



THE STRONG TABLE

STARTER COOKBOOK / VOLUME 01

12 original recipes for practical, enjoyable eating.

TRAIN WELL. EAT WELL. KEEP GOING.

A GOOD PLACE TO BEGIN

This collection brings together twelve original recipe ideas from the Strong Table preview. Use the steps and shopping notes as a starting point, then adjust ingredients and portions for your own preferences and needs.

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NUTRITION NOTE

Per-serving figures on each recipe are rounded estimates from the listed ingredients. Brands, substitutions, cooked weights and portions can change the result. Review figures before using for individual nutrition care.

Lemon chicken crunch bowl

25 MINUTES / 2 SERVINGS / HIGH PROTEIN, HIGH CARB

370 KCAL / 50 G PROTEIN / 30 G CARBS / 7 G FAT - PER SERVING

An original flexible bowl. Increase rice for a higher carbohydrate meal.

INGREDIENTS

2 chicken breasts (about 300 g)
1 cup cooked brown rice
2 cups chopped cucumber and tomato
2 cups baby spinach
2 tbsp plain Greek yogurt
1 lemon
1 tsp olive oil
Pepper, parsley and garlic

METHOD

- 01** Cook chicken thoroughly in a skillet with oil, pepper and garlic; rest and slice.
- 02** Divide warm rice, spinach and vegetables between two bowls.
- 03** Stir yogurt with lemon juice and parsley; spoon over the chicken.

Smoky turkey lettuce tacos

20 MINUTES / 2 SERVINGS / HIGH PROTEIN, LOW CARB

250 KCAL / 45 G PROTEIN / 13 G CARBS / 3 G FAT - PER SERVING

Use a food thermometer for safe cooking; nutrition depends on turkey selection.

INGREDIENTS

300 g extra lean ground turkey
8 large romaine leaves
1 cup diced tomatoes
1 small onion
1 tsp smoked paprika
1 tsp cumin
1 lime
2 tbsp plain nonfat Greek yogurt

METHOD

- 01** Brown turkey with onion and spices until fully cooked.
- 02** Spoon into washed lettuce leaves with tomatoes.
- 03** Finish with yogurt and lime.

Salmon avocado plate

25 MINUTES / 2 SERVINGS / HIGH PROTEIN, LOW CARB

540 KCAL / 36 G PROTEIN / 15 G CARBS / 37 G FAT - PER SERVING

Naturally higher in fat from salmon, avocado and olive oil.

INGREDIENTS

2 salmon fillets (about 300 g total)
1 ripe avocado
3 cups mixed greens
1 cucumber
1 lemon
2 tsp olive oil
Dill and pepper

METHOD

- 01** Bake salmon at 200°C / 400°F until cooked through.
- 02** Arrange greens, cucumber and avocado on plates.
- 03** Add salmon and dress with lemon, oil and dill.

Berry oat power bowl

10 MINUTES / 1 SERVINGS / HIGH CARB, HIGH PROTEIN

340 KCAL / 25 G PROTEIN / 51 G CARBS / 5 G FAT - PER SERVING

Use plain yogurt and adjust milk to your needs.

INGREDIENTS

½ cup rolled oats
¾ cup nonfat Greek yogurt
½ cup berries
½ cup milk of choice
1 tsp cinnamon

METHOD

- 01** Cook oats in milk according to package directions.
- 02** Top with yogurt, berries and cinnamon.

Ginger peanut tofu noodles

25 MINUTES / 2 SERVINGS / HIGH CARB, PLANT-BASED

465 KCAL / 28 G PROTEIN / 52 G CARBS / 17 G FAT - PER SERVING

A convenient plant-based dinner with carbohydrate for training days.

INGREDIENTS

250 g firm tofu
120 g dry whole-wheat noodles
2 cups broccoli
2 tbsp peanut butter
1 tbsp low-sodium soy sauce
1 tsp grated ginger
Water to thin sauce

METHOD

- 01** Cook noodles and steam broccoli.
- 02** Pan-sear cubed tofu until golden.
- 03** Whisk peanut butter, soy sauce, ginger and water; toss everything together.

Herby egg-white skillet

15 MINUTES / 1 SERVINGS / HIGH PROTEIN, LOW CARB

225 KCAL / 32 G PROTEIN / 12 G CARBS / 5 G FAT - PER SERVING

One of the leaner choices in this collection.

INGREDIENTS

1 whole egg
¾ cup liquid egg whites
1 cup chopped mushrooms
1 cup spinach
½ bell pepper
Chives and black pepper

METHOD

- 01** Cook vegetables in a nonstick skillet until softened.
- 02** Add egg and egg whites; cook until set.
- 03** Top with herbs and serve.

