



Can Too

NUTRITIONAL GUIDE



Rebecca Warren

"Congratulations on signing up to participate in a Can Too Program!

Whether it's your first program or you're coming back for more, I'm sure you're going to be fitter, faster and breaking through many barriers of what you thought was possible.

As a previous participant and big-time Can Too supporter, I have designed this bundle of nutrition cheat-sheets and simple, quick recipes to help you along your Can Too journey. Doing the training and exercise-part is important, but you also need to make sure you nourish and support your body throughout the process.

I've tried to keep things as simple as possible because let's face it; your time is better spent fundraising than messing about in the kitchen!

All the best with your training program, Rebecca"

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THE IMPORTANCE OF GOOD NUTRITION

When I talk about health and nutrition, I like to get people to think about their body as a top-of-the-line sports car. Food to our body is like petrol to a car.

The level of performance you can expect is largely determined by the quality of your fuel and how well you look after your 'vehicle'.

While all training programs vary in their length, intensity and discipline, the intention is always to get you to the start line as healthy, as fit and as 'un-injured' as possible. We all have slightly different nutritional needs, but here are some easy to follow principles that you can start to implement into your nutritional plan to help support you through your training.

FUEL	WHAT THEY DO	WHERE DO YOU FIND IT?
Wholegrains	<p>Wholegrains provide us with complex carbohydrates; substances that help maintain energy levels throughout the day. They also contain more nutrients than their refined 'white' counter parts (especially B vitamins and Magnesium) and help to replenish glycogen stores (a substance that allows our muscles to produce energy).</p> <p>The total amount of starchy carbohydrates that we need in our diet varies amongst individuals and is influenced by our age, activity levels and body fat:muscle ratio. When choosing 'carbs', go for wholegrain or the 'brown' variety.</p>	<ul style="list-style-type: none"> • Wholemeal/whole grain breads and pasta • Brown rice • Quinoa • Steel cut oats • Barley • Buckwheat • Millet
Lean, complete protein	<p>Protein is used by the body to build, repair and support connective tissue (e.g. muscle) and is especially important after training and long sessions. Proteins are made up of amino acids; individual building blocks that connect in a variety of different ways to form different end-products that have different roles in our body. There are 9 amino acids that our body cannot make on its own and as such, we need to get them from our diet.</p> <p>There are foods that contain 'complete proteins' (i.e. they contain all the 9 amino acids that our body can't make) and 'incomplete proteins' (i.e. they only contain some of the 9 amino acids we need). As a general rule, complete proteins are more effective with helping muscle to repair and with blood sugar stabilisation (i.e. preventing the 'energy crashes').</p> <p>You can usually do this through food quite easily rather than having to resort to protein shakes etc. but this might be challenging if you are vegan or vegetarian. Consultation with a nutritionist or dietitian might be helpful here.</p>	<ul style="list-style-type: none"> • Red meat • Poultry and eggs • Dairy – milk, yoghurt, cheese • Fish and other seafood • Soy products – tofu, tempeh, edamame • Chia seeds • Quinoa • Hemp seeds • Amaranth

Brightly coloured fruits and vegetables

The key words here are 'brightly coloured'.

While fruits and vegetables give us a variety of nutrients like carbohydrates, fats, fibre, vitamins and minerals, they also give us very special substances called phytochemicals. These phytochemicals help support our cells at the very baseline level of function and also help manage cellular repair and recovery.

When we are doing lots of exercise, we are asking our cells to increase their workload and as this happens, they produce higher levels of by-products that need to be cleared. Phytochemicals help us achieve this.

Try and aim for 6 large handfuls of brightly coloured vegetables and 2 serves of fruit per day.

Choose fresh, seasonal and chemical-free produce. Farmer's Markets usually offer a great selection!

- Red capsicum
- Purple cabbage
- Spinach
- Yellow squash
- Carrots
- Radishes
- Sprouts
- Mung beans
- Beetroot

Health fats

Healthy fats are important to help stabilise our blood sugar levels (and our energy), act as important anti-inflammatories and they assist with the production of hormones and messaging substances in the body.

