



THE
CH[▲]ARITY
RUNNER

THE CHARITY RUNNER

@PHILROBERTON

THE CHARITY RUNNER

THE CHARITY RUNNER

"My goal is to educate normal people around all aspects of running, focusing on balancing training without impacting busy lifestyles. Regardless of distance run, the most important thing is to build strong foundations. I need to warn you though, as there are some side effects to my approach. Not only will you perform better than you imagined, but your body will become unbreakable and the likelihood is you will look better naked."

Running should be seen as more than an A to Z process & destination. It's far more than that. The health benefits are significant. Not only the physical benefits, including stronger muscles, stronger cardiovascular system, but also with something often overlooked. Our mental health. Giving to yourself, to allow you to give to others. Having time to yourself, without pleasing others, without distractions, is one of the most liberating and powerful things you can do. Giving yourself the ability to breathe, to think & dream without the opinion of others, gives you freedom to put things into perspective.

We need to fuel our efforts & aspirations, so these pages will empower you to take control of your nutrition. Enjoy every bite and every mile run.

Phil Robertson

Phil Robertson
Coach

The background of the page is a soft-focus photograph of a light-colored plate containing several round, golden-brown balls coated in white coconut flakes. Scattered around the plate are a few whole almonds and small pieces of yellow zest. The overall aesthetic is clean and bright.

THE CH[▲]ARITY RUNNER

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

CONTENTS

BREAKFASTS

Banana Protein Waffles 8
Chia Pot with Berry Puree 10
Chili Garlic Leeks & Tomato on Toast 12
Turmeric Fried Eggs 14
Aubergine & Courgette Hash 16

SIDES & SMALL PLATES

Lemony Alfalfa and Goats Cheese 20
Potato and Red Onion Rocket Salad 22
Pizza Bagels 24
Sesame Carrot Fries 26
Red Pepper Dip 28
Beetroot Caprese 30

MAINS

Chermoula Chickpea Salad 34
Taco Bowls 36
Flaming Tofu Salad 38
Turkey Ham Quesadillas 40
Sesame Chicken 42
Steak with Apple Sauce 44
Lamb Shanks with Guinness 46
Roasted Tomato Soup 48
Artichoke Heart Parmesan Bake 50
Tofu Sliders 52
Skillet Chicken and Orzo 54
Pesto Pasta with Sausage 56
Mushroom Stroganoff 58
Roasted Cauliflower Bowl 60
Vegan Fettuccine Alfredo 62

DESSERTS

Choc Bananas 66
Lemony Coconut Balls 68
Matcha Ice Cream 70
Red Plum Tart 72

KEY

V	VEGETARIAN
VE	VEGAN
DF	DAIRY FREE
GF	GLUTEN FREE
N	CONTAINS NUTS
Q	QUICK

BREAKFASTS





THE
CH^{AR}ITY
RUNNER

@PhilRoberton

A medium-sized banana provides around 320-400mg of potassium.



BANANA PROTEIN WAFFLES

SERVES: 4

TOTAL TIME: 10 MINUTES



INGREDIENTS

100g **oat flour**
48g **vanilla protein powder**
56g **coconut flour**
1/2 tsp **nutmeg**
Pinch **salt**
295ml **almond milk**
300g **mashed bananas**
1 tsp **vanilla extract**
For serving:
4 tbsp **Greek yoghurt**
1 large **banana**
45g **dark chocolate chips**

INSTRUCTIONS

Start by preheating your waffle maker to medium. Add all the dry ingredients to a medium-sized mixing bowl and mix well.

Next, add the milk, mashed bananas and vanilla extract. Mix until it turns to a batter consistency, just make sure you don't over mix it. Give the waffle iron a very thorough greasing with olive oil spray (you can also use butter). Spoon in the mixture and cook for 3-5 minutes or until nice and toasted.

Divide waffles on to four plates and top with greek yoghurt, extra banana and dark chocolate chips.

MACROS PER PORTION

CALORIES	331	PROTEIN	6
CARBS	61	FATS	7
FIBRE	9		



CHIA POT WITH BERRY PUREE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

120ml **coconut milk**

3 tbsp **chia seeds**

1 tsp **Honey**

For the berry purée:

25g **blueberries**

25g **raspberries**

25g berries, **to serve**

INSTRUCTIONS

Start by blending the berries together.

