



TENNISNUTRITIONSECRETS

Meal Plans



Breakfast

Gluten-Free Pancakes

Serves 4

Ingredients

1¾ cups sorghum flour	2 organic free-range eggs, beaten
¼ cup buckwheat flour	4 tbsp organic coconut oil
¼ cup almond flour	1 tbsp honey or raw agave nectar
¼ cup potato starch or tapioca starch (not flour)	1 tsp bourbon vanilla extract
1½ tsp baking powder	1 tsp almond extract
¾ tsp fine sea salt	
¾ tsp xanthan gum	
1 cup almond milk (or milk of choice)	
1 cup water	

Directions

1. Heat a griddle on medium to high heat. Grease if necessary.
2. In a large mixing bowl, whisk together the dry ingredients. Make a well in the center and add the wet ingredients. Beat well to combine. Your batter should be silky and smooth, and not too thick. If the batter thickens as it stands, add a little more water to thin it.
3. Test the griddle by adding a drop of water. If it pops and sizzles, the griddle is hot enough.
4. Using a ladle, pour a scoop of pancake batter on to the heated griddle. If there is room, you can cook multiple pancakes at once.
5. When tiny bubbles have formed in the batter, carefully flip the pancakes with a thin flexible spatula. Cook for another minute or two until firm, but be careful not to overcook or they may become tough.
6. For best results, serve immediately with vegan butter and warm maple syrup. They can be kept warm in the oven, but this may cause them to toughen.



Quinoa Porridge

Serves 1

Ingredients

1 cup unsweetened almond milk
1/3 cup quinoa flakes
1 tbsp vanilla extract
1/4 tsp cinnamon
1/4 tsp ginger
1/8 tsp nutmeg
3 to 4 dried prunes, chopped (or other dried fruit)
1 tbsp maple syrup
1 tbsp raw sliced almonds

Directions

1. Bring almond milk to a boil in a pot over high heat.
2. Add quinoa flakes, return to a boil, and cook for 30 seconds, stirring frequently.
3. Add vanilla, cinnamon, ginger, nutmeg, and prunes and cook another 30 seconds, continuing to stir.
4. Remove from heat and allow to cool
5. Mix in maple syrup then serve sprinkled with almonds.



Sublime Scrambled Eggs

Serves 3

Ingredients

6 large eggs
3 tbsp cold butter, diced
Freshly ground sea salt and black pepper
3 chives, snipped (or green onion)
3 slices gluten-free bread

Directions

1. Break the eggs into a cold, heavy-based pan on the lowest heat possible, and add half the butter. Using a spatula, continually stir the eggs to combine.
2. As the mixture begins to set, about 4–5 minutes, add the remaining butter. The eggs should be soft and quite lumpy. Don't let them get too hot – keep moving the pan on and off the heat to maintain a low temperature.
3. Meanwhile, toast the gluten-free bread.
4. Add the snipped chives. Put the gluten-free toast on warm plates, pile the softly scrambled eggs on top and serve immediately.



Scrambled Eggs & Greens

Serves 1

Ingredients

Olive oil cooking spray

4 oz smoked turkey 'ham', chopped

1/3 onion, chopped

1 handful fresh spinach (or 1/3 cup frozen, thawed and drained)

1/2 cup mushrooms, sliced

3 eggs

Directions

1. Oil a skillet with cooking spray
2. Stir-fry the turkey, onions, spinach and mushrooms on medium to high heat for 3 minutes, until the spinach wilts and darkens.
3. Add the eggs and continue stirring for another 2 minutes, until the eggs are cooked.



Lunch

Gazpacho

Serves 4

Ingredients

6 medium tomatoes, quartered
2 large cucumbers, chopped
1 small red onion
1 medium zucchini, chopped
3 medium garlic cloves, smashed
1 medium green bell pepper
¾ cup chopped fresh herbs: parsley, basil, chives
2 tbsp lemon juice or 1 tbsp red wine vinegar
2 tbsp olive oil
1 tsp sea salt or Spike vegetable seasoning ½
tsp cayenne pepper or 1 jalapeño, seeded 1
tsp ground cumin seed
2 cups vegetable stock or tomato juice

Directions

1. In food processor, combine all vegetables and process on high until coarsely chopped.
2. Add herbs, lemon juice, oil, salt, cayenne or jalapeño, and cumin. Process for a few more bursts then blend in stock or tomato juice.
3. Transfer to large bowl or glass container. Refrigerate at least 1 hour before serving.



