



*Food &  
Recipes  
Cheat  
Sheet*

## Simple Approaches to Food Preparation

Food preparation can be difficult when injured.

You might be feeling tired, have limited movement and may have difficulty carrying out the most basic activities.

After reading [How to Heal with Food: Nutrition for Injury Recovery](#) here are some tips and recipes that are super simple.

If preparing meals is beyond you at the moment, pass them on to your friends and family who are helping to care for you.

### 06 Approaches To Food That Will Help You Heal Better

1. *Be kind to yourself*
2. *Be practical, make things easy*
3. *Heed credible medical advice*
4. *Check in often with how you're feeling*
5. *Eat a little more*
6. *Focus on variety (not nutrients)*



Top Tips from Kaitlyn Anderson, Dietitian and Nutritionist at [Bite In2 Life](#)



- Use a slow cooker if you have one (then you can 'set and forget').
- Have fresh ingredients and staples (like frozen veg, tinned beans, rice) on hand, so that you can easily throw something together.
- Eggs are excellent. They're a great source of protein and super easy to cook.
- Make bigger batches of meals and freeze individual portions.
- Ask family or friends for help if you need it.

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## Smoothies

As Deb Blakley said in her three top tips in [7 Experts Share Their Top Food Tips for Injury Recovery](#), smoothies can be a fun and easy way to have a 'meal in a drink'.

I love making a smoothie with the following ingredients:

- Banana
- Fresh or frozen fruit like mango, raspberries or blueberries
- Cow's milk or soy/nut milk (go for high protein)
- LSA mix: linseed, sunflower, almond grinds for a bit more protein and fibre
- Protein powder – get a good quality whey or pea protein
- Cinnamon or another spice that tastes good
- Gelato or ice cubes to cool it down.

## Overnight Oats for Breakfast

This is my husband's favourite recipe, adapted from a recipe published in Oxygen Mag (July-Aug 2017). He makes it every week as a staple to have in the fridge in the mornings so he doesn't have to prepare anything; he just eats it.

- 1/2 cup oats
- 1/4 cup of plain or vanilla protein powder
- 2 tbs of chia seeds
- 1/4 tsp cinnamon
- 2/3 cup of milk (mindful of expiry date if you're keeping over a week and eating)
- 1 small apple or pear, sliced
- 1/4 cup walnuts or other nuts you like, chopped.



Mix together the oats, protein powder, chia seeds, cinnamon in a bowl or sealable container. Then add the milk and mix well. Top with apple and nuts. Seal shut to soak overnight then enjoy in days to come.



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## Soups

I'm a massive fan of soup because it's easy to make and you can freeze it. You can basically use any bits of vegetable you have lying around or leftover roast vegetables (so much flavour!). If you make a lot, freeze it, then you can easily add things like ham or chorizo to change up the flavour and boost the protein. Here is one of my favourites:

- 1 onion
- 3 carrots
- 3 potatoes
- Can of diced tomatoes
- Can of beans/lentils
- Frozen peas
- One litre of stock (either liquid or made up from powder)
- Chorizo, sliced.

Chop then gently fry the onion until soft. Add in the other vegetables, tomatoes and the stock. If you want a smooth consistency soup with beans/lentils in whole form then keep them out for now. Bring to the boil then simmer for about 45 minutes. Cool and then blend all ingredients together.

Cook up the chorizo and add the beans/lentils for a minute or two to the pan. Then heat up the blended soup again and mix in the chorizo and bean mixture. Season to taste.

## Super Easy Tarts/Pies

You can make any meat and vegetables into a tart or pie by mixing it all together with some eggs, flour, milk, cheese. Buy frozen quiche bases or cook in a dish with just a pastry top. Beans, peas, and chorizo made into a quiche = a super tasty. Pies and tarts can be enjoyed over following days.

Here's a Ham and Zucchini Tart recipe:

- 150 g leg ham cut into strips
- 1 small onion, finely chopped
- 2 small zucchini, grated (or use spinach)
- 2/3 cup (80g) cheese, grated
- 2/3 cup self-raising, wholemeal flour
- 4 eggs, beaten
- 1/2 cup vegetable oil
- 1 tbs chopped dill (or other herbs you like)



Preheat oven to 170 degrees C. Put onion, zucchini, ham, cheese, flour in a large bowl. In separate bowl combine eggs, oil, dill, salt and pepper. Then add to another bowl and fold with a spoon until combined. Spoon mixture into a greased 6-cup capacity ovenproof dish. Cook for 30 mins or until golden and set. Serve with salad if you wish.