Next, add the milk, chia seeds and honey to a jar and shake well. (add the milk first to stop the chia seeds from clumping to the bottom of the jar). Stir through the berry puree and leave it in the fridge for at least two hours, but ideally overnight.

Sprinkle with a handful of extra berries before eating, optional.

MACROS PER PORTION

CALORIES	507	PROTEIN	9
CARBS	48	FATS	31
FIBRE	21		

There are
over 10,000
varieties of
tomato.



CHILI GARLIC LEEK & TOMATO ON TOAST

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

4 **large tomatoes**
2 tsp **oregano**
2 tsp **olive oil**, divided
1 **leek**, sliced
1 **clove garlic**, crushed
1 tsp **chili flakes**
2 slices sourdough or (gluten -free if required) **bread**

INSTRUCTIONS

Preheat oven to 160°C/140°F/Gas 3. Put the tomatoes on a baking sheet with the oregano, drizzle over 1 tsp of olive oil, salt and cracked pepper, and roast for 1 hour. Remove and set aside to cool a little.

Next, bring a fry pan to high heat. Add the remaining olive oil.

Add the leek, garlic and chili flakes and fry for 6-8 minutes.

Meanwhile, prepare your toast on two plates.

Top with leeks and tomatoes.

MACROS PER PORTION

CALORIES	186	PROTEIN	4
CARBS	29	FATS	6
FIBRE	3		

THE
CH^{ARITY}
RUNNER

@PhilRoberton



TURMERIC FRIED EGGS

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

1 1/2 tsp **ghee** (or **coconut oil**)

2 **eggs**

1 tsp **turmeric**

1/2 tsp **chili flakes**

1/2 **avocado**

Sea salt & cracked pepper

INSTRUCTIONS

Bring a non-stick pan to high heat and add ghee.

Crack two eggs into the pan and immediately reduce the heat to low-medium.

Cover the tops of the eggs with turmeric and chili flakes.

Serve with sliced avocado and a generous sprinkle of sea salt & cracked pepper.

MACROS PER PORTION

CALORIES	336	PROTEIN	14
CARBS	7	FATS	28
FIBRE	6		



The aubergine belongs to the tomato and potato family, which are all nightshades.



AUBERGINE & COURGETTE HASH

SERVES: 4

TOTAL TIME: 30 MINUTES

GF

INGREDIENTS

2 tsp **olive oil**, divided, plus extra for drizzling
4 slices **pancetta**, cut into small pieces
1/2 **red onion**, sliced
1 large **aubergine**, cut into very small chunks
1 **clove garlic**, crushed
1 tsp **cumin**
1 tsp **chili flakes**
1 **courgette**, cut into very small chunks
Sea salt and black pepper to taste
4 **eggs**
150g **feta cheese**, crumbled

INSTRUCTIONS

Start by bringing a skillet to medium heat and add 1 tsp of olive oil.

Once the pan has heated up, add the pancetta and onion and cook for about three minutes.

Next, add the the aubergine, garlic, spices, salt and pepper and cook for 10 minutes, add a little drizzle of olive oil every couple of minutes and stir regularly to stop it from sticking.

Add the courgette and cook for another 10 minutes, continuing to stir.

Meanwhile, add 1 tsp of olive oil to another pan, crack the eggs, place a lid on top and cook for 2 to 2 1/2 minutes. If you prefer the yolk hard, continue to cook for another 1 to 2 minutes.

Divide hash onto four plates, top with a fried egg and a crumble of feta.

MACROS PER PORTION

CALORIES	252	PROTEIN	12
CARBS	6	FATS	20
FIBRE	2		

SIDES & SMALL PLATES





THE
CHARITY
RUNNER

@PhilRoberton



LEMONY ALFALFA AND GOATS CHEESE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

2 slices whole grain (or gluten free if required) **bread**

30g **soft goats cheese**

2 tsp **sunflower seeds**

50g **alfalfa sprouts**

1 tbsp **lemon**, juiced

INSTRUCTIONS

Start by cooking your toast.

