

*New E-Book*

# Nutrition of sports children

Written by  
Bc. Karolína  
Holá,  
Dietitian

Download Now

@the.holistic.caroline  
www.karolinahola.com







# Breakfast tips





# OATMEAL WITH FRUIT

## Ingredients:

- 1 cup rolled oats
- 2 cups milk (or milk alternative)
- 1/2 cup Greek yogurt
- 1 apple, diced
- 1 spoon of honey
- A handful of nuts (e.g. walnuts, almonds)
- A pinch of cinnamon

## Procedure:

- Heat the milk in a saucepan and add the oatmeal.
- Cook over medium heat until the porridge thickens (about 5-7 minutes).
- Add honey and cinnamon, mix well.
- Serve with sliced apple, Greek yogurt and nuts.



Preparation time:

10 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# COTTAGE CHEESE PANCAKES

## Ingredients:

- 1 cup cottage cheese
- 1 egg
- 1/2 cup whole wheat flour
- 1/2 cup milk
- 1 teaspoon of baking powder
- 1/2 teaspoon vanilla extract (optional)

## Procedure:

- Mix the cottage cheese, eggs, milk and vanilla extract in a bowl.
- Add flour and baking powder. Blend until the mixture is smooth.
- In a frying pan over medium heat, fry the pancakes on both sides until golden.
- Serve with fresh fruit or honey.



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# SANDWICHED BREAD WITH HAM

## Ingredients:

- 1 slice of whole grain bread
- 1/2 ripe avocado
- Salt and pepper to taste
- 4 slices of turkey ham
- teaspoon lemon juice (optional)
- Tomatoes
- Herbs (optional)

## Procedure:

- Mash the avocado and spread it on the toasted bread.
- Salt and pepper to taste.
- You can add a teaspoon of lemon juice for better taste.
- Cover the bread with ham and add tomatoes.



Preparation time:

15 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# FRUIT YOGHURT PARFAIT

## Ingredients:

- 1 cup Greek yogurt
- 1/2 cup fresh fruit (blueberries, strawberries, banana)
- 1/4 cup granola (no sugar added)
- 1 tablespoon honey or maple syrup (optional)

## Procedure:

- Put a layer of yogurt in a bowl or glass.
- Add a layer of fresh fruit.
- Sprinkle with granola.
- Add a little honey or maple syrup if you like.
- Repeat layers until all ingredients are used.



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# AVOCADO TOAST WITH EGG

## Ingredients:

- 1 slice of whole grain bread
- 1/2 avocado
- 1 boiled egg
- Salt and pepper to taste
- Seeds (flax, hemp, sesame)
- Cherry tomatoes
- Cucumber

## Procedure:

- Toast the bread in the toaster.
- Mash the avocado and spread it on the toast.
- Cut the boiled egg into slices and place on top of the avocado.
- Garnish with seeds
- Salt and pepper to taste.



### Preparation time:

10 minutes + overnight



### Difficulty:

Beginner

### Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# SMOOTHIE BOWL

## Ingredients:

- 1 banana
- 1/2 cup frozen berries (raspberries, blueberries)
- 1/2 cup spinach
- 1/2 cup milk or plant milk
- 1 tablespoon nut butter (peanut, almond)
- Granola, seeds, fruit for decoration
- A scoop of whey protein without artificial sweeteners (with stevia)

## Procedure:

- In a blender, blend the banana, frozen berries, spinach, milk and nut butter until smooth.
- Pour the smoothie into a bowl.
- Garnish with granola, seeds and fruit to taste.



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# TOAST WITH GRILLED TOMATOES, RICOTTA, HAM AND BASIL

- Ingredients:
- 1-2 slices of gluten-free bread
  - 2 tomatoes
  - 100 g ricotta
  - fresh basil
  - a pinch of salt
  - olive oil
  - pepper
  - 2 slices of ham
  - arugula

## Procedure:

Roast the tomatoes coated in olive oil on a hot grill. In a separate bowl, mix the ricotta with the freshly chopped basil and season with salt and pepper.

Spread the spread on the bread, place the ham on it. arugula and roasted tomatoes. This is an easier option.

Or you can prepare stuffed tomatoes with a ricotta mixture, which you first hollow out and fill and put on the grill.

Bon appetit!



Preparation time:

20 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement





# Lunch and dinner tips from superfoods





# CHICKEN WRAPS

## Ingredients:

- 2 whole wheat tortillas
- 1 grilled chicken breast (thinly sliced)
- 1/2 cup chopped lettuce
- 1/4 cup grated carrots
- 1/4 cup chopped cucumber
- 2 tablespoons yogurt dressing or hummus

## Procedure:

- Place the tortillas on a flat surface.
- Spread yogurt dressing or hummus on tortillas.
- Dressing can be yogurt, linseed oil, garlic, salt and pepper.
- Add the chicken slices, lettuce, carrot and cucumber.
- Wrap the tortillas in a wrap and cut in half.
- Wrap in foil or parchment paper and store in a box.



