



yep, I'm inside!

SMART SNACKING

RECIPE BOOK ©

to fuel your goals

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Hey! I'm Ali,

Jakara Anthony
winning GOLD at the
Winter Olympics
Beijing 2022

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I'm an Advanced Sports Dietitian dedicated to helping motivated teenage athletes take their performance to the next level with nutrition. My dedication to teens and fuelling their goals stems from both my personal journey and professional expertise.



In my 20s, while training for a marathon, I experienced the negative effects of under-fuelling, despite my knowledge of sports nutrition. Determined to improve my health and running performance, I delved further into the science of under-fuelling and performance nutrition. Making adjustments to my eating and fuelling habits resulted in significant improvements in both areas.

This experience taught me that even someone who knows a lot about eating for sports can struggle with getting it right. I realised that many other athletes must be having a tough time too!

Unfortunately, I wasn't wrong...

Throughout my career, I've worked with hundreds of elite Australian athletes, witnessing how under-fuelling affected their health, well-being and performance too.

During this time I also embraced motherhood while raising three active kids/teens. This inspired me to shift my focus towards educating Australia's younger athletes, helping them to lead happy and healthy lives while confidently pursuing their sporting goals.

Enter...Fuel School!

A sports nutrition hub for teenage athletes who are motivated to take their performance to the next level with nutrition.



Fuel School helps teenage athletes like you to:

- End the cycle of under-fuelling, under-recovering and under-performing.
- Develop the confidence to know what foods are best to give you energy and build muscle.
- Arm yourself with a secret weapon to fuel your difference and stay one step ahead of your competition.
- Support recovery and keep your body strong and fuelled so that you don't get sick or injured.
- Confidently build and adapt your eating plan to your training and competition goals.
- Develop a game day, competition and tournament fuelling plan, including confidently eating when nerves strike!
- Have fun with your fuelling plan and enjoy all the foods you love!

This mini eBook contains 4 snack recipes and a shopping list, together with my top recommended supermarket products. It not only offers you a taste of my awesome recipes 😊 but also demonstrates how easy and enjoyable it can be to fuel your goals.

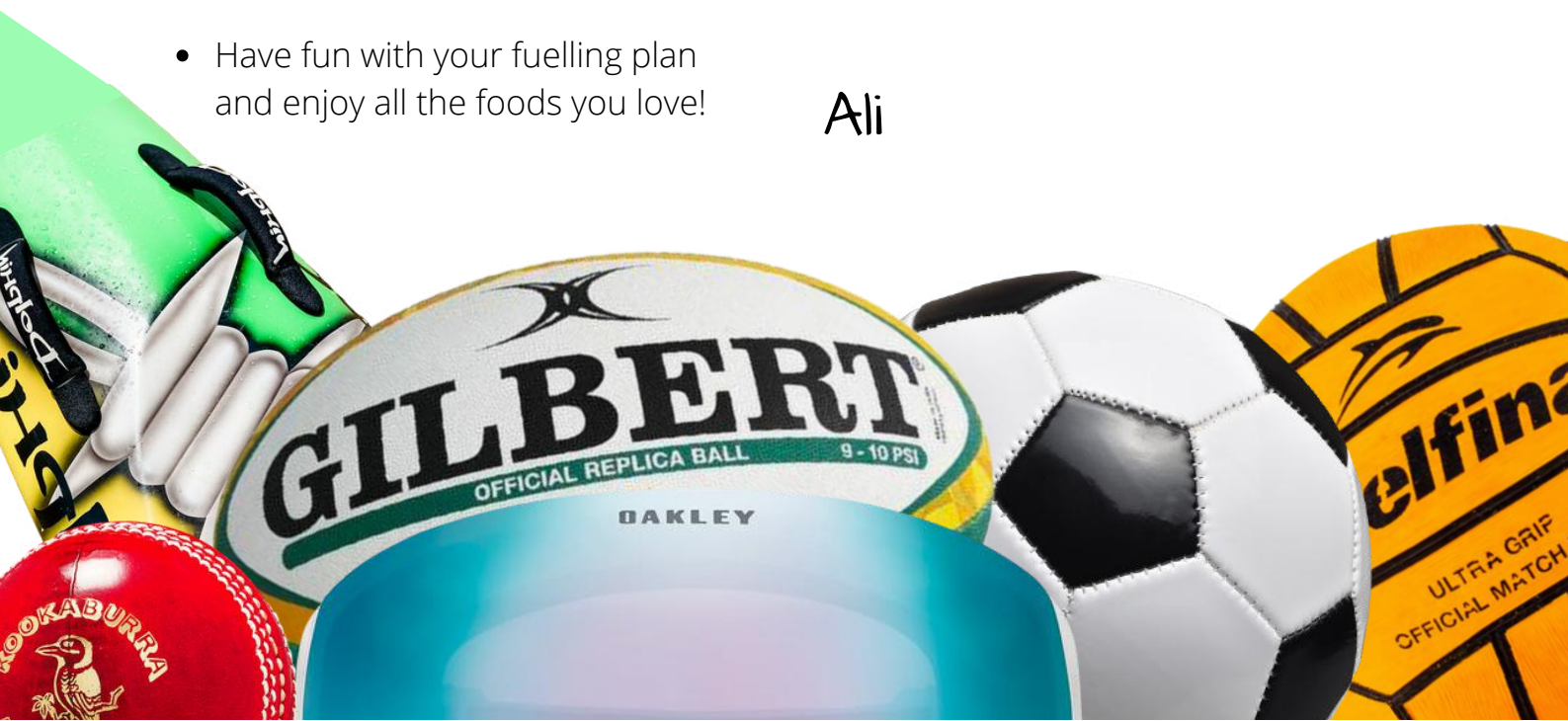
To learn from me further, here's how I can help you:

- Be sure to follow me on Instagram ([@alimiles_dietitian](https://www.instagram.com/alimiles_dietitian)) for daily inspiration and education.
- Explore '[Fuel School](#),' my performance nutrition hub and learn how to take your performance to the next level with the same tools, tips and frameworks as the elite athletes

I can't wait to show you what you can achieve through the power of performance nutrition.

Fuel YOUR goals,

Ali



recipe
overleaf!



Banana Choc

Chip Muffins



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Ingredients:



Method:

- 01** Preheat the oven to 180C. In a bowl, whisk together the flour, baking soda, salt and spices. Set aside. Line a muffin tin with liners.
- 02** In a large bowl, whisk the egg and brown sugar together until smooth and no lumps remain. Add in vanilla extract, olive oil and bananas, whisking again until combined.
- 03** Gradually add in dry ingredients, mixing until just incorporated. Stir in the milk and mix until just combined. Fill each muffin liner 2/3 of the way full with batter (I use a 1/4 cup measure to get the muffins to be of equal size).
- 04** If you'd like, you can place a very thinly sliced banana on top of the muffin before baking.
- 05** Bake for 15-17 minutes, or until tops are no longer wet and become slightly golden. Remove and allow to cool.



*Extra virgin olive oil

Chocolate

Weet-bix Slice



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Ingredients:



Method:

- 01 Place all ingredients except the chocolate in a food processor and blitz until well combined
- 02 Press it evenly into a small square tin (lined with damp and scrunched baking paper).
- 03 Melt the dark chocolate and spread a thin layer over the top.
- 04 Refrigerate for 2 hours and then slice.



Apricot

Bliss Balls



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Ingredients:



Method:

- 01** In a small bowl, combine chia seeds and 1/4 cup of water. Allow the mixture to stand for 10 minutes, stirring occasionally, until it thickens.
- 02** Transfer the chia mixture, apricots, oats, honey and 1 cup of coconut to a food processor. Process the ingredients until they are thoroughly combined and form a thick paste-like consistency.
- 03** Place the remaining coconut in a separate bowl. Take a teaspoon of the mixture and shape it into a ball. Roll the ball in the coconut, lightly coating it. Place the coated ball on a plate. Repeat this process with the remaining mixture and coconut.
- 04** Refrigerate the balls until they become firm.



Overnight oats

made your way



add fruit
of preference



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Ingredients:



Method:

- 01 Add all ingredients to a bowl and stir to combine.
- 02 Refrigerate overnight
- 03 Stir to refresh mixture & spoon into individual containers or bowls
- 04 Top with berries, nuts or seeds & drizzle with maple syrup as desired

TIP: make these ahead of time and eat over the next few days - before training, for breakfast, in the car, at school or work or after training.





Ingredient Glossary & Shopping List



Ingredient Glossary

whole-grains



Packed with fuelling carbs, fibre and vital nutrients, whole-grains provide sustained energy, aid digestion, and support muscle function and recovery. Including whole-grains fuels both your body and brain and boosts overall health for peak performance.

greek yoghurt



Yoghurts are fermented dairy products and are a source of many nutrients including protein and calcium which are important for maintaining bone and overall health. Products that contain probiotic strains are backed by evidence in their ability to support a healthy gut.

nuts/seeds



For athletes, nuts and seeds offer potent anti-inflammatory properties, supporting recovery, reducing muscle soreness, and promoting joint health. These nutrient-rich additions enhance performance and support overall well-being.

dried fruit



Dried fruits are a fantastic source of fuel for athletes, thanks to their high carbohydrate content. They provide quick and sustained energy to power through training. Plus, their fibre content supports digestion and overall well-being, making them an excellent choice for an athlete to optimise performance.