Next, spread goats cheese evenly across both slices.
Sprinkle with sunflower seeds and top with alfalfa.

Drizzle with lemon and a sprinkle of sea salt and cracked pepper, if you desire.

MACROS PER PORTION

CALORIES	392	PROTEIN	20
CARBS	42	FATS	16
FIBRE	1		



POTATO AND RED ONION ROCKET SALAD

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

400g **new potatoes**, cut into quarters

2 tsp **olive oil**

Sea salt

1 medium **red onion**, sliced

250g **green beans**

70g **kalamata olives**, pitted and halved

150g **rocket**

For the dressing:

2 tbsp **red wine vinegar**

3/4 tbsp **Dijon mustard**

1 tbsp **lemon**, juiced

1/2 tbsp **honey**

Sea salt and cracked pepper

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4 and line a baking tray with baking paper. Cover potatoes all over with olive oil, sprinkle with salt and bake for 30-35 minutes or until golden.

Meanwhile, in a large bowl, combine the onion, green beans, kalamata olives and rocket.

Add all dressing ingredients to a jar and shake well. Pour dressing over the salad and toss well.

Once the potatoes have cooked, let them cool for 5 minutes before adding them to the salad.

MACROS PER PORTION

CALORIES	179	PROTEIN	3
CARBS	26	FATS	7
FIBRE	4		

THE
CH^{ARITY}
RUNNER

@PhilRoberton

Traditional
Mozzarella is
made using
buffalo milk.



PIZZA BAGELS

SERVES: 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 2 **plain bagels** (gluten-free if required)
- 100g **tomato paste**
- 80g **mozzarella**, grated
- 2 tbsp **basil**, leaves picked

INSTRUCTIONS

Start by preheating oven to 180°C/350°F/Gas 4. Slice the bagels in half and spread with tomato paste.

Next, sprinkle each with cheese and bake for 5-10 minutes, adding the basil leaves to the top of each bagel one minute before removing them from the oven.

Serve straight away.

MACROS PER PORTION

CALORIES	236	PROTEIN	12
CARBS	29	FATS	8
FIBRE	2		

THE
CHARITY
RUNNER

@PhilRoberton



We think of
carrots as
orange, but
they can also be
white, yellow, red,
and purple.



SESAME CARROT FRIES

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

450g **carrots**, peeled and cut into fries

1 tbsp **corn flour**

1 tbsp **olive oil**

2 tbsp **sesame seeds**

1 tub (200g) Hummus

INSTRUCTIONS

Preheat oven to 220°C/425°F/Gas 7. Lay a baking tray with baking paper.

Mix carrots with corn flour, then toss through the olive oil and sesame seeds. Bake for 40 - 45 minutes or until crispy, flipping halfway.

Sprinkle with sea salt and eat them while they're hot.

MACROS PER PORTION

CALORIES	235	PROTEIN	5
CARBS	20	FATS	15
FIBRE	7		

THE
CHARITY
RUNNER

@PhilRoberton



RED PEPPER DIP

SERVES: 6

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 3 red peppers
 - 1 tsp olive oil
 - 75g walnuts
 - 1 tbsp tahini
 - 1 tbsp pomegranate molasses
 - 1/2 tbsp lemon, juiced
 - Sea salt and cracked pepper
 - Fresh mint leaves
- Serve with vegetable sticks or crackers

INSTRUCTIONS

Start by preheating the oven to 220°C/425°F/Gas 7. Lay a baking tray with baking paper, place the pepper halves on top and brush with olive oil and bake for 30 minutes.

Meanwhile place the walnuts in a food processor (keeping a handful aside for garnish) and blend until you have fine crumbs. Set aside.

Once the peppers are cooked, add them to the food processor and blend until smooth.

Add the pepper purée and walnuts to a medium-sized bowl and season with salt and pepper.

Stir in the tahini and pomegranate molasses, a dash of olive oil and a splash of water, if you find it's a little thick.

Arrange in a serving bowl and garnish with fresh mint and remaining walnuts.