Preparation time:

30 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# QUINOA SALAD WITH AVOCADO

## Ingredients:

- 1 cup cooked quinoa
- 1/2 cup chopped cucumber
- 80 g of Balkan cheese
- 1/2 cup chopped red cabbage
- 1/2 avocado (diced)
- 1 tablespoon of lemon juice
- 1 tablespoon of olive oil
- Salt and pepper to taste

## Procedure:

- Mix the cooked quinoa, cucumber, cabbage and avocado in a bowl.
- Add the cheese, lemon juice, olive oil, salt and pepper.
- Mix well.
- Transfer to a box and keep in the cold.



Preparation time:

30 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# COLORFUL PASTA SALAD

## Ingredients:

- 1/2 cup chicken, cooked and cut into small pieces (such as roasted chicken breast or smoked chicken)
- 1/2 cup cooked pasta (such as penne or fusilli)
- 1/4 cup yellow cherry tomatoes, cut in half
- 1/4 cup diced cucumber
- 1/4 cup grated carrots (can be fresh or grated)
- 2 teaspoons of olive oil
- 1 teaspoon of lemon juice
- Salt and pepper to taste
- A few leaves of fresh basil or parsley for garnish

## Procedure:

- Cook the pasta in boiling salted water according to package directions. Strain and let cool.
- If the chicken is not pre-cooked, cook it and cut it into small pieces.
- Cut the yellow cherry tomatoes in half, the cucumber into small cubes and the grated carrot.
- In a large bowl, mix the cooled pasta, chopped chicken, yellow tomatoes, cucumber and grated carrot.
- In a small bowl, mix olive oil, lemon juice, salt and pepper to taste.
- Add the prepared dressing to the bowl with the pasta and vegetable mixture and mix gently.
- To taste, you can add fresh herbs for decoration, such as basil or parsley.
- Serve the salad immediately as a light and tasty lunch or dinner for the child.



Preparation time:

30 minutes



Difficulty:

Beginner

Effect on health:

lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement



# EGG SPREAD

## Ingredients:

- 1-2 eggs
- 1 tablespoon of mayonnaise or plain yogurt
- 1/4 teaspoon mustard
- Salt and pepper to taste
- Chives for garnish
- 5 radishes
- Sourdough rye bread 1-2 slices

## Procedure:

- Hard-boil the eggs (about 10 minutes), then cool them in cold water and peel them.
- Chop the eggs into small pieces.
- In a small bowl, mix the chopped eggs, mayonnaise (or plain yogurt), mustard, salt and pepper.
- Blend to a smooth consistency.
- Finally, garnish with chopped chives and serve on bread.



Preparation time:

20 minutes



Difficulty:

Slightly advanced lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

Effect on health:



# GARLIC SPREAD WITH BREAD

## Ingredients:

- 50 g of soft cottage cheese
- 1 teaspoon of sour cream or white yogurt
- 20 g grated edamame
- 1/4 clove garlic (finely chopped)
- Salt and pepper to taste
- A small handful of chopped herbs (chives, parsley, basil)
- Whole grain sourdough bread 1-2 slices
- Cherry tomatoes

## Procedure:

- Mix cottage cheese and sour cream (or plain yogurt) in a small bowl.
- Add the grated edamame, chopped garlic, salt, pepper and chopped herbs.
- Mix everything well to a smooth consistency.



Preparation time:

10 minutes



Difficulty:

Slightly advanced lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

Effect on health:



# TUNA SPREAD

## Ingredients:

- 1/2 can of tuna in its own juice (about 50 g)
- 2 teaspoons of mayonnaise or white yogurt
- 1/2 small onion (finely chopped)
- 1/4 teaspoon lemon juice
- Salt and pepper to taste
- Sourdough rye bread 1-2 slices

## Procedure:

- Drain the tuna and place in a small bowl.
- Add mayonnaise (or plain yogurt), chopped onion and lemon juice.
- Season with salt and pepper.
- Mix everything well to a smooth consistency and serve with bread.



Preparation time:

10 minutes



Difficulty:

Slightly advanced lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

Effect on health:



# SALMON WITH POTATOES

## Ingredients:

- 150 g cod fillet (or other favorite fish)
- 1 medium potato
- 1/4 lemon
- 1 tablespoon of olive oil
- 1 clove of garlic (finely chopped)
- A pinch of salt and pepper
- 1 tablespoon chopped parsley (optional)

## Procedure:

### Preparation of potatoes:

- Preheat the oven to 200°C.
- Peel the potato and cut it into thin slices.
- Mix potatoes with olive oil, salt, pepper and chopped garlic in a bowl.