Broccoli bean baked potato

20 MINUTES / 2 SERVINGS / HIGH CARB, LOW FAT

280 KCAL / 12 G PROTEIN / 54 G CARBS / 2 G FAT - PER SERVING

Inspired by the ingredient pairing in USDA MyPlate's broccoli baked potatoes; this preparation is original.

INGREDIENTS

2 medium potatoes
1 cup cooked white beans
2 cups broccoli
2 tbsp plain yogurt or dairy-free alternative
Smoked paprika and pepper

METHOD

- 01** Microwave or bake potatoes until tender.
- 02** Steam broccoli and warm beans with paprika.
- 03** Split potatoes and top with beans, broccoli and yogurt.

Cottage cheese peach toast

8 MINUTES / 1 SERVINGS / HIGH PROTEIN, HIGH CARB

390 KCAL / 29 G PROTEIN / 57 G CARBS / 6 G FAT - PER SERVING

An easy breakfast or post-training snack.

INGREDIENTS

2 slices whole-grain bread
¾ cup low-fat cottage cheese
1 peach, sliced
1 tsp honey
Cinnamon

METHOD

- 01** Toast bread until crisp.
- 02** Spread cottage cheese on each slice and top with peach.
- 03** Finish with cinnamon and a little honey.

Chili-lime shrimp rice bowls

20 MINUTES / 2 SERVINGS / HIGH PROTEIN, HIGH CARB

400 KCAL / 40 G PROTEIN / 46 G CARBS / 4 G FAT - PER SERVING

Choose the rice portion that fits your training day.

INGREDIENTS

300 g peeled shrimp
1½ cups cooked rice
2 cups shredded cabbage
1 bell pepper
1 lime
1 tsp olive oil
Chili flakes and cilantro

METHOD

- 01** Cook shrimp in a hot pan with oil until opaque and cooked through.
- 02** Divide rice and vegetables between bowls.
- 03** Top with shrimp, lime and cilantro.

Weeknight red lentil soup

30 MINUTES / 4 SERVINGS / HIGH CARB, LOW FAT

265 KCAL / 17 G PROTEIN / 46 G CARBS / 1 G FAT - PER SERVING

Batch cook and refrigerate promptly for later meals.

INGREDIENTS

1½ cups dry red lentils
1 onion, diced
2 carrots, diced
1 can diced tomatoes
5 cups low-sodium broth
1 tsp cumin
1 lemon

METHOD

- 01** Simmer onion and carrots in a splash of broth for five minutes.
- 02** Add lentils, tomatoes, remaining broth and cumin; simmer until tender.
- 03** Finish with lemon and divide into four bowls.

Garlic chicken cauliflower skillet

25 MINUTES / 2 SERVINGS / HIGH PROTEIN, LOW CARB

270 KCAL / 38 G PROTEIN / 16 G CARBS / 5 G FAT - PER SERVING

A lean meal with generous vegetables.

INGREDIENTS

300 g skinless chicken breast, cubed

3 cups cauliflower florets

1 zucchini

2 garlic cloves

1 tsp olive oil

Parsley and lemon

METHOD

01 Cook chicken in oil until thoroughly done.

02 Add cauliflower, zucchini, garlic and a splash of water; cover until tender.

03 Finish with parsley and lemon.

Sardine avocado cucumber boats

10 MINUTES / 2 SERVINGS / HIGH PROTEIN, LOW CARB

370 KCAL / 27 G PROTEIN / 16 G CARBS / 24 G FAT - PER SERVING

Choose sardines packed in water or oil based on preference.

INGREDIENTS

2 cans sardines, drained
1 avocado
2 large cucumbers
1 lemon
Fresh dill and pepper

METHOD

- 01** Halve cucumbers and scoop out the centers.
- 02** Mash avocado with lemon and dill, then fold in sardines.
- 03** Spoon into cucumbers and serve chilled.

A SIMPLE 7-DAY SHOP

Use the first seven recipes for one flexible dinner plan.

MON	Lemon chicken crunch bowl
TUE	Smoky turkey lettuce tacos
WED	Salmon avocado plate
THU	Berry oat power bowl
FRI	Ginger peanut tofu noodles
SAT	Herby egg-white skillet
SUN	Broccoli bean baked potato

SHOPPING NOTES

- Review serving sizes and multiply ingredients for your household.
- Check pantry staples before shopping: oil, spices, garlic and lemon.
- Wash produce and refrigerate perishable food promptly.
- Swap ingredients to match allergies, budget and preferences.