MACROS PER PORTION

CALORIES	147	PROTEIN	3
CARBS	9	FATS	11
FIBRE	3		

Since the 16th century, beet juice has been used as a natural red hair dye.



BEETROOT CAPRESE

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 tins (500g) **beetroot slices**

2, 200g **fresh mozzarella balls**

1 packet **fresh basil**, leaves picked

2 tsp **olive oil**

Sea salt and cracked pepper

INSTRUCTIONS

Start by draining the beetroot and laying it on a large serving plate. Next, break the mozzarella into chunks and sprinkle on top, followed by the basil leaves.

Lastly, drizzle with olive oil and sea salt and cracked pepper.

MACROS PER PORTION

CALORIES	100	PROTEIN	3
CARBS	13	FATS	4
FIBRE	3		

MAINS







CHERMOULA CHICKPEA SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 cans (400g) **chickpeas**, rinsed and drained
300g **carrots**, grated
150g **cucumber**, chopped and quartered
150g **celery**, chopped
52g **spring onions**, diced
90g roasted **capsicum**, chopped
5g **parsley**, chopped
For the dressing:
60ml **extra-virgin olive oil**
60ml **lemon**, juiced
2 tsp **chermoula seasoning** (or moroccan spice)
1 **clove garlic**, minced
¼ **teaspoon salt**
Freshly **ground black pepper**

INSTRUCTIONS

Start by adding the chickpeas and all the chopped vegetables to a large bowl and toss together.

Next, add all the dressing ingredients to a jar, put the lid on and give it a good shake. Pour over the salad and add a sprinkling of sea salt and cracked pepper.

MACROS PER PORTION

CALORIES	341	PROTEIN	9
CARBS	38	FATS	17
FIBRE	9		

THE
CHARITY
RUNNER

@PhilRoberton

October 4th Is
National Taco
Day In the
United States



TACO BOWLS

SERVES: 2

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

1 tsp **olive oil**
1 **clove garlic**, minced
1/2 **onion**, diced
250g **beef mince** (90% lean)
1 tsp **chili flakes**
1 tsp **oregano**
1 tsp **paprika**
1 tsp **cumin**
1/2 tsp **chili powder**
2 handfuls **iceberg lettuce**, shredded
2 tomatoes, chopped
1/2 **cucumber**, chopped
2 tbsp **salsa**
1 tbsp **sour cream**
Fresh coriander

INSTRUCTIONS

Bring a skillet to high-heat, add olive oil, garlic and onion. Once the onion has started to soften, add the beef and cook for 3 to 4 minutes or until browned.

Next, add all the spices and cook for another 5 minutes, or until fully cooked through.

Grab two bowls and layer the lettuce, tomato and cucumber. Top with the cooked beef, 1 tbsp of salsa and 1 tbsp of sour cream per bowl. Garnish with fresh coriander.

MACROS PER PORTION

CALORIES	341	PROTEIN	29
CARBS	18	FATS	17
FIBRE	5		

THE
CHARITY
RUNNER

@PhilRoberton



FLAMING TOFU SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

800g **jap pumpkin**, cut into thin wedges

300g **firm tofu**, cut into 1cm-thick slices

300g **broccolini**

1 red bell pepper, chopped

For the **sauce**:

2 tbsp **soy sauce** (or **tamari** for gluten-free)

1 tbsp **olive oil**

2 tsp **sriracha**

1 tsp **honey**

1.5 tsp **paprika**

1 tsp **cayenne pepper**

1/2 tsp **cinnamon**

1/2 tsp **chili flakes**

1 **clove garlic**, minced

To garnish:

25g **coriander**, leaves picked

2 tbsp **almonds**, chopped

INSTRUCTIONS

In a large dish, combine all ingredients for the dressing and mix well. Remove 1 tbsp of the sauce and set aside. Add the pumpkin and tofu to the dish and cover really well with the sauce.

Next, preheat a barbeque grill on medium heat and cook the pumpkin for 4 minutes on each side, or until lightly charred and set aside. Now, do the same with the tofu, followed by the capsicum and set aside.

Meanwhile, lightly steam the broccolini in a steaming pot for 4 minutes.

