

# Suzan's Recipes



Simple comp  
prep recipes

## BREAKFAST RECIPE



Serves 1

Macros per serve

32C/23P/8F

310 calories



## BLUEBERRY CHIA OVERNIGHT OATS

### Ingredients

50g rolled oats  
1 tsp chia seeds  
1/2 scoop vanilla protein powder  
100ml almond milk  
50g Greek yoghurt  
1/2 cup fresh or frozen  
blueberries  
1/2 tsp cinnamon

### Directions

1. Combine oats, chia seeds, protein powder, cinnamon, and almond milk in a container or jar.
2. Stir in Greek yoghurt and blueberries.
3. Mix well, cover, and refrigerate overnight (or for at least 4 hours).
4. In the morning, give it a good stir and top with a few extra berries or a dollop of yoghurt if desired.

## DINNER RECIPE



Serves 1

Macros per serve

35C/43P/14F

448 calories



# LEAN CHICKEN FRIED RICE

### Ingredients

100g chicken breast  
1/2 cup cooked brown rice  
1 whole egg  
1/2 cup mixed frozen veggies  
1/4 cup spring onion  
1 tsp low sodium soy sauce  
1 tsp sesame oil  
1 tsp minced garlic

### Directions

1. Heat oil in a pan. Add garlic and sauté for 30 seconds.
2. Add chicken and mixed veggies. Cook until heated through.
3. Push to the side of the pan, crack in the egg and scramble.
4. Add cooked rice, soy sauce, spring onion, and stir everything together.
5. Cook for another 2–3 minutes until well combined and heated through.

## BREAKFAST RECIPE



*Serves 1*

*Macros per serve*

*6C/23P/16F*

*265 Calories*



## VEGGIE LOADED OMLETTE

### Ingredients

2 whole eggs  
100g egg whites  
1/4 cup chopped capsicum  
1/4 cup diced tomato  
1/4 cup chopped spinach  
or kale  
2 tbsp diced red onion  
1/4 cup mushrooms, sliced  
1 tsp olive oil  
Salt & pepper to taste

### Directions

1. In a bowl, whisk together the whole eggs, egg whites, salt, and pepper.
2. Heat the olive oil in a pan.
3. Add the capsicum, onion, mushrooms, and tomato. Sauté for 2–3 minutes until softened.
4. Add spinach or kale and cook until wilted.
5. Pour in the egg mixture and let it cook.
6. Fold in half and cook through, then serve hot.

## LUNCH RECIPE



*Serves 1*

*Macros per serve*

*10C/36P/20F*

*365 calories*



## THAI BEEF SALAD

### Ingredients

120g lean beef steak  
1 cup mixed salad leaves  
1/4 cup cherry tomatoes,  
1/4 cucumber  
1/4 red onion,  
1/4 red capsicum  
1 tbsp fresh coriander  
1/2 tsp sesame oil

Dressing:

1 tbsp lime juice  
1 tsp fish sauce or soy sauce  
1/2 tsp honey  
1/2 tsp minced garlic  
1/4 tsp chilli flakes (optional)

### Directions

1. Season the beef with salt and pepper.
2. Heat sesame oil in a pan over high heat and cook steak for 2–3 mins each side (medium rare) or to your liking. Rest for 5 mins, then slice thinly.
3. Mix all salad ingredients in a bowl.
4. In a small bowl, mix dressing ingredients and drizzle over salad.
5. Add the sliced beef on top and toss gently. Enjoy!

## DINNER RECIPE



*Serves 1*

*Macros per serve*

*35C/36P/23F*

*495 Calories*



## STEAK & SWEET POTATO BOWL

### Ingredients

150g lean steak  
200g sweet potato, diced  
1/4 cup corn  
1/4 avocado, sliced  
1 cup lettuce or mixed greens  
1 tbsp chopped parsley  
1 tsp olive oil or spray  
1 tbsp sriracha mayo

### Directions

1. Preheat oven to 200°C. Toss sweet potato in olive oil, season, and roast for 20–25 mins until golden.
2. While that's roasting, season steak with salt and pepper. Cook in a hot pan for 2–3 mins per side or to your liking. Rest for 5 mins, then slice.
3. Assemble bowl: lettuce, sweet potato, corn, avocado, and parsley.
4. Top with sliced steak and drizzle with sriracha mayo. Enjoy!

# Protein Cheat Sheet

*Per 100g*



**CHICKEN BREAST**

22g P, 105 cals



**EXTRA LEAN BEEF MINCE**

20g P, 126 cals



**PLAIN YOGHURT**

5g P, 76 cals



**WHITE FISH**

20g P, 88 cals



**SCOTCH FILLET**

20g P, 203 cals





Supps for  
results



# Suzan's Recommendations

When it comes to supplements, it's important to remember — they're not a magic fix! With consistent training and solid nutrition as your foundation, supplements can be a great way to enhance performance, support recovery, and help you feel your best.

My go-to recommendations from REDCON1 include:

1. Protein powder – to help you hit your daily protein goals with ease
2. Total War – a powerful pre-workout I personally use daily for energy and focus
3. Magnesium – to support muscle recovery, sleep, and reduce fatigue

These can complement your training and nutrition routine, especially if you're pushing hard in the gym or preparing for events.

I personally use REDCON1 products, and if you'd like to try them too, you can use my code SUZAN at checkout to save via the link below.

## SUZAN TO SAVE

