**POWER PLANT: MONTH 2.**

Welcome to month two of POWER PLANT. Here you will find more plant based, and meat-based recipes to fuel your fitness. I’m looking forward to providing you with some more super tasty and nutritious meals. So, lets get right into it!

First:

I want to talk about snacks and during activity foods.

No doubt some of you will be into outdoor exercise and gym-based training so what can we have that will fuel these ventures and keep us fast, and strong as we run, ride and lift our way to our goals?

Banana: Natures energy bar. I’m a huge advocate of bananas for consumption during long bouts of cardio. I can often be seen scoffing on these when I am out on the mountain bike. They are also a great snack pre gym if you have a long drive or haven’t eaten for a while and are heading straight to the gym after work.

Soreen: My secret weapon. And man-made energy. Soreen is a brilliant way to fuel your body during cardio and is my go-to on the road and mountain bike. I also have a slice if I’m going for an early morning run and it’s too early for breakfast. Some love it, some hate it. I love it!

BCAA: Branch chain amino acids are a great training tool for fasted cardio, they also fuel your body during weight training and circuits and are the fastest forms of protein your body can take in during exercise. I’m not a fan of these during cardio as personally I find they dry out my mouth, but during weights and any fasted cardio. Fantastic!

Right, let’s get into the food!

**BREAKFAST:**

**Oat’s, natural yogurt and berries:**

So quick and so easy, a great way to fuel your activities and this one tastes great as an alternative to hot porridge.

What you will need:

* Oats.
* Natural yogurt.
* Berries (blueberries are my personal favourite).
* Honey.

How to prepare:

So simple. Simply put the yogurt into a bowl, add the oats and then stir these into the yogurt. Add in the berries, and then drizzle some honey on top and job done.

You could also use:

* Banana and cinnamon.
* Broken up dark chocolate and honey.
* Almonds and honey.
* Strawberries.
* A little bit of granola (to give it some crunch) and berries.

Smoked salmon, poached eggs and sourdough:

Personally. I don’t like the taste of fish so I would have this with just the eggs, or with bacon. But if you do like salmon then crack on (pun was not intended 😉).

What you will need:

* 2x eggs.
* 2x slices of sourdough.
* 2 slices of smoked salmon.
* Black pepper (in a grinder).
* Vinegar.

How to prepare:

Start with the eggs, boil a pan of water and bring this to simmer, add a bit of vinegar. After this is done stir the water and crack the eggs into it, poach the eggs while cooking the salmon for 2 and a half minutes on each side (in a frying pan). Toast the toast to how you like it. Once this is done layer it up, toast, eggs and salmon. Sprinkle on some black pepper and serve.

Obviously if you are having bacon or another meat cook it as you would do regularly.

Enjoy.

Baked avocado with sourdough toast and egg:

Fancy something light and different? This one is great for that and tastes lush with a black coffee.

You don’t need that much food in the house either:

What you will need:

* 1x avocado.
* 2x eggs.
* 2x slices of sourdough.

How to prepare:

Pre heat your oven (220) to start. Cut your avocado in half and remove the stone, once this is done scoop out a bit more avocado to make a bigger hole, eat this bit. Don’t waste it! After this you can pour in the eggs to each half of the avocado. After this place them in an oven and wait about 10 minutes. Toast your sourdough and enjoy.

These also taste great with a mixed herb sprinkle on top of them.

Curried beans, with sweet potato hash browns and falafel sausages (eggs are optional):

Yes, it sounds weird. But bear with me. This was an improvised full English when I had a weekend free and had absolutely no idea what to make for breakfast. So I had a little play and this came up. You can also use white potato for the hash browns (I didn’t have any in). And add eggs as an option.

What you will need:

* 2 sweet (or white) potato.
* Half a tin of beans.
* Passata.
* Falafel’s x3.
* Medium curry powder.
* Basil.
* Eggs are optional.

How to prepare:

Start with the potato. Stab them a few times and pop them in the microwave for 5 minutes, once this is done if they are soft cut them in half and let them cool down (if they are still hard put them in a bit longer). Then add your beans into a saucepan and simmer them, add a little bit of passata just to thicken them up. The hash browns are easy, as are the sausages. Scoop out the inside of the potato and bash them together into round potato cakes. With the falafel roll them up so they go sausage shaped. Place them in a pan of coconut oil or other cooking oil and cook. They taste gorgeous if you sprinkle a little bit of salt on them too! This is when you will add the eggs if you are having that.

After it’s all cooked serve and enjoy!

**MAIN MEALS:**

Onto the main meals now.

Chilli and lime curry:

Bear with me, it’s not actually a chilli and lime curry. I just don’t know what to call it, whatever it is it tastes nice. This can be had with or without meat. I would recommend chicken if you are having meat.

What you will need:

* 1x lime.
* 1 tub of crème freche.
* Chilli powder.
* 1 red pepper, 1 yellow pepper.
* 1 bag of spinach.
* 1 red onion.
* Chickpeas.
* Rice if you want carbs.

How to prepare:

Start by chopping all of your vegetables into fine pieces. After this heat up a pan of coconut oil and add the veg, cook them for about 2 minutes before you add in the chickpeas and/or the chicken. After this has cooked for 5 minutes add the crème freche, stir it in and then add the chilli powder, I also put a bit of hot sauce in for some more kick. After you have stirred this in and the taste is right chop a lime in half and squeeze in the juice. Stir this in and throw in the limes to boil. Once this has cooked for about 45 minutes remove the limes and serve with or without rice.

Enjoy.

Homemade spag bol:

We all love a spag bol, it’s easy, cheap and simple to prepare a dish that feeds the masses. This spag bol taste’s fresh, and has a lovely tomato flavour to it with just a bit of mixed herbs giving it a bit of an earthy taste. Does that sound right?

What you will need:

* Asparagus (full pack).
* Spinach (full pack).
* Passata.
* Tomato puree.
* 1x red onion.
* 1x garlic clove.
* Mixed herbs.
* Beef or turkey mince.
* Chickpeas or falafel if you are having meat free.
* Spaghetti pasta.

How to prepare:

Chop everything up and add it into a bowl of melted coconut oil. Let this cook for two minutes (or longer if you are having mince). After this add in the sauce and the puree. Stir it in and add the garlic clove (press it into the sauce) and the mixed herbs. Add in the falafel at this stage and let the mixture cook for 45 minutes on a simmer heat.

After 45 minutes cook your spaghetti pasta in boiling water and serve. Tasted great, its easy. Perfect!

Sweet potato and mixed bean burger, with spicy rice and Mexican vegetables:

This is a good one, you could also put it in a tortilla, or a pitta bread if you fancy a different form of carb but it tastes great with rice too!

What you will need:

* 1x large sweet potato.
* Half a can of mixed beans.
* 1 red and 1 yellow pepper.
* 1 red onion.
* Chilli powder.
* Paprika.
* Hot sauce.
* Asparagus. Not entirely Mexican but it works well.
* 1 bag of basmati rice.

How to prepare:

Get your sweet potato and microwave it so it goes soft, cut it open and allow it to cool down while you cook the beans, cook them in the water so they soften up. Once you have done this (it usually takes about 5-10 minutes mash the sweet potato and the beans together into a burger shape, you can use an egg to bind them together, but It’s never fallen apart on me.

Stir fry cook your vegetables and add in some chilli powder, paprika and hot sauce to taste them up a bit. While you are doing this add the burger to a pan and fry it, so it crisps nicely. After you have done this you can microwave your rice and job done.

Plenty of spice, flavour and nutrients in this one.