

PERFORMANCE NUTRITION

KBAR

COACHING

THE PERFORMANCE COOKBOOK

HIGH-PERFORMANCE RECIPES FOR REAL RESULTS

• MACRO TRACKED • MEAL PREP READY • BUILT TO PERFORM •

WHAT'S INSIDE

01	ADJUSTING RECIPES Understanding macros and how to customise every meal	Guide
02	SIMPLE BREKKY MEALS Overnight oats, baked oats, protein pancakes & more	8 Recipes
03	PREP MEALS Batch-cook lunches and dinners built for the week	12 Recipes
04	SLOW COOKER MEALS Set-and-forget high-protein bulk cook recipes	3 Recipes
05	MAKE FRESH MEALS Quick-cook meals ready in under 20 minutes	7 Recipes
06	PRE WORKOUT MEALS Timed nutrition for maximum performance	5 Recipes
07	DESSERT OPTIONS High-protein sweets that fit your macros	5 Recipes
08	SAUCES, SNACKS & TIPS Seasonings, tracking shortcuts, and smart snack choices	Reference

ADJUSTING RECIPES

Every recipe in this book is designed to be adjusted to your specific macro targets. At the top of each recipe you'll find colour-coded macro indicators – once you understand how to read them, you can customise any meal to hit your numbers precisely.

**CALORIES**

Total energy content per serve

**PROTEIN**

Your primary muscle-building macro

**CARBOHYDRATES**

Energy and performance fuel

**FAT**

Hormones, satiety and recovery

HOW TO ADJUST ANY RECIPE

Each ingredient in this book has its macro contribution listed beside it. To adjust a recipe, simply identify the primary macro source for the nutrient you want to change, then increase or decrease that ingredient. For example: oats are the main carbohydrate in overnight oats – increase oats for more carbs, decrease them to reduce carbs. WPI is the primary protein source – adjust its quantity to hit your protein target.

SWAPPING MACRO SOURCES

Protein, carbohydrate, and fat sources can be interchanged across recipes. Don't enjoy oats as a carb source? Swap to weetbix, rice, or sweet potato. Peanut butter not your preference? Use Nutella, almond butter, or avocado. The macro source you choose ultimately comes down to your preference and your calorie budget.

SECTION 02

SIMPLE BREKKY MEALS

START STRONG – FUEL THE MORNING RIGHT

SIMPLE BREKKY MEALS

BANANA BREAD BAKED OATS

PREP 5 min · COOK 30–40 min · METHOD Oven / Air Fryer

~420 kcal
CALORIES32 g
PROTEIN48 g
CARBS8 g
FAT

INGREDIENTS

• Blended oats or oat flour	60g
• Egg	1 large
• Low fat yogurt	100g
• Baking powder	1 tsp
• Vanilla WPI protein powder	30g
• Unsweetened almond milk	60ml
• Ripe banana, mashed	1 medium
• Cinnamon (to top)	to taste

METHOD

- 1 In a glass meal prep container, combine blended oats, vanilla WPI, baking powder, mashed banana, egg, yogurt, and almond milk.
- 2 Whisk until fully combined into a smooth batter.
- 3 Bake at 180°C for 30–40 minutes, adjusting time based on the depth of your container.
- 4 Remove and dust generously with cinnamon before serving.

PRO TIP

Add chocolate chips or crushed almonds for extra texture — just track the additional macros if your calorie budget allows it.



SIMPLE BREKKY MEALS

FRITTATA

PREP 5 min · COOK 20 min · METHOD Oven / Air Fryer · MEAL PREP ×5

~280 kcal
CALORIES

26 g
PROTEIN

6 g
CARBS

16 g
FAT

INGREDIENTS

- Eggs 2 large
- Shaved ham 60g
- Baby spinach 30g
- Cherry tomatoes, halved 80g
- Reduced fat feta 25g
- Salt and pepper to taste

METHOD

- 1 Whisk together 2 eggs and season with salt and pepper.
- 2 Pour egg mix into a glass meal prep container. Add ham, spinach, and tomato.
- 3 Crumble feta over the top.
- 4 Cook in oven or air fryer at 180°C for 20 minutes until set and golden.

MEAL PREP TIP

Scale this recipe ×5 using a large glass container. Cook everything at once, divide into 5 containers, and reheat throughout the week.



SIMPLE BREKKY MEALS

BERRY & CINNAMON OVERNIGHT OATS

PREP 5 min · CHILL Overnight · KEEPS 5 Days

~380 kcal
CALORIES

34 g
PROTEIN

42 g
CARBS

7 g
FAT

INGREDIENTS

• Rolled oats (blended for better texture)	70g
• Chia seeds	10g
• Powdered peanut butter (PB2)	15g
• WPI protein powder	30g
• Water	to consistency
• Mixed berries (frozen)	80g
• Sugar-free maple syrup	10ml
• Cinnamon	to taste

METHOD

- 1 In a container, combine oats, chia seeds, powdered peanut butter, and WPI.
- 2 Gradually add water, stirring until you reach a cookie-dough-like consistency.
- 3 Top with berries, sugar-free maple syrup, and cinnamon.
- 4 Seal and refrigerate overnight. Stays fresh for up to 5 days.

TEXTURE TIP

Use frozen berries for convenience – they thaw overnight in the fridge. Blending the oats first transforms the consistency from grainy to smooth and creamy.



