



Nutrition Ideas for Meals





Peanutty Quinoa Bowls

Ingredients

- 1/2 cup quinoa
- 1 teaspoon olive oil
- 1 small red bell pepper, seeded and diced
- 1 small broccoli crown, broken into florets
- 2 big tablespoons peanut butter
- 1 tablespoon fresh lime juice
- 1 tablespoon water
- 1 teaspoon soy sauce
- 1/2 teaspoon brown sugar
- 1/2 teaspoon freshly grated ginger
- Salt and pepper to taste
- 4 slices baked tofu
- 2 tablespoons chopped roasted peanuts

Instructions

Cook the quinoa in water or vegetable broth according to package directions. While the quinoa is cooking, heat the olive oil in a medium pan over medium-high heat. Add the red pepper and cook for about 3 minutes, until softened. Transfer to a large bowl. Add the broccoli to the pan with 2 tablespoons of water. Cover and steam for about 2 minutes, or until the broccoli is tender. Transfer the broccoli to the bowl with the pepper. Whisk the peanut butter, lime juice, water, tamari, sugar, and ginger in a small bowl. When the quinoa is done, transfer it to the bowl with the veggies and toss everything with the peanut sauce. Season with salt and pepper to taste. Divide the quinoa into 2 bowls, then top each with 2 slices of tofu and a tablespoon of chopped peanuts.

Or use tofu pieces....



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Veggie Chilli

Ingredients

- 1 tablespoon sunflower oil
- 1 medium yellow onion, diced
- 1 cup shredded carrots
- 1-2 jalapeño peppers, stemmed, seeded, and chopped
- 3 garlic cloves, chopped
- 1/2 cup bulgur, rinsed
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 cups diced fresh tomatoes (about 2 medium or 6 plum tomatoes)
- 1 1/2 cups tomato sauce
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 1/2 (15-ounce) cans black beans, drained and rinsed
- 1 1/2 teaspoons salt, or to taste
- Chopped fresh coriander

Preparation

1. Heat the oil in a large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.
2. Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of coriander, if desired.



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Black Bean & Wheatberry Chili

1 Tablespoon olive oil
1 yellow onion, chopped
1 bell pepper, chopped
2 carrots, chopped
4 large garlic cloves, pressed
2 teaspoons cumin
2 teaspoon chili powder
1 teaspoon oregano
1/2 teaspoon salt
1/2 teaspoon black pepper
3 cups black beans, cooked (I used dried but feel free to use canned)
1 24 ounce can of diced tomatoes, undrained
2 cups vegetable broth
2 teaspoons cocoa powder
Lime juice
1 1/2 cup cooked wheat berries, cooked
Coriander for garnish, optional

Directions

Heat olive oil over medium in a large pot. Add in the onion, carrots, bell pepper, chili powder, cumin, garlic, salt, and pepper. Cook for about 7 to 10 minutes or until all the vegetables has softened. Next, add in the tomatoes, broth, black beans, and cocoa powder. Bring the chili to a bowl, cover, and reduce to a simmer. Let simmer for 30 minutes. Add wheat berries and let cook for another two minutes.

Remove from heat and squeeze in lime juice.

*To cook 1 1/2 cups of Wheatberries: Rinse 3/4 cup of berries and letting them simmer for 45 minutes or until softened. Use bulgar wheat or cous cous if you can't find wheatberries.



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Lemon Potato & Edamame Salad

1 kg potatoes
500 g edamame beans (fresh shelled soy beans), we use frozen

Marinade

4 tbsp olive oil
1/2 organic lemon (juice and peel)
2 tbsp hemp seeds (or sesame seeds)
salt & pepper

Directions

Boil the potatoes and set aside. Boil some water and pour it over the frozen edamame beans, let them soak for a couple of minutes and then remove the shell. Mix the marinade and cut the potatoes in medium size pieces. Mix potatoes, edamame beans and the marinade in a bowl and serve on a big plate, or bring it in a picnic-box!