There has been lots of division/confusion about 'fat' over the years, but the key thing to remember is it is the type of fat that is most important. The types to include regularly are unsaturated fats as they have the most health-promoting qualities.

- Nuts (and healthy nut butters e.g. natural peanut butter or almond butter)
- Seeds
- Avocado
- Oily fish like tuna, salmon, mackerel and sardines.
- Olives and olive oil

Water

You know what happens to plants if you don't water them? Well, the same thing happens to our cells! Ensuring that we stay adequately hydrated every day, not just on training days is essential for optimal performance and recovery.

As a general guide, you should aim for around 30mls of water per kg of body weight, plus 1L for every hour of exercise.

- Fresh water or herbal teas.
- Coconut water (make sure it doesn't have added sugar).
- Limited sports drinks (as they also provide additional kilojoules)



Healthy fats are important to help stabilise our blood sugar levels and our energy.

GIVING YOU THE KEYS TO OPTIMAL PERFORMANCE

While we are all built a little differently, here are my top 5 tips to fuel your body for maximum performance.

1. CARBS ARE NOT EVIL; THEY ARE NECESSARY!

One of the biggest things I notice when people start exercising at an increased intensity is they either become a carb-junkie or carb-phobic and while it's such a cliché, it really is all about balance! Balance in this sense means that you need to give as much love and attention to protein and healthy fats even when the only thing you can think about is a huge bowl of pasta!

As a general rule, for every serve of carbohydrates (i.e. ½ cup of cooked pasta, rice, cereal or grain or 2 pieces of bread) try and aim for a palm-sized (not hand-sized) amount of protein and about 2 - 3 fingers worth of good fats. The rest of your meal should be made up of brightly coloured fruits and veggies!

Here are some ideas if you get stuck:

CARBS	PROTEIN	FATS	FRUIT AND VEG
2 x pieces of whole grain or rye toast	2 x poached eggs	½ an avocado	Grilled tomato and spinach
½ cup brown rice	Grilled chicken or beef	¼ cup of cashew or almond nuts	Carrot, capsicum, rocket and Spanish onion
2 small potatoes or 1 medium potato	Salmon fillet	Olive oil and sesame seeds added to your salad	Mixed greens, sundried tomato, cucumber and capsicum
½ cup whole grain pasta	Beef mince Bolognese	(no need to add as there will be enough in the mince)	Add spinach, mushrooms, grated zucchini, eggplant and carrot to the Bolognese
½ cup rolled oats	1 small tub of yoghurt	½ cup raw walnuts	1 cup mixed berries or fresh fruit

2. WATCH YOUR TIMING

The timing of when you eat is just as important as what you eat. You should aim to consume something with carbohydrates and protein within 30 – 60 minutes after you have finished exercise. Aim to have your bigger meals of the day 2 – 3 hours before from your main training sessions. If this doesn't work with your schedule, try to go for a smaller nutritious snack 45 – 60 minutes before.

3. REHYDRATION FORMULAS

When we sweat, we don't just lose water; we also lose electrolytes. Electrolytes help draw water into our cells so that they can continue to function effectively. If you don't have the right balance of electrolytes, it doesn't matter how much water you drink, your body won't be able to get that water where it needs to go. There are a variety of different formulas on the market and they are all slightly different. You need to find one that suits your body, and this can take some trial and error. Be on the lookout for ones that have no artificial colours, flavours or preservatives.

4. FINE-TUNE YOUR ENGINE!

When it comes to optimising performance, it's not just about the fuel. As with your car, you also have to make sure you have the right amount of oil and brake fluid to ensure things run smoothly. This is where additional supplementation might be helpful.

You should always check with your healthcare provider before taking any supplements (especially if you are on medication), but some worth knowing about include:

- **Magnesium:** helps with energy production, the relaxation of connective tissue and gets used at a much faster rate with increased exercise. Common signs of deficiency include cramps twitches, fatigue and chocolate cravings!
- **Co Enzyme Q-10:** needed by each of our cells to produce energy.
- **Turmeric:** a highly effective natural anti-inflammatory so is a great adjunct if you are managing a few niggles through your training program.