SIMPLE BREKKY MEALS

PROTEIN PANCAKES

PREP 5 min · COOK 10 min · METHOD Stovetop

~390 kcal
CALORIES

33 g
PROTEIN

44 g
CARBS

7 g
FAT

INGREDIENTS

• Blended oats or oat flour	60g
• Egg	1 large
• Baking powder	1 tsp
• Vanilla WPI protein powder	30g
• Unsweetened almond milk	80ml
• Banana, sliced (topping)	½ medium
• Sugar-free maple syrup	10ml
• Cinnamon	to taste

METHOD

- 1 In a bowl, whisk together oat flour, WPI, baking powder, egg, and almond milk into a smooth batter.
- 2 Heat a non-stick pan over medium heat. Pour batter into rounds.
- 3 Cook until bubbles form and pop on the surface, then flip and cook for 1-2 minutes.
- 4 Stack and top with banana, maple syrup, and cinnamon.

TOPPING IDEAS

Banana is just the base example. Try blueberries, chocolate chips, or strawberries – just track whatever you choose to keep your macros accurate.



SIMPLE BREKKY MEALS

BREAKFAST BURRITO

PREP 5 min · COOK 15 min · METHOD Air Fryer + Sandwich Press

~480 kcal
CALORIES

36 g
PROTEIN

40 g
CARBS

16 g
FAT

INGREDIENTS

- Eggs (cooked to preference) 2 large
- Bacon rashers 2 rashers
- Hashbrown (air-fried) 1 piece
- Baby spinach 20g
- BBQ sauce (low cal) 15g
- Large wrap 1

METHOD

- 1 Cook the hashbrown in the air fryer at 200°C for 15 minutes until golden.
- 2 Cook eggs however you prefer — scrambled, fried, or folded omelette.
- 3 Pan-fry bacon until crisp. Lay out wrap and load with eggs, bacon, hashbrown, spinach, and BBQ sauce.
- 4 Roll tight and toast on a sandwich press until sealed and golden.

CALORIE-SAVING SWAP

Swap hashbrown for spud lite potatoes (air-fried) to save calories. For meal prep, wrap in foil and reheat on the sandwich press. Add sauce at serving time to prevent soggy wraps.



SIMPLE BREKKY MEALS

HASH BOWLS

PREP 5 min · COOK 20 min · MEAL PREP ×5

~450 kcal
CALORIES

42 g
PROTEIN

32 g
CARBS

14 g
FAT

INGREDIENTS

• Spud Lite potatoes, diced	200g
• Lean beef mince (5% fat)	150g
• Eggs	2 large
• Mingles seasoning	10g
• Reduced fat grated cheese	20g
• Salsa (low cal)	30g

METHOD

- 1 Dice spud lite potatoes and cook in air fryer at 200°C for 20 minutes until golden and crispy.
- 2 Meanwhile, cook beef mince in a pan. Add Mingles seasoning once browned.
- 3 Scramble eggs into the mince pan and cook through, or cook separately.
- 4 Assemble: potatoes on base, top with beef and egg, finish with cheese and salsa.

MEAL PREP TIP

Cook one full pack of beef mince at once and split into 5 serves. Scramble eggs directly into the mince to speed up the process – just distribute evenly across 5 containers.



SIMPLE BREKKY MEALS

HIGH PROTEIN QUICHE

PREP 10 min · COOK 35 min · MEAL PREP ×5

~420 kcal
CALORIES

38 g
PROTEIN

30 g
CARBS

12 g
FAT

INGREDIENTS

• Sweet potato, small cubes	150g
• Lean beef mince	150g
• Eggs	2 large
• Cherry tomatoes	60g
• Baby spinach	25g
• Old El Paso stand & stuff boats	2 boats

METHOD

- 1 Cube sweet potato and air fry at 200°C for 18 minutes.
- 2 Brown beef mince in a pan.
- 3 Whisk 2 eggs. Load tortilla boats with tomato, spinach, sweet potato, and beef mince.
- 4 Pour whisked egg over the top. Air fry at 180°C for 17 minutes until egg is set.

BATCH COOK TIP

Cook 1 full pack of mince and 750g of sweet potato at once. Fill and cook tortilla boats fresh each meal from pre-cooked components. Top with any low-cal sauce of your choice.



SIMPLE BREKKY MEALS

SMOOTHIE BOWL

PREP 5 min · BLEND 2 min · NO COOK Assembly

~320 kcal
CALORIES

18 g
PROTEIN

38 g
CARBS

10 g
FAT

INGREDIENTS

- Mixed berries (frozen or fresh) 150g
- Water to blend
- Peanut butter 15g
- Honey 10g

METHOD

- 1 Add berries and water to a blender. Adjust water quantity to achieve a thick, spoonable consistency.
- 2 Blend until smooth – frozen berries give a thicker result than fresh.
- 3 Pour into a bowl. Top with peanut butter and honey.
- 4 Serve immediately.

VOLUME TIP

Skipping yogurt gives you more volume for the same calories. Other fruits like banana work well. The thicker the blend, the better the bowl – use as little water as your blender needs.

SECTION 03

PREP MEALS

BATCH COOK · DIAL IN YOUR MACROS · DOMINATE THE WEEK



PREP MEALS

VETTA PROTEIN PASTA

PREP 5 min · COOK 25 min · SERVES 4

~520 kcal
CALORIES

48 g
PROTEIN

52 g
CARBS

10 g
FAT

INGREDIENTS

• Vetta protein pasta (full bag)	250g
• Lean beef mince	500g
• Brown onion, diced	1 medium
• Baby spinach	60g
• Canned crushed tomatoes	800g tin
• Reduced fat feta or cheese	80g total
• Garlic, paprika, onion powder	to taste

METHOD

- 1 Cook the full bag of Vetta protein pasta per packet instructions. Drain and set aside.
- 2 Brown beef mince in a large pan. Add onion, garlic, paprika, and onion powder.
- 3 Add spinach and crushed tomatoes. Simmer for 5 minutes.
- 4 Divide pasta evenly into 4 containers. Top with beef sauce and crumble feta over each.