Arrange tofu and vegetables on a large serving plate, sprinkle with coriander and almonds. Drizzle with the reserved sauce.

MACROS PER PORTION

CALORIES	247	PROTEIN	14
CARBS	23	FATS	11
FIBRE	5		

THE
CH^{ARITY}
RUNNER

@PhilRoberton

Quesadilla
can be
translated to
“little cheesy
thing”



TURKEY HAM QUESADILLAS

SERVES: 6

TOTAL TIME: 20 MINUTES

GF

INGREDIENTS

6 **large tortilla wraps** (gluten-free if required)

150g **cranberry sauce**

225g leg **ham**, finely chopped

225g **turkey breast**, finely chopped

1 **red onion**, thinly sliced

1 **red bell pepper**, thinly sliced

200g **cheddar cheese**

INSTRUCTIONS

Firstly, lay three of the wraps on your bench top or on a chopping board. Spread cranberry sauce all over, followed by the ham, turkey, onion, bell pepper and cheese.

Top each wrap with another.

Bring a large non-stick fry pan to medium heat and, one at a time, carefully place the quesadilla in the pan. Cook on each side for approximately 3 minutes or until lightly toasted.

Place the cooked quesadillas on a large board, slice and serve immediately.

MACROS PER PORTION

CALORIES	436	PROTEIN	25
CARBS	48	FATS	16
FIBRE	3		

THE
CH^{ARITY}
RUNNER

@PhilRoberton



SESAME CHICKEN

SERVES: 2

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

340g **skinless chicken breasts**, diced into small cubes

2 tbsp **cornstarch**

1 large **egg white**

1/2 tsp **paprika**

Sprinkle salt & pepper

1.5 tbsp **olive oil**

For the **sauce**:

2 tbsp **soy sauce** (or **Tamari** if gluten-free)

1 tbsp **sweet chili sauce**

1 tbsp **honey**

1/2 tbsp **sesame oil**

1/2 tbsp **rice wine vinegar**

2 tsp **ginger**, minced

1 **clove garlic**, minced

To serve

1 tbsp white **sesame seeds**

INSTRUCTIONS

Cut chicken thighs into bite-size cubes.

In a medium bowl, whisk together egg, cornstarch, salt and pepper.

Add cut chicken to the egg mixture and stir to coat.

Next, Heat up olive oil in a wok and cook chicken for 5-8 minutes or until completely cooked through. Remove chicken from the wok and set aside on some kitchen towel.

Add all of the sauce ingredients to the hot wok, stir and bubble on a high heat until the sauce thickens, or about 2 minutes. Add the chicken back in and toss in the sauce to coat. Cook for 1-2 minutes.

Divide into 2 bowls and sprinkle with white sesame seeds.

MACROS PER PORTION

CALORIES	401	PROTEIN	39
CARBS	23	FATS	17
FIBRE	2		

Most chefs agree
that a succulent
rib-eye steak is
best grilled and
served medium
rare.



STEAK WITH APPLE SAUCE

SERVES: 6

TOTAL TIME: 30 MINUTES

INGREDIENTS

3 (1-inch-thick) **rib eye steaks**, boneless

For the Vinaigrette:

60ml **cider vinegar**

120ml **extra-virgin olive oil**

Salt and freshly cracked black pepper

58g **radish**, minced

90g crisp, sweet **apple**, minced

INSTRUCTIONS

Start by lighting the grill and coating it with a little olive oil. Rub the steaks with olive oil on both sides and season generously with salt and pepper. Grill over moderately high heat, turning once for 6 to 8 minutes, or until medium-rare. Set aside on a carving board and rest for 5 minutes.

Meanwhile, in a medium bowl, mix all the vinaigrette ingredients.

Finally, carve the steaks into strips pour vinaigrette all over and serve on a long sharing board.