EVOO*



EVOO benefits athletes with its potent anti-inflammatory properties, aiding in faster recovery, improved performance, and increased endurance. It's natural antioxidants, like oleocanthal, reduce muscle and joint discomfort, while promoting cardiovascular health.

*extra virgin olive oil

*Some brands provided as suggestions only - home-brand and brand products alike. Choose an option which suits you & your circumstances (i.e. budget)

Shopping list:



DAIRY

- ☐ Greek Yoghurt
- ☐ Milk of choice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WHOLE GRAINS

- ☐ Weet-bix
- ☐ Rolled Oats
- ☐ Wholemeal Flour
- ☐ _____
- ☐ _____
- ☐ _____

PRODUCE

- ☐ Bananas (x3)
- ☐ Apple (x1)
- ☐ Berries of choice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HEALTHY FATS

- ☐ EVOO
- ☐ Pepitas
- ☐ Chia seeds
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LEAN PROTEINS

- ☐ Eggs
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHERS

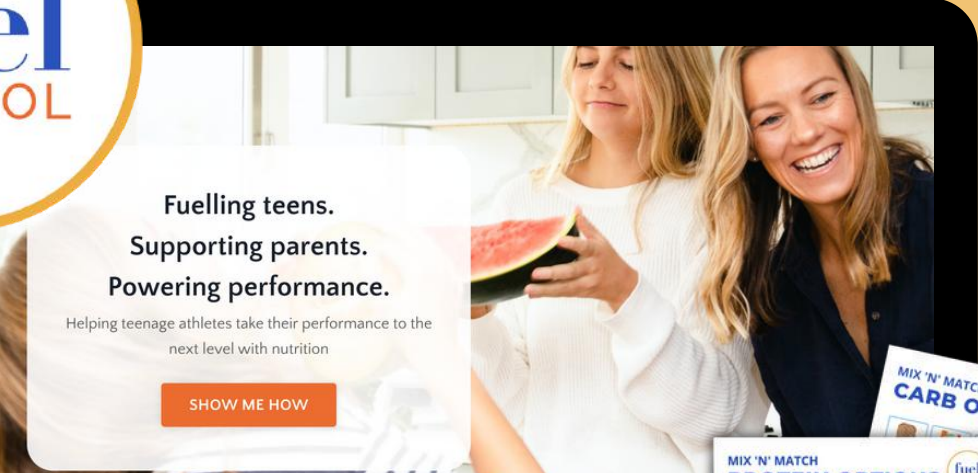
- ☐ Cinnamon spice
- ☐ Coconut (fine)
- ☐ Chocolate block
- ☐ Honey/Maple
- ☐ Cocoa powder
- ☐ Bicarb-Soda
- ☐ Brown sugar
- ☐ Vanilla extract
- ☐ Chocolate chips
- ☐ Salt
- ☐ Pitted Dates
- ☐ Dried Apricots



A note from Ali: print me out & take me shopping with you, or for ease of things bring me up on your phone also..



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**Fuelling teens.
Supporting parents.
Powering performance.**

Helping teenage athletes take their performance to the next level with nutrition

SHOW ME HOW




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**PERFORMANCE
LUNCHBOX**
BUILD-A-LONG GUIDE

to fuel your goals



**MIX 'N' MATCH
PROTEIN OPTIONS**



**MIX 'N' MATCH
CARB OPTIONS**

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Important note about this guide

This guide contains general information only and is not personal medical or nutritional advice. This guide does not take into account any individual's objectives, health situation or needs. Before acting on any information in this guide, you should consider the appropriateness of the information provided having regard to your objectives, health situation and needs. In particular, you should seek independent medical and/or nutritional advice before acting on any information in this guide.

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Hey there!

**Thank you for downloading our
Smart Snacking Recipe Book to help
fuel your goals.**

If this is just the beginning of your
fuelling journey and you would like
more support, please don't hesitate to
get in touch.

This recipe was created by the Fuel
School Team of Accredited Practising
Dietitians and Accredited Sports
Dietitians.

Be sure to stay up to date with all
things Fuel School related by
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