MACRO NOTE

Recipe values shown are per serve (¼ of the batch). The 1:1 ratio of pasta to mince to canned tomato makes scaling simple — one pack of each gives exactly 4 meals.



PREP MEALS

CHICKEN FRIED RICE

PREP 10 min · COOK 20 min · METHOD Stovetop

~480 kcal
CALORIES

44 g
PROTEIN

54 g
CARBS

6 g
FAT

INGREDIENTS

• Chicken breast, diced	200g
• Cooked jasmine rice	150g
• Frozen veggie mix (peas, corn, carrot)	100g
• Egg, whisked	1 large
• Soy sauce	15ml
• Sriracha (optional)	to taste

METHOD

- 1 Cook rice per packet instructions and set aside.
- 2 Dice chicken and cook in a pan over high heat until golden brown.
- 3 Add frozen veggies to the pan and mix through until thawed.
- 4 Add rice, then pour whisked egg over the top. Add soy sauce and sriracha. Mix and cook until egg sets through.

SCALING

This recipe scales perfectly. Simply multiply every ingredient by the number of meals you want to prep. Use day-old cold rice for best fried rice texture.



PREP MEALS

TACO BOWL

PREP 5 min · COOK 15 min · SERVES 4 – scale ×4

~510 kcal
CALORIES

42 g
PROTEIN

52 g
CARBS

12 g
FAT

INGREDIENTS

• Lean beef mince	125g
• Mingles Mexican seasoning	7.5g
• Jasmine rice (cooked, Sun Rice cup)	1 cup
• Canned black beans (rinsed)	60g
• Avocado	½
• Cherry tomatoes, halved	60g
• Salsa	30g

METHOD

- 1 Cook beef mince in a pan over medium-high heat until browned.
- 2 Add Mingles seasoning and stir through. Cook for 1-2 more minutes.
- 3 Microwave rice cup for 90 seconds.
- 4 Assemble bowl: rice base, beef, beans, tomato, avocado. Top with salsa.

SCALING TIP

The mince (125g) is ¼ of a standard 500g pack. Scale ×4 to use a full pack, buying 2 avocados for zero wastage. Beans are ¼ of a can – prep 4 bowls in one cook.



PREP MEALS

SWEET POTATO BEEF BOWL

PREP 5 min · COOK 20 min · METHOD Air Fryer + Stovetop

~460 kcal
CALORIES

40 g
PROTEIN

38 g
CARBS

12 g
FAT

INGREDIENTS

• Sweet potato, cubed	166g
• Lean beef mince (5% fat)	166g
• Mingles seasoning	10g
• Cottage cheese	60g
• Light sweet chilli sauce	15g

METHOD

- 1 Cook sweet potato in the air fryer on 200°C for 20 min.
- 2 Add beef mince to a pan and add Mingles seasoning. Cook until browned.
- 3 Combine sweet potato and beef in a bowl.
- 4 Top with cottage cheese and light sweet chilli sauce.

SCALING TIP

166g of beef mince is $\frac{1}{3}$ of a 500g pack. Buy one pack and multiply everything by 3 to prep 3 meals at once. Add cheese to boost fat macros if needed.



PREP MEALS

NANDO'S CHICKEN & RICE

PREP 5 min · COOK 25 min · METHOD Air Fryer + Stovetop

~490 kcal
CALORIES

46 g
PROTEIN

52 g
CARBS

6 g
FAT

INGREDIENTS

• Chicken breast (raw)	225g
• Sun Rice microwave cup (jasmine)	1 cup
• Red capsicum, sliced	80g
• Brown onion, sliced	60g
• Canned beans (rinsed)	80g
• Nando's peri peri sauce	30g

METHOD

- 1 Place chicken breast in air fryer at 180°C for 15 minutes, flip, then cook 8 more minutes.
- 2 On a hot pan, crisp up onion, capsicum, and beans until slightly charred.
- 3 Microwave rice cup for 90 seconds.
- 4 Assemble rice, veggies, and sliced chicken on a plate. Drizzle with Nando's sauce.

FLAVOUR TIP

Mixing the rice into the veggies at the end of cooking gives it significantly more flavour than plating separately. Beans can also be cooked in the air fryer for a crispier texture.



PREP MEALS

CHICKEN PESTO PASTA

PREP 5 min · COOK 30 min · SERVES 4

~510 kcal
CALORIES

46 g
PROTEIN

50 g
CARBS

12 g
FAT

INGREDIENTS

• Chicken breast	600g
• Vetta protein pasta (full pack)	250g
• Leggos pesto pasta sauce (jar)	1 jar
• Low fat Greek yogurt	240g
• Cherry tomatoes	120g
• Baby spinach	60g

METHOD

- 1 Air fry chicken breast at 180°C for 15 min, flip, then 8–12 more minutes. Shred when done.
- 2 Cook pasta per packet instructions. Drain.
- 3 Mix pesto jar with Greek yogurt in a bowl to create the creamy sauce.
- 4 Combine shredded chicken into the sauce. Plate pasta into 4 containers, top with chicken sauce, tomato, and spinach.

YOGURT TIP

Any low fat Greek or plain yogurt works here – even vanilla Yo Pro gives a surprisingly good result. The yogurt cuts the richness of the pesto and boosts protein significantly.