### Baking potatoes:

- Spread the potato slices evenly on a baking sheet lined with baking paper.
- Bake for 20 minutes until the potatoes are golden and tender.

### Preparing the fish:

- Rinse the cod fillet and dry with a paper towel.
- Lightly salt and pepper the fish.
- If you like, drizzle the fish with lemon juice and sprinkle with chopped parsley.

### Baking fish:

- After 20 minutes, add the fish to the potatoes on the baking sheet.
- Bake for another 10-15 minutes until the fish is done



### Preparation time:

20 minutes



### Difficulty:

Slightly advanced lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

### Effect on health:



# PUMPKIN SOUP WITH CHICKEN

## Ingredients:

- 1 kg Hokkaido pumpkin (hollowed out and sliced)
- 500 g chicken breast (cut into smaller pieces)
- 2 cups of vegetable broth
- salt and pepper
- 1 onion (cut into small pieces)
- 2 cloves of garlic (chopped)
- 400 ml of coconut milk
- 1 teaspoon of grated ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper (optional)
- spoon of pumpkin seeds
- fresh herbs (parsley and coriander)

## Procedure:

Fry the onion, garlic and ginger in a pan with a little olive oil until golden. add chopped chicken breast and brown. Salt and pepper to taste. Set aside.

Fry the pumpkin cubes in a pot with a little olive oil. Add the vegetable broth and cook the mixture until soft for about 20-25 minutes. Then add the coconut milk and let it cook for another 5-10 minutes. This will ensure the flavors come together.

Mix the mixture in the pot with a stick blender. Add the chicken and cook for 5 minutes. When serving, add fresh herbs to the surface and sprinkle the soup with pumpkin seeds. You can supplement it with a lime wedge.

Yum!



Preparation time:

30 minutes



Difficulty:

Slightly advanced lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

Effect on health:



# CHICKEN WITH RICE

## Ingredients:

- 1/2 chicken breast, diced
- 1/4 cup white rice
- 1/2 cup water or chicken broth
- 1/2 carrot, thinly sliced or grated
- 1/2 clove of garlic, finely chopped or grated
- 1/4 cup frozen peas
- Salt and pepper to taste
- Oil for hot cooking (e.g. olive)

## Procedure:

### 1. Cooking rice:

- Mix rice with water or chicken broth in a pot. Bring to a boil, reduce the heat to low, cover with a lid and cook for 15-20 minutes until the rice has absorbed all the liquid and is soft.

### 2. Preparation of vegetables:

- Heat the oil in a pan. Add grated or chopped carrots and fry for about 3-4 minutes until soft.

### 3. Preparing the chicken:

- Heat the oil in another pan. Add the chopped garlic and fry for about 30 seconds until fragrant. Add the sliced chicken breast and fry for about 5-7 minutes until golden on each side.

### 4. Completion:

- Add the fried carrots, frozen peas and garlic chicken breasts to the pot of cooked rice. Mix well to combine all the flavors. Add salt and pepper to taste.

### 5. Serving:

- You can decorate the finished dish with chopped parsley or a sprig of fresh dill to enhance the taste.



Preparation time:

20 minutes



Difficulty:

Slightly advanced lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

Effect on health:



# CHICKEN QUESADILLA

## Ingredients:

- 2 tortillas (size as desired)
- 1/2 cup cooked chicken, cut into small pieces
- 1/2 cup grated cheese (cheddar or mixed cheese)
- 1/4 cup chopped green pepper
- 1/4 cup chopped red pepper
- 2 teaspoons of oil (e.g. olive oil)
- Salt and pepper to taste
- Optional: salsa, guacamole or sour cream for serving

## Procedure:

### 1. Preparation of the filling:

- In a large bowl, mix the chopped chicken, grated cheese, chopped green pepper and red pepper. Salt and pepper to taste.

### 2. To assemble the quesadilla:

- Heat a pan over medium heat. Drizzle some oil.
- Place half of the mixture with chicken and vegetables on one tortilla (be careful not to fill it too much).
- Cover with the second tortilla.

### 3. Frying Quesadillas:

- Transfer the quesadilla to the heated pan. Fry for about 2-3 minutes on each side until both sides are golden and crispy and the cheese inside is melted.

### 4. Serving:

- Transfer the finished quesadilla to a cutting board and let it rest for a while.
- Serve with a dip such as salsa, guacamole or sour cream.



