

 @KERIEDILLONCOACHING

PEAK PERFORMANCE

RECIPE BOOK

8 Recipes to Fuel your Performance





Firstly, let me say

WELCOME!

I'm so excited to share my free recipe book with you! Every recipe inside is designed to help you fuel your training and support your everyday performance—whether you're aiming for your next PB or just want to feel your best. You'll find meals and snacks packed with high-quality protein to support recovery, plus smart carbohydrates to give you the energy you need to perform, recover, and thrive.

To make things even easier, each recipe comes with its own MyFitnessPal barcode. If you're tracking your calories or macros, just scan the code—no guesswork required.

I hope you enjoy cooking (and eating!) these meals as much as I enjoyed creating them. If you give a recipe a try, I'd love to see your finished product—just tag me (@keriedilloncoaching) in your story!

Happy cooking,
Kerie

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KCAL
419.6

PRO
39.2g

CARB
38.1g

FAT
12.2g

FIBER
2.2g

Per serving

Biscoff Protein Overnight Weetabix

High Protein

Med Carb



This "Cheese Fake" is a delicious fusion of health and indulgence. The base, a crunchy Weetabix-Biscoff biscuit, provides a textural contrast to the creamy blend of yogurt and vanilla whey, punctuated by the sweet and spicy Biscoff spread. This high-protein, guilt-free dessert is a celebration of the iconic Biscoff flavor with a nutritious twist.



Prep: 5 min

Cook: 0 min

Fresh: 1 days



Beginner



Makes 1

0% Fat Yoghurt 150g or 5.2 oz

Semi Skim Milk 2 tbsp

Whey Protein 1 scoop, vanilla

Biscoff Spread 1 tsp

Biscoff Biscuit 1

Weetabix 1

Water 1 tbps

Biscoff Protein Overnight Weetabix

High Protein

Med Carb

Kerie Dillon Coaching

Method

To a glass or small bowl, add the Weetabix biscuit (crushed). Next, add two tablespoons of milk to the glass. pat the Weetabix down using a spoon until it is well combined.

Next, mix together the yogurt and whey protein before transferring the yogurt mixture to the glass.

Now it is time to make the sauce. To a separate small bowl, add a tsp of biscoff sauce along with a tbsp of boiling water. Mix well until you get a consistence texture. Once this is ready, spoon the sauce over the yogurt.

Crumble half of the biscoff biscuit on top and place the other half in the yogurt. Enjoy!

MFP Barcode



Allergen Information

Contains lactose, wheat, soy



KCAL
366

PRO
27.9g

CARB
38.7g

FAT
11.3g

FIBER
4g

Per serving

Basic Protein Pancakes

High Protein

Med Carb



Who doesn't love pancakes? These pancakes are simple to make and can even be stored for a few days making them a simple grab-and-go lunch.



Prep: 5 min

Cook: 10 min

Fresh: 1 days



Beginner



Makes 2

Eggs 2

Oats 60g or 2/3 cup

Banana 1 medium

Greek Yogurt 1 tbsp 0% fat

Water 3 tbsp

Blueberries 1 handful

Raspberries 1 handful

Whey 1 scoop vanilla or chocolate

Skim Milk 2 tbsp

Peanut Powder 1 heaped tsp

Olive Oil 1 tsp

Basic Protein Pancakes

High Protein

Med Carb

Kerie Dillon Coaching

Method

To a blender add the banana, eggs, oats, milk, and protein powder. Blend until you have a thick but smooth mixture. If too thick, add a drop of milk or water.

To a non-stick pan on low heat, add 1 tsp of olive oil. Pour the batter into the size preferred. Flip once bubbles begin to appear.

As they cook, place the peanut powder into a cup and add water gradually. Once you have the consistency you like, stop adding water.

Once the pancakes are ready, stack them up and serve with a dollop of 0% fat greek yogurt some berries and peanut sauce.

MFP Barcode



Allergen Information

Contains milk, eggs, peanuts, treenuts.



Honey Mustard Pasta & Chicken Salad

High Protein

Med Carb



Dive into the flavors of this salad, a perfect blend of savory and sweet, with a hint of zest. This dish combines tender chicken breast and al dente pasta, complemented by the freshness of peas, red pepper, and a mix of basil and rocket. Topped with a creamy, tangy honey mustard dressing, it's a delightful meal for any day of the week.



Prep: 15 min

Cook: 25 min

Fresh: 3 days



Beginner



Makes 4

Chicken Breast 4

Pasta 240g or 8.5oz, dry

Peas 160g, or 5.6oz, frozen

Rocket 100g or 3.5oz

Low-Fat Yoghurt 4 tbsp

Green Olives 60g or 2.1oz, pitted

Black Pepper 5 twists

Red Pepper 2, medium

Wholegrain Mustard 3 tsp

Honey 1 tbsp

Lemon Juice 1/2 lemon

Fresh Basil Handful

Chilli Flakes pinch

Salt pinch

Honey Mustard Pasta & Chicken Salad

High Protein

Med Carb

Kerie Dillon Coaching

Method

Season the chicken breasts with salt and pepper. In a skillet over medium heat, cook the chicken until golden and cooked through. Let it rest before slicing.