PREP MEALS

SWEET CHILLI SALMON WITH RICE & VEG

PREP 5 min · COOK 15 min · METHOD Stovetop

~440 kcal
CALORIES

38 g
PROTEIN

46 g
CARBS

10 g
FAT

INGREDIENTS

- Salmon fillet (skin off) 180g
- Sweet chilli sauce 30g
- Green beans, trimmed 80g
- Carrot, finely chopped 50g
- Jasmine rice (cooked) 150g

METHOD

- 1 Pan-fry salmon until crispy on both sides. Add 15g sweet chilli sauce and cook 1 more minute. Remove.
- 2 In the same pan, crisp up green beans and finely chopped carrot.
- 3 Plate rice, top with veggies and salmon. Drizzle remaining 15g sweet chilli sauce.

NOTE

Always use skin-off salmon for this recipe. Vegetables are fully interchangeable — use whatever's in your fridge. Works equally well with steamed broccolini or bok choy.



PREP MEALS

JACKET POTATO

PREP 5 min · COOK 25 min · METHOD Air Fryer + Stovetop

~480 kcal
CALORIES

38 g
PROTEIN

44 g
CARBS

12 g
FAT

INGREDIENTS

• Potato	1 medium
• Salt	pinch
• Lean beef mince	100g
• Cherry tomato	40g
• Brown onion	40g
• Salsa	20g
• Cottage cheese	50g

METHOD

- 1 Poke holes in potato, add salt, wrap in foil. Cook in air fryer at 200°C for 20 minutes.
- 2 While that's cooking, add beef mince, tomato and onion to a hot pan and cook through.
- 3 Cut potato down the middle and place beef mince on top.
- 4 Top with salsa and cottage cheese.

FRESH OR PREP

These taste great fresh but reheat well. Use one pack of beef mince and split the beef mix into 5 serves evenly if batch cooking.



PREP MEALS

CHICKEN GREEK SALAD

PREP 5 min · COOK 23 min · METHOD Air Fryer

~380 kcal
CALORIES

42 g
PROTEIN

12 g
CARBS

16 g
FAT

INGREDIENTS

• Chicken breast (raw)	190g
• Mixed lettuce / spinach	60g
• Cherry tomatoes, halved	60g
• Cucumber, sliced	60g
• Kalamata olives	20g
• Reduced fat feta	30g
• Tzatziki dip	40g

METHOD

- 1 Cook chicken breast in the air fryer on 180°C for 15 minutes then flip and cook for another 8 minutes.
- 2 Chop up all salad ingredients and add to a bowl.
- 3 Slice the rested chicken and place on top.
- 4 Add tzatziki and serve.

SWAP

Chicken weight raw is 190g. Remove any ingredients you don't like and bulk it up with extra lettuce or spinach. Add feta for more fat or spud lite to increase carbs.



PREP MEALS

LO-CAL NOODLE STIR FRY

PREP 5 min · COOK 10 min · METHOD Stovetop

~320 kcal
CALORIES

36 g
PROTEIN

18 g
CARBS

8 g
FAT

INGREDIENTS

• Lean beef mince	125g
• Lo-cal noodles (konjac)	1 pack
• Frozen broccoli	100g
• Frozen carrot	60g
• Teriyaki sauce	30g

METHOD

- 1 Microwave frozen broccoli and carrots until steamed.
- 2 Cook beef mince in a pan until browned.
- 3 Add steamed veggies, lo-cal noodles and teriyaki sauce to the pan.
- 4 Mix over low heat until everything is coated and hot.

VOLUME MEAL

Great for those wanting more food for fewer calories. Beef mince amount is $\frac{1}{4}$ of a packet – cook 4 meals at once using one pack of mince and 4 packs of noodles. Add egg for extra protein.



PREP MEALS

CREAMY CHICKEN NANDO'S PASTA

PREP 5 min · COOK 30 min · SERVES 4

~490 kcal
CALORIES

44 g
PROTEIN

50 g
CARBS

8 g
FAT

INGREDIENTS

• Chicken breast	600g
• Pasta (¼ pack per serve)	250g total
• Canned crushed tomatoes	800g tin
• Cottage cheese	200g
• Nando's peri peri sauce	60g
• Baby spinach	60g

METHOD

- 1 Air fry chicken at 180°C – 15 min each side. Shred when done.
- 2 Boil pasta per packet instructions.
- 3 Blend canned tomatoes, cottage cheese, and Nando's sauce together until smooth.
- 4 Combine sauce, shredded chicken, and pasta. Top with fresh spinach. Divide into 4 containers.

ACCURACY TIP

For precise macro tracking, add each ingredient to your meal prep containers individually before combining – this ensures equal distribution across all 4 serves.



PREP MEALS

TUNA SUSHI BOWL

PREP 5 min · NO COOK Assembly Only · HIGH PROTEIN Low Effort

~460 kcal
CALORIES

46 g
PROTEIN

42 g
CARBS

10 g
FAT

INGREDIENTS

• Cooked jasmine rice (Sun Rice cup)	1 cup
• Tuna in spring water (drained)	2 × 95g cans
• Avocado	½
• Carrot, finely diced	50g
• Cucumber, finely diced	60g
• Low-sodium soy sauce	15ml
• Sriracha (optional)	to taste
• Seaweed sheets (side)	3

METHOD

- 1 Microwave the Sun Rice cup for 90 seconds. Add to bowl as the base.
- 2 Drain tuna and add to the bowl along with carrot and cucumber.
- 3 Slice avocado and arrange over the top.
- 4 Drizzle soy sauce and optional sriracha. Serve with seaweed sheets on the side for scooping.