5. DON'T OVER-DO IT

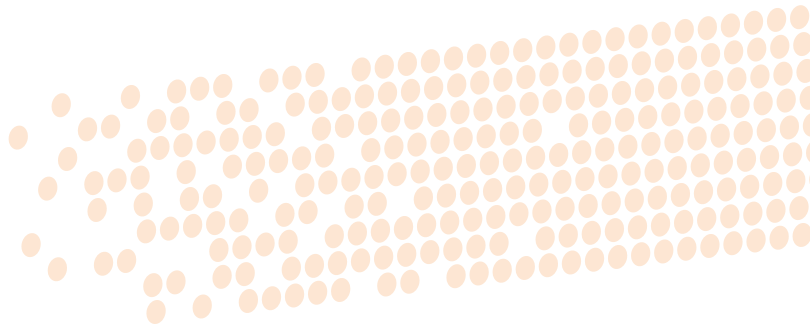
While it's normal to experience an increase in appetite when you step up your volume of exercise, you need to be mindful of your daily food intake and consumption. Mindless snacking can get out of control if you don't put some for-thought and planning into your meals and nutrition.

Many people are shocked to find that they start gaining weight despite 'doing all this exercise'. There could be a number of reasons for this so have a chat to your healthcare professional if you're worried, otherwise have a look at your nutritional balance and make sure this is in check.



RECIPES

JUICES AND SMOOTHIES



RECOVERY JUICE

[VIEW RECIPE ON WEBSITE](#)

Beetroot provides us with a rich source of nitrates. These substances help open our blood vessels and allow oxygen and nutrients to reach our muscles cells more effectively. Oranges are a great source of vitamin C, which helps with collagen and connective tissue regeneration and celery is a great way to bump up your electrolytes to help with hydration.

INGREDIENTS

- 1 small bulb of beetroot
- 2 – 3 stalks of celery
- 1 cucumber
- 1 orange
- 1 apple

METHOD

1. Feed all ingredients through a juicer and consume immediately.



CHOC-BANANA PROTEIN SMOOTHIE

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This makes for a great pre- or post-training snack. To save on time, organise several 'smoothie containers' in advance by putting all the ingredients (minus the liquid) into a container and store them in the freezer. Blitz or blend on the day you are going to consume.

INGREDIENTS

- 1/2 banana
- 1 cup coconut water or milk of your choice
- 1 1/2 teaspoons of raw cacao powder
- 1/2 teaspoon of cinnamon
- 1 teaspoon of chia seeds
- 1/4 cup walnuts
- 1 scoop of protein powder or however many scoops is the equivalent of 10 – 15g of protein if you are using coconut water or a nut milk (There is no need to add additional protein powder if you are using cow's milk)
- 2 – 3 ice cubes (optional)

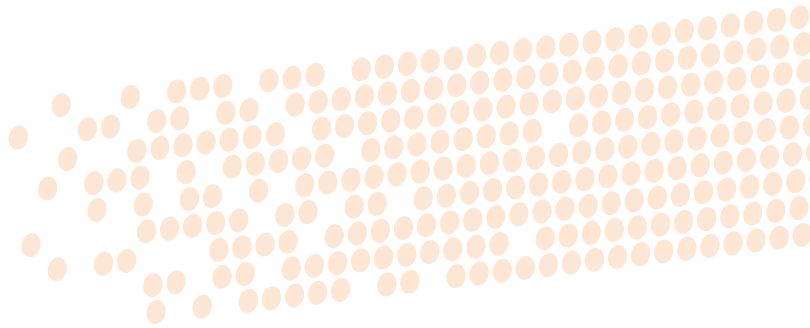
METHOD

1. Add all ingredients to a blender or nutribullet and blitz until smooth..

Note: If you are making this in advance, the chia seeds will make your smoothie a bit more 'gluggy' so if texture is a big thing for you, add these just before consuming.

