

DAY BEFORE COMPETITION DINNER

Tasty and highly nutritious dinner meals should be packed with:

- **Fuelling carbs**
 - **Lean Protein**
 - **Colourful veg**
- Stir fry (chicken, pork or tofu) with mixed veggies and rice.
 - Roast meat (chicken or beef or lamb or pork) with roast veggies and greens
 - Turkey burgers with salad and rice or wholegrain roll (Woolworths/Coles supermarkets)
 - Grilled steak (150g raw) or chicken with 1 ½ cups roasted sweet potato and 1 cup mixed steamed vegetables
 - Grilled fish or chicken with brown rice and mixed steamed vegetables
 - Homemade poke bowls with rice, salad, lean meat/tofu and Asian dressing

EXAMPLE RECIPE

Chicken, Cashew & Hokkien Noodle Stir-Fry

PREPARATION TIME	20 MINUTES
COOKING TIME	15 MINUTES
SERVES	4-6
FREEZABLE	YES

Ingredients

- 2 x 440g packets Wokka thin Hokkien noodles
- olive or canola oil spray
- 400 g chicken breast fillet, thinly sliced OR 700g firm tofu nuggets
- 3 spring onions, sliced
- 2 carrot, sliced
- 1 small red capsicum, sliced
- 200 g snow peas, halved
- 400 g baby corn, cut lengthways
- ½ cup Sweet Chilli Sauce
- 2 tablespoons Fish Sauce
- 2 tablespoons lemon juice
- 50 g toasted cashews

Method

1. Place noodles in a large heatproof bowl and cover with boiling water.
2. Leave to stand for 2 -3 minutes, gently using a wooden spoon to separate strands.
3. Drain well and set aside.
4. Heat wok on high then spray with oil.
5. Add chicken and stir-fry in batched until browned and tender; set aside.
6. Add spring onion to the wok with 1 tablespoon water; stir-fry until tender.
7. Add vegetables and stir-fry until soft, then add noodles.
8. Add combined sweet chilli sauce, fish sauce and lemon juice to wok and toss to coat noodles and vegetables.
9. Cook for 3 minutes or until heated through. Return chicken to wok and cook for 2 minutes or until heated through.
10. Serve sprinkled with cashews.

11. Garnish with coriander leaves, if desired.

Nutrition Information

ANALYSIS per serve (with chicken)	4	6
Energy kJ (Cal)	2710 (647)	1806(431)
Carbohydrate (g)	86	57
Protein (g)	40	27
Fat (g)	15	10
Fibre, Iron, Vitamin C, Zinc		

PRE-HEAT BREAKFAST (2-3 HR BEFORE EVENT)

Fuelling breakfasts can either be cereal (sweeter) options, savoury or mixed. Should contain easy to digest carbs, some protein, polyphenols/vitamins/minerals.

2/3 cup rolled oats with trim milk/soy/almond/oat milk with ½ sliced banana, 1 handful fresh/frozen blueberries, topped with roasted coconut flakes.

2/3 cup Bircher Muesli with Greek yoghurt, berries (strawberry/blackberry/blueberry) and ½ sliced banana

2 x poached eggs (or lightly fried in olive oil spray) with 2 pieces of wholegrain toast and sauteed mushrooms, spinach and ¼ avocado, with 1 medium coffee (200ml trim dairy/plant milk)

2 -egg Omelette with veg (mushrooms, baby spinach, cherry tomato, onion) with 2 pieces of wholegrain toast with avocado or goats cheese as a spread.

Power Smoothie with 1 cup trim milk/plant milk varieties, 1 scoop (30g) protein powder (batch tested), ½ frozen banana, handful frozen berries/cherries, 1 heaped tsp good quality cacao with 1 piece toast with spread

POST-HEAT SNACK SUGGESTIONS

Liquid-based options will optimise rehydration and recovery fast and be useful with short 1-2h turnaround between heats). Dairy products are very effective in supporting hydration, fuel and quality protein.

- Rokeby Farms Protein Smoothie ([Dutch Chocolate](#)) with 1 medium fruit or 1 cup (banana, apple, kiwi, mango, pineapple) OR 1 [blueberry mini-muffin](#)
- Protein and carb recovery drink/shake such as SiS REGO with muesli bar
- 3 x Salt and vinegar thins with 4 Smooshed wholefood balls
- 1 peanut butter and sliced banana wrap
- 600ml Sports drink and a Carman's protein nut/muesli bar
- 1 cup mixed fruit salad with Nut bar
- Acai bowl topped with sliced fruit, nuts and granola