SWAP OPTION

Not a tuna fan? Shredded chicken or salmon work perfectly here. Eating the bowl by scooping onto seaweed sheets makes this feel like a proper restaurant meal.

SECTION 04

SLOW COOKER MEALS

SET IT · FORGET IT · EAT PREMIUM ALL WEEK



SLOW COOKER MEALS

MEXICAN SLOW COOKED BEEF

PREP 5 min · COOK 3 hrs (high) · SERVES 5

~530 kcal
CALORIES

48 g
PROTEIN

56 g
CARBS

8 g
FAT

INGREDIENTS

- Extra lean beef stir fry strips 1 kg (2 packs)
- Old El Paso black beans (canned) 425g tin
- Doritos salsa 312g jar
- Mingles chipotle seasoning 30g pack
- Smokey chipotle salsa 170g (½ jar)
- Jasmine rice (cooked) 500g raw

METHOD

- 1 Add beef strips, black beans, Doritos salsa, Mingles seasoning, and chipotle salsa to the slow cooker.
- 2 Cook on HIGH for 3 hours.
- 3 Cook rice in a rice cooker separately.
- 4 Distribute rice evenly into 5 containers, then add the beef mix evenly on top.

SUNDAY COOK NOTE

This is a full week's worth of lunches or dinners in one 15-minute setup. The beef becomes incredibly tender and flavourful after 3 hours in the sauce.



SLOW COOKER MEALS

GYG-STYLE BURRITO BOWLS

PREP 5 min · COOK 3 hrs high / 5 hrs low · SERVES 5

~510 kcal
CALORIES

44 g
PROTEIN

54 g
CARBS

8 g
FAT

INGREDIENTS

- Chicken breast 500g
- Old El Paso mexe-beans 425g tin
- Mingles Mexican seasoning 30g pack
- Doritos salsa 312g jar
- Avocado, mashed 1 large
- Rice (cooked) + iceberg lettuce 500g raw + 60g

METHOD

- 1 Add chicken, beans, Mingles seasoning, and Doritos salsa to slow cooker. Cook HIGH 3 hrs or LOW 5 hrs.
- 2 When done, shred chicken directly in the pot with forks and stir through the sauce.
- 3 Mash avocado with optional lime juice, pepper, and salt.
- 4 Assemble into 5 containers: rice, chicken mix, avocado, and lettuce.

NOTE

This tastes identical to GYG at a fraction of the price, with your macros controlled. The chicken shreds effortlessly after slow cooking — no knife needed.



SLOW COOKER MEALS

ONE-POT YELLOW CHICKEN CURRY

PREP 5 min · COOK 3 hrs (high) · SERVES 5

~560 kcal
CALORIES

42 g
PROTEIN

70 g
CARBS

8 g
FAT

INGREDIENTS

- Chicken breast, diced 750g
- Light coconut milk 2 × 400ml tins
- Ayam Thai yellow curry paste 185g jar
- Green beans, trimmed 200g
- Raw jasmine rice 500g

METHOD

- 1 Pour light coconut milk and yellow curry paste into slow cooker. Whisk until combined.
- 2 Add diced chicken breast, raw rice, and green beans. Stir through.
- 3 Cook on HIGH for 3 hours. The rice will absorb the liquid and cook directly in the curry.
- 4 Stir well and distribute evenly into 5 containers.

ONE-POT MAGIC

The rice cooks directly in the curry – no separate pot needed. This is one of the most hands-off, highest-yield meal prep recipes in this book. 5 meals for under 15 mins of actual effort.

SECTION 05

MAKE FRESH MEALS

WHEN YOU WANT IT HOT – BUILT IN UNDER 20 MINUTES



SIMPLE MAKE FRESH MEALS

CHICKEN BURGER & SWEET POTATO FRIES

PREP 5 min · COOK 20 min · METHOD Air Fryer

~580 kcal
CALORIES

44 g
PROTEIN

62 g
CARBS

12 g
FAT

INGREDIENTS

• Shredded cooked chicken breast	100g
• Brioche bun (or low-cal bun)	1
• Coleslaw mix	60g
• Reduced fat feta	20g
• Sauces of choice (low cal)	20g
• Sweet potato, cut into fries	200g

METHOD

- 1 Cut sweet potato into thin fries. Air fry at 200°C for 20 minutes until golden and crispy.
- 2 Assemble burger: layer shredded chicken, coleslaw, feta, and sauces on the brioche bun.
- 3 Serve with sweet potato fries on the side.

CALORIE TIP

Swap the brioche for Thins crackers to save ~100 calories. Batch-cut your sweet potato early in the week – cooking fries fresh from pre-cut potato takes just 20 minutes.



SIMPLE MAKE FRESH MEALS

CHEESEBURGER TACOS

PREP 5 min · COOK 10 min · METHOD Stovetop

~460 kcal
CALORIES

38 g
PROTEIN

34 g
CARBS

14 g
FAT

INGREDIENTS

• Lean beef mince	125g
• Small wholemeal mini wraps	2
• Shredded lettuce	30g
• Cottage cheese	40g
• Low-cal sauces (BBQ, mustard)	20g

METHOD

- 1 Cook beef mince with seasonings of your choice until browned and caramelised.
- 2 Lay out 2 mini wholemeal wraps.
- 3 Add beef mince, lettuce, cottage cheese, and sauces.
- 4 Roll loosely as tacos and serve.