RECIPES

BREAKFAST IDEAS



CHIA PUDDING

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These can be made in bulk and ahead of time so are great if you are time poor or like to meal prep over the weekend. The added glutamine helps with muscle recovery after intense exercise, so these are great as a post-training breakfast option. Chia seeds are a great source of fibre and good fats and the aloe vera juice is nourishing and supportive for the gut (which can be thrown out of balance especially if you are using gels, goos etc during those longer sets).

INGREDIENTS

- 1/4 cup of chia seeds
- 2 tablespoon of coconut yoghurt (or normal yoghurt if you'd prefer)
- 1/3 cup of aloe vera juice (or coconut water or almond milk. You can find aloe vera juice in the health food section of the supermarket)
- 1 heaped teaspoon of Glutamine powder (you can find this in health food stores)
- 1 teaspoon of cacao nibs
- 1 tablespoon of pepitas
- 1/2 cup of mixed berries
- 1/2 cup of other mixed fruit of your choosing

METHOD

1. Place chia seeds, yoghurt, aloe vera juice and glutamine in a bowl. Stir well to combine and allow to sit for at least 10 minutes or until the chia seeds start to form a gel. This can also be left overnight.
2. Top with berries and fruit and then add cacao nibs and pepitas just before consuming.

Tip: Experiment with other flavour combinations or toppers!

SPELT PANCAKES BASE RECIPE

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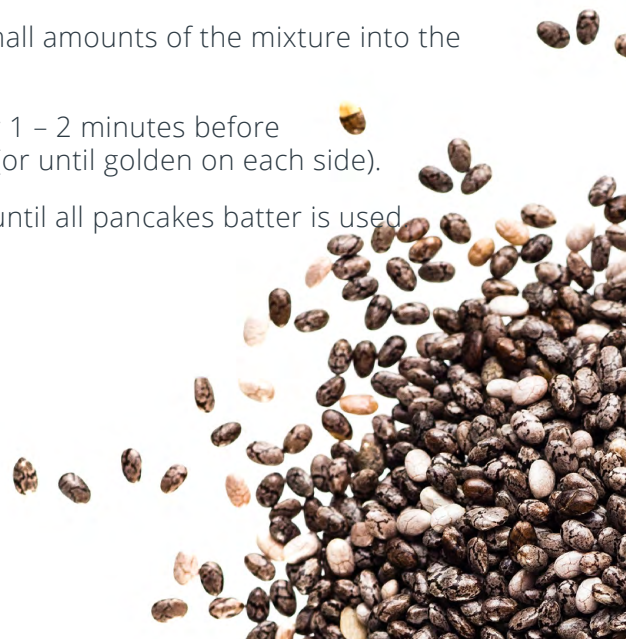
You could even make these as pikelets! A great source of complex carbohydrate and thanks to the eggs, they give you your protein hit, too. Get creative with your toppings – add slices of banana and yoghurt or ricotta, honey and blueberries or simply a little butter and jam.

INGREDIENTS

- 1 cup spelt flour
- 1 cup almond meal
- 1 cup coconut water
- 3 free range, organic eggs

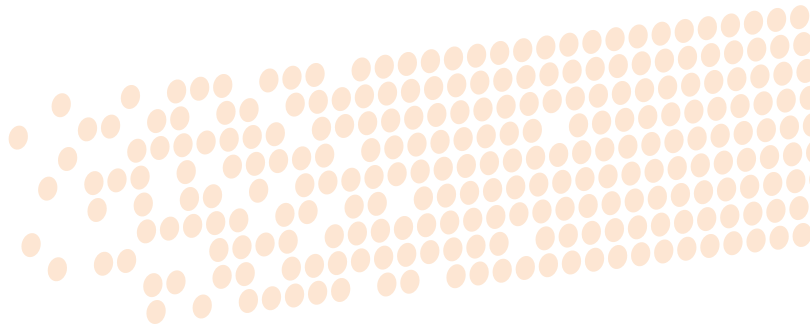
METHOD

1. Sift spelt flour into a large mixing bowl.
2. Add almond meal, eggs and coconut water.
3. Whisk well ensuring that there are no lumps in your mixture.
4. Heat a large non-stick pan over medium heat.
5. Place small amounts of the mixture into the pan.
6. Cook for 1 – 2 minutes before flipping (or until golden on each side).
7. Repeat until all pancakes batter is used.