Bring a pot of salted water to a boil. Cook the pasta according to package instructions until al dente. In the last 3 minutes of cooking, add the peas to the pasta water.

Dice the red peppers and half the green olives. Roughly chop the basil and rocket.

In a bowl, whisk together yogurt, wholegrain mustard, honey, chili flakes, and lemon juice. Season with salt and pepper to taste.

Drain the pasta and peas, and transfer them to a large mixing bowl. Add the sliced chicken, red peppers, olives, basil, and rocket. Pour the honey mustard dressing over the pasta mixture and toss well to coat everything evenly.

MFP Barcode



Allergen Information

Contains wheat, mustard



KCAL
465.3

PRO
40.5g

CARB
63.6g

FAT
5.3g

FIBER
3.2g

Per serving

Sweet Chilli Chicken Noodles

High Protein

High Carb



Looking for a delicious and nutritious way to fuel or recover from your workout? Look no further than our Sweet Chilli Chicken Noodles! This mouth-watering dish combines tender chicken, hearty egg noodles, and a medley of fresh vegetables with a spicy and sweet sauce that's sure to satisfy



Prep: 8 min

Cook: 15 min

Fresh: 5 days



Beginner



Makes 2

Chicken Breast 2

Salt 1 pinch

Pepper 5 twists

Olive Oil 1 tsp

Egg Noodle 125g or 4.4 oz

Brown Onion 1 medium

Red Pepper 1 medium

Baby Spinach 2 cups

Sugar Snap Peas 10

Soy Sauce 2 tbsp

Oyster Sauce 1 tbsp

Brown Sugar 1 tsp

Sweet Chilli Sauce 1.5 tbsp

Lime Juice 1

Sweet Chilli Chicken Noodles

High Protein

High Carb

Kerie Dillon Coaching

Method

First, prepare the veg. Peel and dice the onion and leave it to the side. Next, deseed and thinly slice the red pepper and leave it to the side.

Next, cut the chicken breast into thin strips.

To a wok or deep pan on medium heat, add a tsp of olive oil followed by the onion. Cook until translucent before adding the chicken, salt, and pepper.

As the chicken cooks, prepare the sauce. Add the sweet chilli sauce, soy sauce, oyster sauce, the juice of 1 lime, and a tsp of brown sugar in a bowl. Mix well and leave to the side.

After cooking the chicken for 4-5 minutes, it should begin to whiten. At this stage add the sauce and mix well. Next, add the peppers and cook for a further 5 minutes.

Bring a pot of water to a boil and add cook the egg noodle according to the packet instructions (typically 3 to 5 minutes).

Add the spinach, and stir regularly. The spinach will wilt with the heat.

Once the noodles are cooked, drain the water and transfer them to the wok. Mix well before serving.

MFP Barcode



Allergen Information

Contains egg, wheat, soy.
May contain sulphites.



KCAL
593.2

PRO
40g

CARB
56.2g

FAT
23.2g

FIBER
10.8g

Per serving

Teriyaki Salmon Bowl

High Protein

Med Carb



Salmon is a fatty fish packed with essential omega-3 fatty acids that help with brain function, and heart health and support joint health. Additionally Salmon is an excellent source of protein. The composition of this meal makes it the perfect "mixed meal" of protein, fat, and carbohydrate.



Prep: 5 min

Cook: 15 min

Fresh: 2-3 days



Beginner



Makes 2 portions

Salmon 2 fillets

Basmati Rice 120g 5/8 cup uncooked

Spring Onion 1

Edamame 3.5oz or 100g, shelled

Sesame Seeds 1 pinch

Teriyaki Glaze 1 tsp

Coriander fresh, sprig

Broccoli 2.5 oz or 70g (4 small spears)

Carrot 1/2 a carrot, grated

Bok Choy handful, chopped

Cucumber 1 thumb length piece, sliced

Teriyaki Salmon Bowl

High Protein

Med Carb

Kerie Dillon Coaching

Method

Preheat the oven to 180 degrees. Dab the salmon fillets dry using a paper towel before adding the teriyaki glaze to the salmon. Use can use a store-bought teriyaki sauce.

Boil the kettle and organize two pots, one for cooking the rice and one for cooking the broccoli and edamame. Begin by cooking the rice according to the instructions on the packet (usually takes 11 to 13 minutes). After starting to boil the rice, add the salmon to the oven for 13 minutes.

As the salmon and rice cook, peel and grate the carrot and leave it to the side. Slice the cucumber and leave to the side and clean and chop the spring onion and leave to the side.

Until 5 minutes before the salmon is cooked, add the shelled edamame and broccoli to the other pot with boiling water. Cooking for 5 minutes.

Once cooked, serve the rice in a bowl and then top the rice with the grated carrot, broccoli, edamame, spring onion, and salmon. Garnish with fresh coriander leaves.

MFP Barcode



Allergen Information

Contains fish, sesame. May contain sulphites, soy, gluten.