Preparation time:

40 minutes



Difficulty:

Slightly advanced lowers cholesterol, reduces inflammation, stabilizes blood sugar, helps bowel movement

Effect on health:





# Tips for the palate





# SWEET POTATO BROWNIES WITH NUTS

- Ingredients:**
- 1 cup sweet potato puree (from baked and mashed sweet potatoes)
  - 1/2 cup blended oatmeal
  - 1/2 cup cocoa
  - 1-2 eggs
  - 1/2 cup almond butter
  - 1/4 cup chicory syrup (honey)
  - 2 tablespoons chia seeds (soaked in 4 tablespoons water)
  - 1/2 cup plant-based milk (oat, almond)
- 1 teaspoon of vanilla extract  
1 teaspoon baking powder pinch of salt  
1/2 cup nuts (walnuts, hazelnuts, almonds, cashews)

## Procedure:

Preheat your oven to 180 degrees. Line a baking sheet with paper. Clean the sweet potatoes and put them whole in the oven. Pierce them with a fork and when they are baked, hollow them out and mash them with a fork.

Put the puree in a bowl, add eggs, flakes, cocoa, almond butter, syrup, chia seeds, vanilla, milk, salt and baking powder. Then mix the mixture until smooth. You can stir the nuts into the mixture or use them as a sprinkle.

Pour the mixture onto the tray and level it. Baking takes 20-25 minutes. You can tell by the hard surface, try poking it with a fork. Cut into squares and serve. You can also warm up the dark chocolate on the surface and sprinkle the brownies with crushed pistachios and add mint to the surface.



**Preparation time:**

40 minutes



**Difficulty:**

Slightly advanced has an anti-inflammatory effect, pleases the taste buds, nourishes the brain

**Effect on health:**



# BLUEBERRY MUFFINS

## Ingredients:

- 1 and 1/2 cups spelled flour (oat, rice, coconut, almond)
- 1 teaspoon of baking powder
- 1/2 teaspoon of baking soda
- 1/4 cup chicory syrup
- a pinch of salt
- 1/2 cup plant-based milk
- 1/4 cup coconut oil
- 1-2 eggs
- 1 spoon of vanilla
- red currant (blueberries, raspberries, etc.)

## Procedure:

Preheat your oven to 180 degrees. Prepare a muffin tin. Line it with paper cups or grease with oil and sprinkle with flour. In a large bowl, combine the flour, baking powder and baking soda. In another bowl, chicory syrup, milk, eggs, oil and vanilla extract.

Beat and add to the mixed dry ingredients. Beat until smooth. Finally, you can add the berries and slowly mix them in.

Pour into molds and bake for about 20 minutes until golden. You can poke a skewer inside to check. Let cool and serve.



Preparation time:

40 minutes



Difficulty:

Slightly advanced

Effect on health:

has an anti-inflammatory effect, pleases the taste buds, nourishes the brain



# OAT BARS WITH GOJI

## Ingredients:

- 1 and 1/2 cups rolled oats
- 1/2 cup plant-based protein powder (I don't recommend soy)
- 1/2 cup chopped almonds or walnuts
- 1/4 cup coconut oil
- 1/2 cup chicory syrup (or honey)
- 1 teaspoon of vanilla
- a pinch of salt
- 2 tablespoons of chia seeds
- 2 tablespoons of goji berries
- 2 tablespoons of coconut flakes
- 1 teaspoon of cinnamon
- 1/2 teaspoon turmeric
- a pinch of nutmeg
- a pinch of ground cardamom

## Procedure:

Preheat your oven to 180 degrees. Line a baking sheet with paper. In a large saucepan, combine honey or syrup, oil and heat. Then add the other ingredients and let them combine.

Then pour the mixture onto the baking sheet and level it. Bake for about 20 minutes until golden. Then let cool and cut into bars. You can also dip them in dark chocolate and let them harden.

Bon appetite.



Preparation time:

40 minutes



Difficulty:

Slightly advanced has an anti-inflammatory effect, pleases the taste buds, nourishes the brain

Effect on health:



# I WISH YOU MUCH SUCCESS ON YOUR PERSONAL JOURNEY TO HEALTH AND PERFORMANCE

I hope that I have brought you some inspiration in this e-book. Of course, you can adapt the recipes to your own taste.

You can use tofu instead of meat, although I don't consider it a healthy food, or tempeh is a better option. If you want to eat more vegan, just combine cereals with legumes in the recipes, add nuts and seeds. Or if vegetarian, then cottage cheese, skyr or eggs as a source of protein.

It is important to have variety, complexity in the composition of individual meals and the use of spices and superfoods that will nourish your intestines and strengthen your immunity.

I wish you good luck and find your balance!

- Karolína, nutritional therapist

If you don't know how to deal with something, be it health, training or nutrition, be sure to contact me and we'll figure something out together!

tel. 720 448 704 mail:

krlnhola@gmail.com IG:

@the.holistic.caroline