RECIPES

SNACK IDEAS



PEANUT BUTTER AND CACAO COOKIES

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These cookies are great to make in batches and have on hand if you need a little nibble or are looking for something a bit sweet. The good fats from the peanut butter and almond meal will help stabilize your blood sugar levels and energy and the cacao will give you a nice little hit of magnesium. 1 – 2 cookies a couple of hours before training (if you need something) will work well, but given the energy density, don't have these just before you train or you might end up with a stitch.

INGREDIENTS

- 1/2 cup peanut butter
- 1/2 cup of coconut oil
- 1/2 cup of spelt flour, sifted
- 1/4 cup cacao nibs
- 1/2 cup of rolled oats
- 2/3 cup almond meal
- 1/4 cup maple syrup
- 1 teaspoon of vanilla extract

METHOD

1. Combine all dry ingredients in a large mixing bowl.
2. Melt coconut oil and then mix in peanut butter, maple syrup and vanilla.
3. Take tablespoons of the mixture and roll into balls. Flatten out slightly with a fork on a baking tray.
4. Bake at 180 degrees for 15 minutes and then turn oven down to 160 degrees and bake for another 10 – 15 minutes or until golden.
5. Cookies will be slightly soft when you pull them out, but will cool into the perfect texture!
6. Store in an airtight container.

BLUEBERRY MUFFINS WITH CHIA AND OATS

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Blueberries are a fantastic source of antioxidants and phytochemicals! The quinoa flour and yoghurt help bump up the protein content and the chia seeds are healthy fats and fibre to keep you full and satisfied.

INGREDIENTS

- 1/4 cup black chia seeds
- 1/2 cup rolled oats
- 1 cup wholemeal flour
- 1 cup quinoa flour
- 3 teaspoons baking powder
- 1/2 cup coconut sugar
- 1 teaspoon of cinnamon
- 1/4 cup olive oil
- 2 eggs
- 1 3/4 cups full fat Greek yoghurt
- 1 cup (150g) frozen blueberries

METHOD

1. Preheat oven to 180C. Line a muffin tin with paper cases. This recipe will make 12.
2. Place chia seeds, oats, wholemeal flour, quinoa flour, baking powder, coconut sugar and cinnamon in a large bowl. Mix to combine. Make a well in the centre.
3. In another bowl, whisk the oil, eggs and yoghurt together.
4. Add the egg mixture to the dry ingredients and stir to just combine. Add the blueberries and fold together to just mix through.
5. Spoon the mixture evenly into the paper cases. Bake for 30-35 minutes or until golden and just firm to the touch. Leave to cool in the tin for 5 minutes before turning out.

REBECCA'S HEALTHIER NUT & SEED MUESLI BARS

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A healthier version than what you'd find in the supermarket, but does still contain some sugar. In small amounts our body shouldn't have a problem converting sugar to energy especially since it's well balanced with healthy fats and protein from the nuts and seeds.

INGREDIENTS

- 2 ½ cups rolled oats
- ½ cup shredded coconut
- ¼ cup pepitas
- 2 tablespoons chia seeds
- 1 ½ teaspoons ground cinnamon
- ½ cup dried dates, chopped
- ½ cup raw cashews, roughly chopped
- ¼ cup coconut oil
- 2 tablespoons coconut sugar
- ½ cup honey
- 1 teaspoon vanilla extract
- 1 egg, lightly beaten

METHOD

1. Preheat oven to 120°C fan forced. Line a 20 x 30cm rectangular baking tin with baking paper.
2. Place the rolled oats, coconut, pepitas, chia seeds, cinnamon, dates and cashews in a large bowl.
3. Place the coconut oil, sugar, honey and vanilla in a medium saucepan over a medium heat. Stir until all the sugar is dissolved and the ingredients are well combined.
4. Add this mixture to the dry ingredients and stir to combine.
5. Add the beaten egg and mix until all ingredients are well combined.
6. Use slightly wet hands to press mixture firmly into a prepared tin. Smooth with the back of a spoon or spatula.
7. Bake in preheated oven for 40–45 minutes, or until an even golden brown. Set aside to cool completely in the tin before removing and cutting into bars.



