightly browned.

While the vegetables are roasting, season the beef fillet steak with salt and pepper to taste.

Heat a grill pan over high heat.

Once the grill pan is hot, place the beef fillet steak on it and cook for 3-4 minutes on each side, or until it reaches your desired level of doneness.

Once the vegetables are roasted, remove the baking tray from the oven and transfer the vegetables to a plate.

Serve the grilled beef fillet steak hot with the roasted carrots, courgette, and potatoes on the side.

This steak with roast carrots, courgette, and potatoes recipe is a satisfying and healthy meal, rich in protein and vegetables.

Beef Mince with Diced Potato, Carrots, and Courgette (Zucchini) Recipe

Ingredients:

1 small onion, diced
1 teaspoon of olive oil
80g of courgette (zucchini), chopped into small pieces
175g of boiled potatoes, peeled and diced
140g of carrots, peeled and diced
180g of extra lean beef mince
1 teaspoon of Cajun spice

Instructions:

In a large pan, heat the olive oil over medium-high heat.

Add the diced onion and sauté for 2-3 minutes, until it becomes translucent.

Add the beef mince to the pan and cook for 5-6 minutes, breaking it up with a spatula as it cooks.

Once the beef is browned, add the chopped courgette, boiled diced potatoes, and diced carrots to the pan.

Season the mixture with 1 teaspoon of Cajun spice, or to taste.

Mix everything together well and continue to cook for another 8-10 minutes, or until the vegetables are tender and the beef is fully cooked.

Once everything is cooked through, remove the pan from heat and serve hot.

This beef mince with diced potato, carrots, and courgette recipe is a delicious and healthy one-pan meal, packed with protein and vegetables.

SNACKS

Fruit & Boiled Eggs

Ingredients:

- 1 medium-sized apple
- 1 hard-boiled egg
- 1/2 cup of mixed berries (blueberries, raspberries, strawberries)
- 1 small banana

Whey Shake + Berries

Ingredients:

- 1 scoop of whey protein powder
- 1 cup of unsweetened almond milk
- 1/2 cup of mixed berries (blueberries, raspberries, strawberries)
- 1/2 frozen banana

Tuna Salad Pot with Lettuce, Tomato, and Cucumber

Ingredients:

- 1 can of tuna in water
- 2 cups of mixed lettuce leaves
- 1 small tomato
- 1 small cucumber
- 1 tablespoon of olive oil
- Salt and pepper to taste

Smoked Salmon & Avocado

Ingredients:

- 2 slices of smoked salmon
- 1/2 avocado
- 1 small tomato
- 1 slice of whole wheat bread