SWAP

Sauces are interchangeable — use whatever low-cal options you enjoy. Works equally well with chicken or tuna. Pickles add great flavour for virtually zero calories.



SIMPLE MAKE FRESH MEALS

LOW-CALORIE PIZZA

PREP 5 min · COOK 15 min · METHOD Oven

~420 kcal
CALORIES

38 g
PROTEIN

38 g
CARBS

10 g
FAT

INGREDIENTS

• Souvlaki bread (base)	1
• Tomato passata / pizza sauce	40g
• Shredded cooked chicken	100g
• Baby spinach	20g
• Red onion, sliced	30g
• Pepperoni slices	20g
• Reduced fat mozzarella	30g

METHOD

- 1 Preheat oven to 180°C. Spread tomato sauce over the souvlaki base.
- 2 Load with shredded chicken, spinach, onion, and pepperoni.
- 3 Top with grated mozzarella. Bake for 15 minutes or until cheese is golden and bubbly.

BASE OPTIONS

A souvlaki base gives the best result. For fewer calories, use a low-carb wrap — it crisps up nicely. Toppings are 100% flexible — use whatever you have or enjoy.



SIMPLE MAKE FRESH MEALS

LOADED FRIES

PREP 5 min · COOK 20 min · METHOD Air Fryer + Stovetop

~490 kcal
CALORIES

40 g
PROTEIN

44 g
CARBS

12 g
FAT

INGREDIENTS

• Spud Lite potatoes, thin strips	200g
• Lean beef mince	166g
• Cherry tomato, diced	40g
• Brown onion, diced	40g
• Mingles seasoning	10g
• Cottage cheese	60g
• BBQ sauce	15g

METHOD

- 1 Cut Spud Lite into thin strips. Cook in air fryer at 200°C for 15–20 minutes.
- 2 Add beef mince, tomato and onion to a pan. When mince is brown add Mingles seasoning.
- 3 Spread beef mix over the fries.
- 4 Top with cottage cheese and BBQ sauce.

PREP TIP

166g of mince is $\frac{1}{3}$ of a 500g pack. Prep 3 lots of the beef, onion and tomato mix and just cook the fries fresh each meal.



SIMPLE MAKE FRESH MEALS

STEAK WITH SALAD & CHIPS

PREP 5 min · COOK 20 min · METHOD Pan + Air Fryer

~480 kcal
CALORIES

46 g
PROTEIN

38 g
CARBS

14 g
FAT

INGREDIENTS

- Lean steak (rump or sirloin) 200g
- Butter (optional, for pan) 5g
- Spud Lite potatoes (chips) 200g
- Mixed salad leaves 60g
- Cherry tomatoes 60g
- Low-cal salad dressing (optional) to taste

METHOD

- 1 Slice Spud Lite thin and air fry at 200°C for 17–20 minutes until golden.
- 2 Heat pan until very hot. Add optional butter and cook steak to your preferred doneness.
- 3 Rest steak 3 minutes before slicing.
- 4 Assemble plate with chips, salad, and sliced steak. Add dressing if using.

DRESSING NOTE

Track any dressing you add. Birch and Waite make excellent low-calorie dressings available at Coles and Woolworths. The salad ingredients are fully interchangeable.



SIMPLE MAKE FRESH MEALS

GREEK STYLE PITA POCKETS

PREP 5 min · COOK Optional toast · METHOD Assembly

~420 kcal
CALORIES

38 g
PROTEIN

38 g
CARBS

10 g
FAT

INGREDIENTS

• Pita pocket or souvlaki bread	1
• Shredded cooked chicken	100g
• Shredded lettuce	30g
• Cherry tomatoes, diced	40g
• Red onion, sliced	20g
• Tzatziki dip	40g

METHOD

- 1 Load a pita pocket with shredded chicken, lettuce, tomato, and red onion.
- 2 Top generously with tzatziki.
- 3 Optional: toast in a sandwich press.
- 4 Serve immediately.

BATCH CHICKEN TIP

Cook a large batch of chicken, shred it all and keep in a container. Pull out and weigh as needed throughout the week. Add feta for more fat, or spud lite to increase carbs.



SIMPLE MAKE FRESH MEALS

CHEESEBURGER & FRIES

PREP 5 min · COOK 20 min · METHOD Pan + Air Fryer

~560 kcal
CALORIES

44 g
PROTEIN

50 g
CARBS

16 g
FAT

INGREDIENTS

• Lean beef mince	166g
• Brioche bun	1
• Light cheese slice	1
• Low-cal sauce (BBQ, mustard)	20g
• Spud Lite potatoes, thinly sliced	200g
• Lettuce, tomato, onion	to taste

METHOD

- 1 Slice Spud Lite potatoes into thin strips. Air fry at 200°C for 15–20 minutes until golden.
- 2 Form beef mince into a ball and smash flat to create a patty. Cook on a hot pan or sandwich press until browned on both sides.
- 3 Add cheese slice on top of patty while still hot so it melts.
- 4 Assemble on brioche bun with lettuce, tomato, onion, and sauces.

PACK OF 3

166g mince is exactly $\frac{1}{3}$ of a 500g pack — make 3 nights of burgers from one pack. Swap brioche for Thins to save ~100 calories if needed.