Grilled Chicken Caesar

Serves 4

Ingredients

2 whole free-range chicken breasts, split
½ tsp spike vegetable seasoning (or Mrs. Dash)
½ tsp freshly ground black pepper
1 large head romaine lettuce, torn
1 tbsp capers
¼ cup Caesar salad dressing
¼ cup grated Parmesan or Romano cheese

Directions

1. Preheat broiler.
2. Cut breast halves crosswise in 1-inch slices. Season with Spike and pepper.
3. Broil chicken pieces on slatted broiler tray until golden brown, 3-6 minutes. Remove from oven and cool.
4. Meanwhile, wash and drain romaine. Tear into large pieces and add to salad bowl.
5. Add remaining ingredients, except for 2 tbsp Parmesan cheese, and to coat.
6. Serve topped with broiled chicken pieces and remaining Parmesan cheese.



Rosemary Chicken with Balsamic Vegetables

Serves 4

Ingredients

½ head cauliflower, cut into 1-inch florets
2 carrots, peeled and thinly sliced
1 red bell pepper, seeded and chopped
1 red onion, sliced into ¼-inch rings
3 garlic cloves, minced
2 tbsp balsamic vinegar
2 tbsp olive oil
4 bone-in, skin-on chicken breasts, halved cross-wise
1½ tsp minced fresh rosemary Freshly
ground salt and black pepper

Directions

1. Adjust oven rack to upper-middle position and heat oven to 475°F.
2. Toss cauliflower, carrots, bell pepper, onion, garlic, vinegar, and 1 tbsp oil in a large microwave-safe bowl. Cover with plastic wrap and microwave on high power until vegetables are slightly softened, 2–5 minutes.
3. Pat chicken dry with paper towels, season with salt and pepper, and sprinkle with rosemary.
4. Heat remaining oil in large oven-safe skillet over medium heat until just smoking. Cook chicken until well browned, about 5 minutes per side.
5. Remove chicken from pan and add vegetables to skillet. Arrange chicken skin-side up over vegetables and transfer to oven. Roast until chicken is cooked through and vegetables are tender, about 15 minutes.



Zesty Grilled Turkey Breast

Serves 4

Ingredients

5 cloves garlic, minced
¼ cup lime juice
¼ cup lemon juice
¼ cup flaxseed oil
1 tsp paprika
1 tsp cumin
1 tsp turmeric
½ tsp white pepper
1½ lb turkey breast, cut into
¼-inch slices
1 tbsp olive oil (for basting)

Directions

1. Mix all ingredients except for turkey and oil in a blender to make sauce.
2. Grill or broil the turkey breasts while brushing with the oil to keep them moist, about 5 minutes on each side.
3. Serve turkey slices topped with 2–3 tbsp of sauce.



Herbed New Potatoes

Serves 2

Ingredients

8 small new red potatoes
2 tbsp olive oil
½ tsp fresh parsley, chopped
½ tsp fresh basil, chopped
Freshly ground salt and black pepper

Directions

1. Boil the potatoes until tender, about 12 minutes. Drain and place on a plate or in a bowl.
2. Drizzle with the oil and toss with the herbs and salt and pepper to taste.
3. Serve immediately or store for later use.



Dinner

Fresh Tomato and Basil Soup

Serves 4

Ingredients

2 large yellow onions, diced
¼ cup olive oil
2 lb fresh tomatoes, peeled
1 tbsp finely grated orange peel
1 tbsp lemon juice
Freshly ground black pepper
Fresh basil leaves

Directions

1. In a large saucepan, cook the onions in the oil until translucent, stirring frequently.
2. Puree the tomatoes in a blender.
3. Add the orange peel, lemon juice and pureed tomatoes to the saucepan, and cook over low to medium heat, stirring occasionally, 15–20 minutes. Season to taste with pepper.
4. Serve garnished with basil leaves.



Basic Vegetable Soup

Serves 4

Ingredients

2 tbsp raw or organic butter
2 medium garlic cloves, smashed
½ cup chopped red onion
1 cup chopped celery
1 large carrot, diced
1 lb mushrooms, chopped
2 tsp dried thyme leaves
1 tsp dried marjoram leaves
1 ½ tsp sea salt
½ tsp freshly ground black pepper
8 cups vegetable or chicken stock, or water
1 tbsp tamari
1 ½ cups white wine (optional)
10 oz snow peas
½ cup parsley, chopped

Directions

1. Melt butter in a large, heavy skillet over medium heat.
2. Add garlic and chopped onion. Sauté, stirring occasionally, until translucent, 3–5 minutes.
3. Add celery, carrots, mushrooms, herbs, salt and pepper. Cover and continue cooking, stirring occasionally, until vegetables are tender, 7–8 minutes.
4. Add stock or water. Cover and simmer for at least 10–20 minutes.
5. Stir in tamari, wine if using, snow peas and parsley. Simmer a few more minutes.
6. Serve immediately.