KCAL
515.6

PRO
43.9g

CARB
59.7g

FAT
11.2g

FIBER
4.6g

Per serving

Chipotle Chicken Pasta

High Protein

Med Carb



This tantalizing masterpiece will leave you smacking your lips with every bite. Get ready to indulge in a culinary adventure that will take your taste buds to new heights!



Prep: 10 min

Cook: 20 min

Fresh: 5 days



Beginner



Makes 2

Chopped Tomato 1 tin

Chicken Breast 3

Penne Pasta 160g or 4/5 cup oz uncooked

Light Single Cream 150ml or 5fl oz

Red Pepper 1 medium

Frozen Peas 60g or 1/2 cup

Asparagus 4 small spears

Lime Juice 1 lime

Cumin 1/2 tsp

Garlic 4 cloves

Chipotle Paste 1 tsp, Gran Luchito

Chipotle Flakes 1 tsp

Honey 1 tsp

Olive Oil 1 tsp

Black Pepper 5 twists

Paprika 2 tsp

Chipotle Chicken Pasta

High Protein

Med Carb

Kerie Dillon Coaching

Method

First, in a mixing bowl season the chicken breasts with salt, pepper, paprika, cumin and chipotle flakes.

Place the chicken to the side and prepare the veg. Chop the asparagus into inch-length pieces and dice the red pepper. Peel & chop the red onion.

Cook the chicken in the air fryer or oven at 180 degrees for 18 to 20 minutes.

As the chicken cooks, place the red onion in a pot with a tsp of olive oil and the crushed garlic cloves. Cook for 2 minutes on medium heat before adding the red pepper, asparagus & chipotle paste. Cook for 2 more minutes, stirring regularly to mix the paste.

Next, add the chopped tomatoes, honey, lime juice, and paprika. Mix well and leave to simmer for 10 minutes. With 12 minutes remaining until the chicken is cooked, prepare and cook your pasta.

After leaving the tomato sauce to reduce for 10 minutes, lower the heat and add the single cream and peas. Mix well and leave to sit until the pasta is cooked.

Once the pasta is cooked, drain and toss the pasta into the pot. Once this is done, mix well.

Finally, dice the cooked chicken breasts and add them to the pot. Mix well before serving. Adding a sprinkle of Parmigiano to each bowl.

MFP Barcode



Allergen Information

Contains milk, may contain sulphites.



KCAL
498.5

PRO
49.9g

CARB
51.3g

FAT
12.1g

FIBER
7.3g

Per serving

Choco Peanut Recovery Smoothie

High Protein Med Carb

This high-protein smoothie is perfect for anyone looking to build muscle and recover from exercise. Packed with protein, creatine, and carbs, this delicious smoothie provides the perfect balance of protein, healthy fats, and carbohydrates to fuel your body and help you recover faster.

 Prep: 5 min Cook: 0 min Fresh: 1 days  Beginner

 Makes 1

0% Fat Yoghurt 150g or 5.2 oz
Semi Skim Milk 150ml or 5 fl oz
Whey Protein 1 scoop, chocolate
Creatine 1 scoop
Cocoa Powder 1 tsp

Honey 1 tsp
Chia Seed 1 tsp
Banana 1 large
Peanut Butter 1 tsp

Choco Peanut Recovery Smoothie

High Protein

Med Carb

Method

To a blender add all of the ingredients and blend until you have a thick, smooth texture.



MFP Barcode



Allergen Information

Contains lactose, peanuts, treenuts



Protein-Boosted Berry Parfait

High Protein Low Carb



With creamy blueberry yogurt, protein-packed vanilla whey, and a medley of fresh berries, it's a delightful balance of flavors. Topped with crumbled meringue and a sprinkle of chocolate shavings, this parfait is a guilt-free pleasure that nourishes both your taste buds and your body.

 Prep: 2 min  Cook: 0 min  Fresh: 1 days  Beginner

 Makes 1

- Protein Yogurt Blueberry 250g or 8.8oz
- Strawberries 4
- Vanilla Whey 1 scoop
- Raspberries 5
- Milk Chocolate 1 square
- Meringue Nest 1/2

Protein-Boosted Berry Parfait

High Protein

Low Carb

Kerie Dillon Coaching

Method

In a bowl, combine the blueberry yogurt and the scoop of vanilla whey protein. Stir well until the whey protein is fully incorporated into the yogurt, creating a creamy and protein-rich base for the parfait.

Take the meringue nest and gently crumble it into small pieces. Sprinkle a layer of the crumbled meringue on top of the yogurt-whey mixture. The meringue will add a delightful crunch and a touch of sweetness to each spoonful of the parfait.

Slice the strawberries into bite-sized pieces and scatter them over the meringue layer. Next, place the fresh raspberries on top, adding a burst of vibrant color and tangy sweetness to the parfait.

Using a grater or a sharp knife, gently shave or grate a square of chocolate to create thin, delicate chocolate shavings. Sprinkle the chocolate shavings over the fresh fruit layer of the parfait.

MFP Barcode



Allergen Information

Contains milk, wheat. May contain tree nuts