SECTION 06

PRE WORKOUT MEALS

TIMED NUTRITION – FUEL THE WORK THAT MATTERS



PRE WORKOUT MEALS

CREAM OF RICE

PREP 3 min · COOK 2 min (microwave)

🕒 EAT BEFORE WORKOUT 30 minutes - 1 hour prior

~340 kcal
CALORIES

28 g
PROTEIN

52 g
CARBS

2 g
FAT

INGREDIENTS

• Rice flour	60g
• Boiling water (1:4 ratio)	240ml
• Honey	15g
• Mixed berries	50g
• WPI (whey drip — mix with water)	30g

METHOD

- 1 Add rice flour to a bowl. Pour in boiling water and stir until all clumps dissolve. Ratio: 1 part flour to 4 parts water.
- 2 Microwave for 30 seconds. Remove, stir. Microwave another 30 seconds until thickened.
- 3 Mix WPI with a small amount of water to a thin drizzle consistency.
- 4 Top cream of rice with honey, berries, and whey drip.

RATIO NOTE

The ratio for rice flour to water is 1:4. If you increase or decrease rice flour, do the same with water. Other toppings: banana, cinnamon, maple syrup.



PRE WORKOUT MEALS

CRUMPETS WITH WHEY SPREAD

PREP 5 min · NO COOK Assembly

🕒 EAT BEFORE WORKOUT 30 minutes - 1 hour prior

~320 kcal
CALORIES

28 g
PROTEIN

44 g
CARBS

3 g
FAT

INGREDIENTS

• Crumpets	2
• WPI protein powder (any flavour)	30g
• Water (added very slowly)	~20ml
• Low-cal jam	15g
• Berries (optional topping)	40g

METHOD

- 1 Add 30g WPI to a small bowl. Add water one tiny splash at a time, mixing constantly.
- 2 Keep mixing until you reach a Nutella-like spreadable consistency. Be patient — adding too much water too fast ruins it.
- 3 Spread whey mix over crumpets. Top with jam and berries.

THE WHEY SPREAD TECHNIQUE

Add water drop by drop — it will feel like a protein ball first, then transform into a thick spread as you keep mixing. You cannot add too little water; you can easily add too much.

PRE WORKOUT MEALS

RICE CAKES & HONEY

PREP 1 min · NO COOK Assembly

🕒 EAT BEFORE WORKOUT 30 minutes - 1 hour prior

~140 kcal
CALORIES

2 g
PROTEIN

34 g
CARBS

1 g
FAT

INGREDIENTS

- Rice cakes 4
- Honey 20g

METHOD

- 1 Place 4 rice cakes on a plate.
- 2 Zero your scale and weigh out honey over the top.
- 3 Serve immediately.

NOTE

Some rice cake brands are thinner — macros should be ~140 cal with 44g carbs. Check your specific brand first. You may end up with 6 thinner cakes for the same macros.



PRE WORKOUT MEALS

OAT BOWL

PREP 2 min · COOK 2 min (microwave)

🕒 EAT BEFORE WORKOUT 2 – 3 hours prior (oats digest slowly)

~420 kcal
CALORIES34 g
PROTEIN58 g
CARBS5 g
FAT

INGREDIENTS

• Rolled oats	70g
• WPI protein powder (chocolate)	30g
• Water	300ml
• Banana, sliced	1 medium
• Honey	10g

METHOD

- 1 Add oats, WPI, and water to a microwave-safe bowl. Mix until combined.
- 2 Microwave on high for 2 minutes, stirring halfway.
- 3 Top with sliced banana and honey.

TIMING NOTE

Oats are slow-digesting due to fibre content. Always have this at least 2 hours before training to avoid GI discomfort. Chocolate WPI + banana is the best combo, but vanilla + berries works equally well.

PRE WORKOUT MEALS

RICE CAKES WITH TUNA & AVOCADO

PREP 3 min · NO COOK Assembly

🕒 EAT BEFORE WORKOUT 2 - 3 hours prior (fat slows digestion)

~280 kcal
CALORIES28 g
PROTEIN22 g
CARBS8 g
FAT

INGREDIENTS

- Rice cakes 3
- Canned tuna (drained) 1 × 95g can
- Avocado ½
- Honey (optional) 5g
- Chilli flakes (optional) to taste

METHOD

- 1 Drain the tuna can.
- 2 Arrange 3 rice cakes on a plate.
- 3 Top each rice cake with flaked tuna and sliced avocado.
- 4 Optional: drizzle honey and sprinkle chilli flakes.

DIGESTION NOTE

Adding avocado to this meal pushes digestion time from 30-60 min (tuna alone) to 2-3 hours. This demonstrates how fat and fibre slow digestion – plan your pre-workout timing accordingly.

SECTION 07

DESSERT OPTIONS

HIT YOUR MACROS – WITHOUT KILLING YOUR CRAVINGS

DESSERT OPTIONS

CHOCOLATE BAKED OATS

PREP 5 min · COOK 30–40 min · METHOD Oven / Air Fryer

~380 kcal
CALORIES32 g
PROTEIN42 g
CARBS7 g
FAT

INGREDIENTS

• Blended oats or oat flour	60g
• Egg	1 large
• Low fat yogurt	100g
• Baking powder	1 tsp
• Chocolate WPI	30g
• Unsweetened almond milk	60ml
• Crushed peanuts (top)	10g
• Sugar-free choc syrup (top)	15ml

METHOD

- 1 Whisk together oat flour, egg, yogurt, baking powder, chocolate WPI, and almond milk.
- 2 Pour into a glass meal prep container. Top with crushed peanuts.
- 3 Bake at 180°C for 30–40 minutes depending on container depth.
- 4 Drizzle with sugar-free chocolate syrup before serving.

TOPPING IDEAS

Crushed peanuts are just one option. Biscoff, cinnamon, coconut flakes, or any type of nut all work here. The base recipe is endlessly adaptable.