Pot Roast with Vegetable

Serves 4 - 6

Ingredients

Beef chuck roast
Seasoned salt
Freshly ground black pepper
Garlic powder
Carrots, peeled and cut into 2-inch pieces
Potatoes, peeled and quartered
Onions, quartered

Directions

1. Preheat oven to 375°F. Spray large roaster with non-stick cooking spray.
2. Generously season all sides of roast with seasoned salt, pepper and garlic powder.
3. Place in roaster and bake until nicely browned (1 to 1 ½ hours), checking occasionally.
4. Add carrots, onions and approximately 3 cups of water. Cover and bake, 45–60 minutes.
5. Add potatoes and cover. Bake until meat and vegetables are tender. Baste several times during baking and make sure there is always broth in the bottom of the roaster.



Little Valley Stuffed Trout

Serves 2 - 4

Ingredients

½ tsp dried dill weed
2 tbsp finely chopped fresh parsley
2 tbsp finely chopped yellow onion
¼ cup slivered almonds
1 lb trout (brook trout is preferable to rainbow trout)
Lemon juice
Freshly ground black pepper

Directions

1. Preheat the oven to 400°F.
2. In a small bowl mix the dill, parsley, onion and almonds. Fill the cavity of the trout with this mixture.
3. Place the fish on foil and squeeze lemon juice over it liberally. Add pepper to taste.
4. Seal the foil and bake until the fish flakes easily with a fork, about 25 minutes.



Stir-Fried Garlic Asparagus

Serves 1

Ingredients

1 clove garlic, minced
2 tbsp olive oil
1 lb fresh asparagus spears
1 tbsp lemon juice

Directions

1. Cook the garlic in the oil until soft, stirring frequently.
2. Add the asparagus spears. Cook until tender, 3–5 minutes.
3. Pour the lemon juice over the asparagus.



Buffalo Chili

Serves 4

Ingredients

1 tbsp coconut oil
½ cup chopped onions
2 medium garlic cloves, minced
1½ cups chopped celery
1 cup chopped green pepper
1½ lb ground bison or buffalo meat
2 tsp thyme leaves
2 tsp chili powder
2 tsp ground cumin
1 tsp sea salt
1 8-oz can tomatoes
1 12-oz jar prepared salsa
Tiny cauliflower florets (optional)

Directions

1. Melt oil In large skillet or crockpot on medium to high heat
2. Sauté onions, garlic, celery, and pepper until onion is translucent, 3–4 minutes.
3. Add ground meat, thyme, chili powder and cumin, and cook, stirring frequently, for 5–6 minutes.
4. Pour salt, tomatoes, and salsa into pot. Cover, reduce heat and simmer for at least 1 hour. Crockpot on low can simmer for quite a few hours.
5. Serve in bowls or over tiny steamed cauliflower florets.



Bonus

Novak Djokovic Gluten-Free Breakfast Options

Option 1

Water, first thing out of bed
2 tbsp honey
Banana with cashew butter
Fruit

Option 2

Water, first thing out of bed
2 tablespoons honey
Gluten-free oats with cashew butter and bananas

Midmorning snack (if needed)

Gluten-free toast with almond butter and honey



References

1. Sourced from <http://glutenfreegoddess.blogspot.com/2011/08/karinas-gluten-free-pancakes.html#ixzz3P2xBlvuD>, posted August 2011 by Karina Allrich
2. Sourced from <http://www.shape.com/healthy-eating/meal-ideas/6-amazing-vegan-brunch-recipes/slide/2>, posted by Heidi Kristoffer on 15 November 2012
3. Sourced from 'Gordon Ramsay Makes It Easy' by Gordon Ramsay, published in 2005
4. Sourced from 'Precision Nutrition' by Dr John M Berardi, PhD
5. Sourced from 'Dr. Mercola's Total Health Program: The Proven Plan to Prevent Disease & Premature Aging Optimize Weight and Live Longer' by Joseph Mercola, published in 2010
6. Sourced from 'Glutenology: Healthy Recipes for The Gluten Free Warrior' by Dr Peter Osborne
7. Sourced from 'The Paleo Diet for Athletes: A Nutritional Formula for Peak Athletic Performance' by Loren Cordain, PhD, published in 2013
8. Sourced from 'The Paleo Diet for Athletes: A Nutritional Formula for Peak Athletic Performance' by Loren Cordain, PhD, published in 2013
9. Sourced from 'Serve to Win, the 14-Day Gluten-Free Plan for Physical and Mental Excellence' by Novak Djokovic