MACROS PER PORTION

CALORIES	374	PROTEIN	15
CARBS	2	FATS	34
FIBRE	1		



LAMB SHANKS WITH GUINNESS

SERVES: 2

TOTAL TIME: 6 HOURS, 25 MINUTES

INGREDIENTS

1/2 teaspoon **olive oil**

2 **lamb shanks**

1/2 **brown onion**, thinly sliced

1 medium **sweet potato**, diced

1 medium **parsnip**, diced

1 **garlic clove**, thinly sliced

1 tbsp **tomato paste**

250ml **beef stock**

250ml **Guinness beer**

INSTRUCTIONS

You'll need to cook the lamb shanks before putting them in the slow cooker. Bring a large non-stick pan to high heat and cook the shanks for about 6 minutes, turning them regularly.

Place shanks in the slow cooker. In the same pan, add the onion, sweet potato and parsnip and cook for 6 minutes. Next, add all the other ingredients and cook for an additional one minute.

Pour everything over the shanks and cook on low for six hours or until lamb is tender.

Divide on to two plates, and sprinkle with a generous serve of salt and cracked pepper.

MACROS PER PORTION

CALORIES	496	PROTEIN	42
CARBS	37	FATS	20
FIBRE	5		

THE
CHARITY
RUNNER

@PhilRoberton

Tomatoes
were first
brought to
Europe in the
mid 1500's



ROASTED TOMATO SOUP

SERVES: 3

TOTAL TIME: 55 MINUTES

INGREDIENTS

680g **Roma tomatoes**, quartered

1/2 **brown onion**, quartered

1/2 **red capsicum**, quartered

1 1/2 tbsp **olive oil**

590ml **vegetable broth**

2 tsp **dried basil**

1 tsp **dried oregano**

3 tbsp **Greek Yoghurt**

INSTRUCTIONS

Firstly, preheat oven to 200°C/400°F/Gas 6. Line a baking tray with aluminium foil and lay the tomato, onion and bell pepper across in a single layer, drizzle olive oil all over and season with salt and pepper.

Roast for about 40-45 minutes or until the vegetables are nice and soft.

Meanwhile, in a medium-sized pot, bring the broth and herbs to boil.

Next, blend the vegetable mix (you might need to do it in two stages) and add it to the broth, giving it a good stir. Simmer for 5 minutes, before serving in three bowls with a dollop of Greek yoghurt on each.

MACROS PER PORTION

CALORIES	144	PROTEIN	6
CARBS	12	FATS	8
FIBRE	5		

THE
CH^{ARITY}
RUNNER

@PhilRoberton



ARTICHOKE HEART PARMESAN BAKE

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

2 (425g) cans **artichoke hearts**, drained and halved
1 **lemon**, juiced
1 tbsp **butter**
2 **clove garlic**, minced
2 tins (125g) **tuna** in spring **water**
45g **Italian style bread crumbs**
3 tbsp **flat leaf parsley**, chopped
50g **fresh** grated **Parmesan**
Salt and cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6.

Drain the artichokes, then grab a baking dish and arrange them (cut side up). Drain the tuna and spoon it evenly through the artichokes.

In a medium skillet, add the lemon juice, butter and garlic and cook until butter has melted. Add the bread crumbs and cook until lightly toasted, don't stop stirring.

Add the parsley, parmesan, salt and pepper and immediately remove from the heat. Pour evenly over the artichokes and tuna and place in the oven for 20 minutes.

Divide on to four plates and serve immediately.

MACROS PER PORTION

CALORIES	215	PROTEIN	22
CARBS	16	FATS	7
FIBRE	2		



The term coleslaw originates from the Dutch expression koosla, which means 'cabbage salad'.



TOFU SLIDERS

SERVES: 6

TOTAL TIME: 45 MINUTES



INGREDIENTS

900g **firm tofu**

1/2 cup **all-purpose flour**

480ml **smoky BBQ sauce**

1 tsp **vegetable oil**

8 **slider buns**

For the creamy coleslaw:

125ml **light mayonnaise**

2 tbsp **lime**, juiced

1/4 tsp **sea salt & cracked pepper**

150g grated **carrot**

600g **red cabbage**

To serve:

Pickled jalapenos

INSTRUCTIONS

Cut the block of tofu in half (to thin down the slices), then cut each half in quarters. You'll need to drain some of the liquid from the tofu, you can do this by wrapping it in a piece of kitchen paper and putting a chopping board on top to weigh it down.

