

MATT GARDNER NUTRITION

**Weekday
Breakfasts
&
Smoothies**

**Snack
Recipes**

**Bought
Snacks**

OUTLINE

Tier 1:

- Breakfast options that are quick and easy to make during weekdays.
- Snack options that are quick and easy to make during weekdays.

Tier 2:

- Bought snack foods when time is limited.

OVERNIGHT OATS

Kit:

A scale to measure ingredients, a large bowl to mix ingredients in, a jar or tupperware to store.

Ingredients:

200g oats, 2 scoops protein powder, 1 tbsp cacao powder, 100g greek yoghurt, 200ml of milk (skimmed or semi-skimmed), 1 handful of mixed nuts.

Additional Ingredients - 1 banana, chopped, 1 tbsp of peanut butter.

Method:

1. Add the oats, protein powder and cacao powder to a large bowl and mix well.
2. Add the greek yoghurt, milk and nuts and mix well.
3. Pour into a jar or tupperware or container and store overnight in the fridge (store in separate containers if you want to split into two or three portions).
4. Take out and add the chopped banana pieces and nut butter fresh on top on the day.

Nutrition - 1536 kcal, 92g protein, 190g carbohydrates (32g fibre, 33g sugar), 46g fat (13gsaturated fat.) Split into 2 portions, each portion = 768 kcal and 46g protein.

[Recipe from Rugby Grub click here for video](#)

YOGHURT 5 WAYS

Ingredients*

1 banana, 50g berries (fresh or frozen), 150ml of Greek yogurt, 1 tbsp of granola, 3-5 walnuts (any nut you like.)

Method:

1. Peel and mash half the banana with the berries and yoghurt.
2. Spoon into a bowl and top with the remaining banana (sliced), granola and nuts.

Nutrition - 397 kcal, 23g protein, 14g fat, 40g carbs, 9g fibre.*Double the portion and take it with you for a large snack during the day.

Variations:

Blueberry and almond - use blueberries as the berry option and add a tbsp of almond butter.

Strawberry and pecan - use strawberries and pecans.

Raspberry and coconut - use raspberries and 1 handful of desiccated coconut or coconut flakes.

Protein powder - mix in a scoop of your protein powder.



PROTEIN PANCAKES

1.0

Kit - blender, frying pan.

Ingredients:

1 banana, 1 egg, 30g self-raising flour, 60ml semi-skimmed milk, 1 scoop protein powder, 1 tbsp peanut butter

Additional ingredients:

Add 1 tsp of butter, olive oil or coconut oil to the pan to cook the pancakes. Consider adding 100g mixed berries, slices of fresh banana, 1 tsp of honey or maple syrup, 1-2 tbsp of greek yoghurt.

Method:

1. Blend all of the ingredients together well.
2. Heat a non-stick frying pan and add the tsp of fat
3. Swill around in the pan and once hot add portions of the mixtures.
4. Flip when you see bubbles on top.

Nutrition - pancake mix with 1 tsp of butter to cook, roughly 550-600 kcal. It depends on the brand of protein powder and nut butter. Remember to factor in additional toppings.



BANANA PANCAKES

Kit - blender, large bowl, frying pan.

Ingredients:

1 banana, 2 egg, 1/2 cup of oats, 1 tsp cinnamon, 1-2 splashes of milk or water.

Additional ingredients:

Add 1 tsp of butter, olive oil or coconut oil to the pan to cook the pancakes. Consider adding 1-2 handfuls of blueberries, slices of fresh banana, 1 tsp of honey or maple syrup, 1-2 tbsp of greek yoghurt.

Method:

1. Blend all of the ingredients together well.
2. Heat a non stick frying pan and add the tsp of fat
3. Swill around in the pan and once hot add portions of the mixtures.
4. Flip when you see bubbles on top.

Nutrition - pancake mix with 1 tsp of butter to cook, roughly 500-550 kcal.

Remember to factor in additional toppings.



PROTEIN PANCAKES 2.0

Kit - blender, frying pan.

Ingredients:

1 banana, 1 egg, 1-2 splashes of milk, 1 scoop of protein powder, 1 tsp baking powder, 7 tbsp oats.

Method:

1. Blend all of the ingredients together well.
2. Heat a non-stick frying pan and add the tsp of butter.
3. Swill around in the pan and once hot add portions of the mixture.
4. Flip when you see bubbles on top.

Nutrition - roughly 550 kcal depending on protein powder and type of cooking fat used.

BANANA & OAT SMOOTHIE

Kit - a blender

Ingredients:

250ml milk*, 1 banana, peeled and chopped, 1 tbsp
oats, 1/2 tsp cinnamon, 1 tbsp nut butter (peanut,
almond), 75g of berries (fresh or frozen), 1 handful of
ice

Nutrition - 337 kcal, 13g protein, 45g carbs (6g fibre),
10g fat

Additions:

1 scoop of protein powder.

Double the quantities to make more of a calorie dense
shake.

*nutrition will depend on type of milk used.

RASPBERRY SMOOTHIE

Kit - blender

Ingredients:

100g frozen raspberries, 250ml milk, 2 tbsp greek yoghurt, 1/2 banana, 1 scoop protein powder, 1 handful of ice.

Nutrition - 357 kcal*, 37g protein, 39g carbohydrates (8g fibre, 25g sugar), 3g fat.

Additions:

Double the quantities to make more of a calorie dense shake on harder or longer training days.

*nutrition will depend on the type of milk used.



MENS HEALTH
BANANA BREAD

ANITA BEAN
BANANA BREAD

BODY COACH
MUFFINS

BOUGHT SNACKS

33 Fuel Protein Bar

(use matt10 at checkout)

33 Fuel Energy Bar

(use matt10 at checkout)

Prime Protein Salami

Awesome Supplements Protein Bar

Kefir

Protein Pow Cookie Dough

Chia Charge Flapjack

Mixed Nuts, Seed, Fruit Mix

(available at various supermarkets)

Dark chocolate (many brands available 70% +)

Lizi Granola

ADDITIONAL CONSIDERATIONS

Seeds - Flax seeds and chia seeds

Quinoa & Lentils pack

(Available in most supermarkets.)

Herbal and Fruit Teas

Coffee

Crukafe

Protein Powders

Plant-based 33 Fuel

(matt10 for 10% off first order)

Plant and Whey based Motion Nutrition

(matt10 at checkout for 10% off.)

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