RECIPES

LUNCH AND DINNER IDEAS

MILLET WITH SALMON AND ROAST TOMATO

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Millet is a fantastic source of complex carbohydrates! It is actually a seed as opposed to a grain, has the texture of couscous and because it doesn't contain wheat or gluten, it is usually much easier on our digestive system. This recipe is also great the next day so think about doing a double batch at dinner and taking some for lunch the next day.

INGREDIENTS

- 1 cup of unhulled, millet
- 2 cups of vegetable stock
- 1 fillet of salmon (about 150g)
- 8 – 10 cherry tomatoes
- 2 big handfuls of baby spinach
- 2 teaspoons of grated lemon zest
- Juice of half a lemon
- Freshly ground black pepper
- Olive oil to finish

METHOD

1. Place salmon fillet on a baking tray.
2. Roughly chop cherry tomatoes and place around salmon. Bake in a 180 degree oven for 15 – 20 minutes or until salmon is cooked and tomatoes are bubbling.
3. While your salmon and tomatoes are cooking, place the millet and vegetable stock in a saucepan and bring to the boil. Reduce to a simmer until all vegetable stock is absorbed.
4. Flake salmon fillet into smaller pieces and mix through millet.
5. Add in cherry tomatoes, lemon zest and spinach.
6. Add a generous drizzle of olive oil and lemon juice.
7. Finish with lots of freshly ground black pepper.



CORN, ZUCCHINI AND TUNA FRITTAS

Corn is a brilliant source of carbohydrates and the tuna is a great source of protein and healthy fats. Pair these with a big colourful salad for a quick and healthy lunch or dinner.

INGREDIENTS

- 2 cups corn kernels – I like to use fresh ones, but canned will also work.
- 2 - 3 Free Range Eggs (depending on the size)
- 2/3 cup wholemeal self-raising flour
- 1/4 cup Full Cream Milk or milk alternative
- 1 zucchini, grated (allow this to sit on a paper towel so the excess water is absorbed)
- 1 x large can of Tuna
- 1/2 leek finely sliced
- 1/2 teaspoon of dried chilli (optional)

METHOD

1. If you are using fresh corn, cook in a saucepan of boiling water until tender. Drain well and then use a sharp knife to remove the kernels from the core. If you are using canned corn, drain and put to the side.
2. Whisk the eggs in a large bowl. Add flour and milk and stir until a smooth batter forms. Stir in corn and zucchini. Season. Gently fold through the tuna, leek and chilli.
3. Heat a large non-stick frying pan over medium heat. Pour 1/4-cup portions of mixture into the pan.
4. Cook for 2-3 mins or until golden underneath. Turn and cook for 2 mins or until cooked. Transfer to a plate. Repeat, in batches, with remaining mixture.



TURKEY SAN CHOY BOW

If you've been a bit low with your veggie intake, this is one healthy and tasty way to get them in! Turkey mince is very lean and a great source of protein, but this recipe would also work with chicken or beef mince.

INGREDIENTS

- 250g organic turkey mince
- Iceberg lettuce
- 2 – 3 tablespoons of sesame oil
- 3cm piece of ginger
- 3cm piece of lemongrass
- ½ teaspoon of Chinese five spice
- 1 zucchini
- 1 carrot
- ½ red capsicum
- 1 brown onion
- 1 clove of garlic
- 4 – 6 button mushrooms
- 4 kale leaves
- 4 asparagus spears