Meanwhile, prepare the coleslaw. Add all ingredients to a large mixing bowl and combine well. Set aside.

Next, pour flour into a shallow dish and submerged tofu, making sure it's completely covered in flour.

Bring a large, non-stick pan to high heat and add vegetable oil. In batches, place the tofu in the pan and generously baste the top side with BBQ sauce. Cook for about 2 minutes, then flip and baste the other side. Cook for an additional 2 minutes or until tofu is golden and crispy.

Slice the sliders and top with coleslaw, tofu and pickled jalapenos.

MACROS PER PORTION

CALORIES	553	PROTEIN	20
CARBS	80	FATS	17
FIBRE	8		

THE
CHARITY
RUNNER

@PhilRoberton



SKILLET CHICKEN AND ORZO

SERVES: 2

TOTAL TIME: 80 MINUTES



INGREDIENTS

1 **lemon**, juice and zest
1/2 tbsp **olive oil**, divided
1 **garlic clove**, smashed
1 tsp **sea salt and cracked pepper**, each
450g **chicken drumsticks or thighs**, with bone (1 piece per person)
½ **leek**, chopped
175g **sweet corn kernels**
100g **orzo**
375ml **chicken broth** or **water**
1.5 tbsp **parsley**, chopped

INSTRUCTIONS

Start by cutting half the lemon in slices and set aside. With the other half, grate the skin with the smallest hole of the grater, set the zest aside and juice the rest.

Grab a large resealable bag and add the lemon juice, olive oil, garlic, salt, pepper and chicken. Zip the bag shut, give it a good shake and set aside for at least 35 minutes.

Next, bring a large cast-iron skillet to high heat and cook chicken on high heat for about 10 to 15 minutes, or until golden.

Remove the chicken (leaving the juices in the pan), reduce the heat a little and add the leek, cook for about 5 minutes or until soft. Add the corn, broth, 1 tsp lemon zest and orzo to the skillet and cook for 5 minutes. Return the chicken to the pan and cook for approximately 15 to 20 minutes, or until the chicken is fully cooked and orzo is soft. (Most of the liquid should be absorbed).

Remove from the heat and sprinkle with parsley and reserved lemon slices.

MACROS PER PORTION

CALORIES	542	PROTEIN	55
CARBS	49	FATS	14
FIBRE	6		

THE
CHARITY
RUNNER

@PhilRoberton



There are over
600 types of
pasta, and
some have over
1300 names



PESTO PASTA WITH SAUSAGE

SERVES: 4

TOTAL TIME: 35 MINUTES

GF

INGREDIENTS

360g **spiral pasta** (gluten-free if required)
2 **chicken sausages**, sliced into 0.5cm chunks
1 tsp **olive oil**
1 large **broccoli head**
1 jar **basil pesto**
2 tsp **chilli flakes**
120g **spinach**

INSTRUCTIONS

Preheat oven to 220°C/425°F/Gas 7. Line a baking tray with baking paper and lay sausages on top. Cook sausages for 20-25 minutes or until cooked through. Slice into 0.5cm thick slices and set aside.

Bring a large saucepan to high heat and add a generous amount of salt. Cook pasta according to packet instructions.

Meanwhile, in a large pan, add olive oil and broccoli and cook on medium-high heat for 5 minutes. Add the chopped sausage and cook for another couple of minutes or until the sausage starts to brown around the edges.

Stir through the pesto and chilli flakes and simmer for 3-5 minutes.

Drain the pasta, then pour the pesto sauce all over. Stir through the spinach, divide into four bowls and serve immediately with a sprinkle of cracked pepper.

MACROS PER PORTION

CALORIES	634	PROTEIN	22
CARBS	78	FATS	26
FIBRE	7		



MUSHROOM STROGANOFF

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

250g **brown rice**
1 **brown onion**, diced
3 **garlic cloves**, minced
2 tbsp **butter**
450g **mushrooms**, sliced
125ml **dry white wine**
250ml **vegetable broth**
1 tbsp **tamari** (or **soy sauce**)
3 sprigs of **fresh thyme**
1 tsp **onion powder**
1 tsp **smoked paprika**
3 1/2 tbsp **flour**
140g **Greek yogurt** or light **sour cream**
Salt and freshly-cracked **black pepper**

INSTRUCTIONS

Bring a large pot to high heat and cook rice according to packet instructions.