DESSERT OPTIONS

YOGURT BOWL

PREP 3 min · NO COOK Assembly

~280 kcal
CALORIES

22 g
PROTEIN

36 g
CARBS

5 g
FAT

INGREDIENTS

- Yo Pro yogurt (any flavour) 200g
- Mixed berries 80g
- Rolled oats (toasted optional) 20g
- Honey 10g

METHOD

- 1 Add Yo Pro yogurt to a bowl.
- 2 Mix in berries of your choice.
- 3 Top with oats and honey.
- 4 Optional: toast oats and honey on a baking tray in the oven before topping for extra crunch.

TEXTURE UPGRADE

Toast the oats and honey on a baking tray in the oven for more texture. You can also use banana instead of berries, or other fruits based on preference.



DESSERT OPTIONS

CHOCOLATE OVERNIGHT OATS

PREP 3 min · CHILL Overnight · CRAVING KILLER ★★★★★

~340 kcal
CALORIES

28 g
PROTEIN

40 g
CARBS

7 g
FAT

INGREDIENTS

• Rolled oats	60g
• Chocolate WPI	30g
• Water	to consistency
• Salted caramel Yo Pro yogurt	150g
• Nutella (optional)	15g

METHOD

- 1 Add oats, chocolate WPI, and water to a container. Mix to desired consistency.
- 2 Top with salted caramel Yo Pro yogurt.
- 3 Optional: swirl Nutella on top.
- 4 Refrigerate overnight.

CALORIE NOTE

Cutting the Nutella saves 50 calories. If it fits your macros and you enjoy it, include it. This is designed to satisfy chocolate cravings while keeping protein high.

DESSERT OPTIONS

APPLE CRUMBLE

PREP 5 min · COOK 15 min · METHOD Stovetop + Oven

~280 kcal
CALORIES22 g
PROTEIN38 g
CARBS4 g
FAT

INGREDIENTS

• Apple, peeled and diced	1 medium
• Cinnamon	1 tsp
• Water (for stewing)	2 tbsp
• Rolled oats (crumble)	30g
• WPI protein powder	15g
• Sugar-free maple syrup	15ml

METHOD

- 1 In a small pot over low heat, add diced apple, cinnamon, and water. Stir until apple softens (5–8 min).
- 2 In a bowl, mix oats, WPI, and sugar-free maple syrup until combined into a crumble.
- 3 Place stewed apple in a small oven-safe ramekin. Top with oat crumble.
- 4 Bake until golden brown and crumble is crispy.

NOTE

This is designed as a smaller dessert for when you have a couple hundred calories remaining. Scale up the oat crumble layer to easily build it into a larger planned meal.



DESSERT OPTIONS

CHOCOLATE OVERNIGHT WEETBIX

PREP 5 min · CHILL Overnight · CRAVING KILLER ★★★★★

~360 kcal
CALORIES

30 g
PROTEIN

40 g
CARBS

8 g
FAT

INGREDIENTS

• Weetbix, crushed	2 biscuits
• Unsweetened almond milk	80ml
• Yo Pro yogurt (chocolate flavour)	150g
• Chocolate WPI	20g
• Oreo cookies, crumbled	2 cookies
• Peanut butter	10g

METHOD

- 1 Crush weetbix into a container. Add almond milk and press into an even cheesecake-style base.
- 2 In a separate bowl, mix Yo Pro yogurt and chocolate WPI until smooth.
- 3 Spread yogurt mix evenly over the weetbix base.
- 4 Top with crumbled Oreo and drizzle of peanut butter. Refrigerate overnight.

CALORIE SAVING

Use 1 Oreo instead of 2 to save calories. Swap almond milk for water to save another 10–15 calories. If you've already hit your protein target, omit the WPI to save 80+ calories.

SAUCES, SNACKS & TIPS

LOW-CAL SAUCES — ALL VALUES PER 30G SERVE

<p>Salsa</p> <p>10</p> <p>kcal / 30g</p>	<p>Mingles Sauce</p> <p>27</p> <p>kcal / 30g</p>	<p>Buffalo Sauce</p> <p>9</p> <p>kcal / 30g</p>
<p>99% Fat Free</p> <p>36</p> <p>kcal / 30g</p>	<p>Fountain BBQ</p> <p>25</p> <p>kcal / 30g</p>	<p>Sriracha</p> <p>24</p> <p>kcal / 30g</p>
<p>American Mustard</p> <p>22</p> <p>kcal / 30g</p>	<p>Sweet Chilli</p> <p>21</p> <p>kcal / 30g</p>	<p>Fat Free Mayo</p> <p>5</p> <p>kcal / 30g</p>

DIY SEASONING BLEND	CAL / G	USE ON
Garlic Powder	~3.3	Everything
Onion Powder	~3.5	Beef, mince, any protein
Paprika (smoked or sweet)	~2.8	Chicken, potato, eggs
Black Pepper	~2.5	Everything
Salt	0	Everything
Chilli Flakes	~2.7	Eggs, pasta, bowl meals

WPI

Whey Protein Isolate — lower in calories for the same protein. Produces a thinner mix. Best for: cream of rice, whey spread, smoothies, and recipes where texture is less important.

WHEY BLEND

Slightly higher in calories, thicker consistency, generally better tasting. Best for: baked oats, overnight oats, and anywhere texture matters. Vegan protein powders have similar macros.

KBAR

C O A C H I N G

Every recipe in this book was built with one goal: make it easier to eat well, hit your numbers, and stay consistent. No gimmicks. No complicated ingredients. Just food that works.

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