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Black Bean Salad

Ingredients

For the Dressing:

- 1 small clove garlic
- Pinch salt, plus 2 teaspoons
- Juice 1 1/2 limes (about 3 tablespoons)
- 2 teaspoons salt
- 1/4 teaspoon chili powder
- 1/4 cup extra-virgin olive oil

For the Salad:

- 1 cup fresh corn kernels (from about 2 ears)
- 1 orange bell pepper, diced
- 1/2 small red onion, finely chopped (about 1/4 cup)
- 1 tablespoon extra-virgin olive oil
- 1 (15-ounce) can black beans, drained and rinsed
- Salt
- Freshly ground black pepper
- 1 cup cherry tomatoes, halved
- 1 small avocado, halved, seeded and diced
- 1/4 cup chopped fresh coriander

Directions

Make the dressing: Smash the garlic clove, sprinkle with a pinch of the salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste. Whisk the garlic paste, lime juice, salt and chili powder together in a bowl. Gradually whisk in the olive oil, starting with a few drops and then adding the rest in a steady stream.

For the salad: Cook the corn, bell pepper, and onions in the olive oil until beginning to brown over medium-high heat in a skillet. Toss in the black beans and cook until warm. Add the dressing and toss to coat evenly. Adjust seasoning with salt and pepper. Remove from the heat and gently fold in the tomatoes, avocado, and coriander. Serve.



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Protein Shake

INGREDIENTS

- 1 6-ounce can pineapple juice
- 4 ounces non-fat soy yogurt
- 1 cup frozen strawberries
- 1 16-ounce can cannellini beans, rinsed and drained
- 1 tsp golden syrup
- 3/4 tsp ground ginger
- 1/4 tsp ground nutmeg

PREPARATION

Place the pineapple juice, soy yogurt and berries in a blender and blend until smooth. Add Beans, syrup, ground ginger and nutmeg. Blend, scraping the sides as needed. Serve well chilled. Makes 4 vegetarian protein shakes.



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Stir Fry

Ingredients (Makes 4 servings):

- ½ cup dry basmati rice
- 1 cup reduced-sodium vegetable broth
- 2 tsp dark sesame oil
- ½ yellow onion, chopped
- 12oz package of firm tofu, chopped
- 10oz package frozen mixed vegetables (thawed)
- 1 cup chopped peppers (red and green)
- 4 cloves garlic, minced
- ½ cup frozen shelled edamame, thawed
- 1 square inch of ginger, minced (or more if you love ginger!)
- 4 Tbsp reduced-sodium soy sauce
- ¼ cup of chopped coriander
- 1 small head of kale, chopped or torn
- ¼ cup sunflower seeds

Directions

Cook brown basmati rice according to package directions, substituting vegetable broth for water. While cooking, heat sesame oil in a wok on medium-high heat, add the garlic and onion. Sauté for 2 minutes, and then add the tofu, stirring frequently until browned. Next, add the ginger, mixed vegetables, edamame, peppers, soy sauce or tamari, and cilantro and stir. Once the rice is done cooking, add the rice to the vegetable mixture, turn heat to low, add salt, pepper, and extra soy sauce or tamari if desired, and cover for 5-10 minutes. While rice mixture is on low, steam kale and then toss with sunflower seeds.

Divide into four portions, serve the un-fried rice along side the kale, and enjoy!



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Wrap

1 onion, chopped
1 bell pepper, seeded and chopped
4 ounces sliced mushrooms
½ can of sweetcorn, rinsed and drained
8 ounces roasted red bell pepper hummus
2 large whole grain wraps
½ can black beans, rinsed and drained
1 roasted chilli pepper, cut into strips
½ package fresh spinach

PREPARATION

Pre-heat oven to 450 degrees. Sauté the onion until translucent. Add the bell pepper and cook for 2–3 minutes. Add the mushrooms and corn. Spread a layer of hummus on the wrap. Add the sautéed vegetables, beans, chili strips, and fresh spinach. Roll into a burrito. Place on a baking sheet, seam side down, and bake for 8–10 minutes. Serve the wrap warm, and top with guacamole and salsa.



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White Bean Salad

INGREDIENTS

2 cans White Butter Beans, rinsed and drained
1 can of cannelloni beans, rinsed and drained
1/2 pound small Roma or plum tomatoes, chopped
1/2 cup fresh basil leaves, torn into 1/2-inch pieces
1 tsp coarse sea salt or
ground black pepper
1/4 cup good quality olive oil
3 cloves garlic, pressed

PREPARATION

Combine beans, tomatoes, basil, and salt in a bowl, and season with pepper. Heat oil in a pan over medium heat. Add garlic, and cook, stirring, until fragrant but not browned, just a minute or two. Pour olive oil and garlic mixture over beans and tomatoes, and toss gently to combine. Allow the bean salad to stand 30 minutes before serving to allow the flavors to meld. Salad can be covered and kept at room temperature up to 4 hours. Makes six servings of white bean salad.



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