METHOD

1. Carefully peel off the 6 – 8 lettuce leaves so they remain fully intact. Wash thoroughly and put to one side to drain.
2. Finely dice the onion, garlic, ginger and lemongrass and set aside.
3. Finely dice the remaining vegetables (zucchini, carrot, capsicum, mushrooms and asparagus) and set aside in a separate bowl.
4. In a saucepan, heat the sesame oil over high heat and then sauté the onion, ginger and lemongrass until fragrant.
5. Add in the turkey mince and Chinese five spice, stir occasionally until the turkey is cooked through.
6. Add in the diced vegetables and cook for 2 – 3 minutes until vegetables appear cooked (I like mine a bit crunchy!).
7. Shred the kale and arrange over the top of the vegetables and turkey mixture.
8. Turn the heat off, cover with a lid and allow the kale to steam/soften for 1 – 2 minutes before stirring through.
9. Portion the mixture into lettuce cups, wrap up and enjoy!

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RECIPE ON
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ROAST PUMPKIN, CHICKEN & GOAT'S CHEESE BUCKWHEAT RISOTTO

Buckwheat is a great source of complex carbohydrates. It is a seed and gluten free and it is also a rich source of rutin – an antioxidant that helps maintain healthy connective tissue (so good for muscles, tendons and ligaments).

INGREDIENTS

- 1 cup of roasted pumpkin
- ½ cup of raw buckwheat
- 1 Spanish onion, finely sliced
- 4 button mushrooms, finely sliced
- 2 cloves of garlic, finely minced
- 1 teaspoon of dried rosemary
- 2 (or 3) big handfuls of baby spinach
- 1 chicken breast, finely sliced into strips.
- Goats cheese
- ¼ cup of pine nuts
- Water
- Rice bran oil

METHOD

1. If you haven't already roasted it, cut pumpkin into small cubes and roast until soft.
2. Add the raw buckwheat to a small saucepan with 1 cup of water. Add in your chicken and bring to the boil.
3. Reduce to a simmer until all the water has been absorbed, the chicken is cooked, and the buckwheat is tender.
4. While your buckwheat is cooking, heat a tablespoon of rice bran oil in a medium sized pan over low – medium heat.
5. Add the onion and the garlic and sweat for 2 – 3 minutes (you don't want them going golden, just softening, to release their sweetness).
6. Add in the mushrooms and cook for 1 – 2 minutes.
7. Add the cooked buckwheat, chicken, roast pumpkin, rosemary and baby spinach. Stir well so all ingredients are combined. Leave on a low heat until the spinach has started to just wilt.
8. Crumble in some goat's cheese.
9. Serve and top with pine nuts.



VEGETABLE FRITTATA

This frittata recipe is a great way to meal prep! You could also bake them in muffin tins for perfectly portioned meal additions.

INGREDIENTS

- 1 (about 400g) sweet potato, grated
- 2 (about 400g) eggplants, finely diced
- 3 (about 300g) green zucchini, grated with the extra water squeezed out
- ½ cup green olives (optional)
- 1 tablespoon olive oil
- 80g (1 cup) coarsely grated cheddar
- 6 eggs, lightly whisked
- 1 cup of milk or milk alternative
- 2 tablespoons finely chopped fresh continental parsley
- Salt and freshly ground black pepper

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RECIPE ON
WEBSITE

METHOD

1. Preheat oven to 180°C.
2. Add olive oil to a large fry pan over medium heat and cook sweet potato, eggplant and zucchini until soft. Set aside to cool
3. Arrange spoonfuls of the vegetable mixture in a 24cm cake pan to form a 2cm layer. Sprinkle with cheddar and then repeat this process until all the vegetable mix and cheese is used up.
4. Whisk the eggs, milk and parsley together. Season with salt and pepper. Pour egg mixture over vegetables and sprinkle with extra cheddar if desired. You might need to use the end of a fork or knife to ensure the egg mixture makes it way all the way through the vegetables.
5. Bake in oven for 35-40 minutes or until just set. Remove from oven. Set aside in pan for 10 minutes to cool.
6. Serve with a big green salad!



#CANTOOCOOK

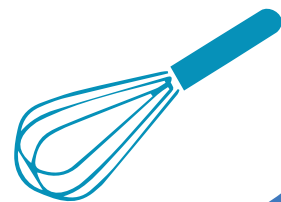
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