Next, take a large skillet and bring it to high heat. Add the onion and garlic and cook 3 minutes. Add the butter.

Once the butter has melted, add the mushrooms and fry over medium heat for 5 minutes.

Pour in the white wine, vegetable broth, tamari and all spices.

While the sauce is simmering mix the thyme, onion powder, smoked paprika and flour with the Greek yoghurt or sour cream. Pour the yoghurt mixture into the pan and simmer for an additional 10 minutes.

Divide rice into four bowls and top with stroganoff, extra sprinkle of fresh thyme, salt and cracked pepper.

MACROS PER PORTION

CALORIES	278	PROTEIN	10
CARBS	37	FATS	10
FIBRE	3		

THE
CHARITY
RUNNER

@PhilRoberton



Tahini
contains more
protein than
milk and most
nuts



ROASTED CAULIFLOWER BOWL

SERVES: 2

TOTAL TIME: 35 MINUTES

INGREDIENTS

1 small head **cauliflower**, chopped

½ pint **cherry tomatoes**, halved

1 red bell pepper, cut into chunks

1 can (400g) **cannellini beans**

1/2 tbsp **olive oil**

1 tsp **red chili flakes**

Sea salt and cracked pepper

For the dressing:

2 tbsp **lemon**, juiced

3 tbsp **tahini**

1/4 tsp **garlic**, minced

For garnish:

2 tbsp **parsley**

INSTRUCTIONS

Preheat oven to 220°C/425°F/Gas 7. Line a baking tray with baking paper.

Add all vegetables and drained cannellini beans to a large bowl and toss together.

Next add the olive oil, parsley, chili flakes and a generous amount of sea salt and cracked pepper.

Lay the mixture evenly across the baking tray (use 2 if you need to) and cook for 20 to 25 minutes, or until tomatoes are nice and juicy and cauliflower is golden.

Meanwhile, whisk dressing ingredients together. If it's too thick, add a little warm water.

Divide into seep bowls and cover with dressing and fresh parsley.

MACROS PER PORTION

CALORIES	402	PROTEIN	25
CARBS	35	FATS	18
FIBRE	4		



VEGAN FETTUCCHINE ALFREDO

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

400g **fettuccine**
2 tsp **rapeseed oil**
1 medium **onion**, diced
3 **garlic cloves**, minced
110g **mushrooms**, sliced
1/2 tsp **salt and cracked pepper**, each
140g **cashews**, soaked overnight
1 tbsp **lemon**, juiced
280ml **water**
3 tbsp **nutritional yeast**

INSTRUCTIONS

Start by bringing a large pot of salted water to boil. Cook fettuccine according to packet instructions.

Meanwhile, bring a large pan to high heat, add rapeseed oil, onion and garlic. Cook for about 5 minutes or until onion has become soft. Add the mushrooms and salt and pepper and cook for another 5-7 minutes.

Meanwhile in a high-speed blender, add cashews, lemon juice and water. Blend until fully smooth.

Pour over the mushrooms and simmer on low for 5 minutes, then add nutritional yeast and stir well.

Once the pasta is cooked, add 125ml of hot pasta sauce to the sauce, then drain the pasta and add it to the pan also. Stir to combine.

Divide into four bowls and serve with parmesan cheese if you desire.

MACROS PER PORTION

CALORIES	338	PROTEIN	21
CARBS	23	FATS	18
FIBRE	5		

DESSERTS





THE
CH^{ARITY}
RUNNER

@PhilRoberton



The smell of
chocolate
increases theta
brain waves,
which trigger
relaxation



CHOC BANANAS

SERVES: 6

TOTAL TIME: 5 MINUTES

INGREDIENTS

3 medium-large **bananas**

170g **dark chocolate**

Peanuts, chopped

INSTRUCTIONS

Start by cutting each banana into 4-6 pieces.

Place chopped peanuts in a bowl and set aside. Place chocolate in a microwave safe bowl and heat in 20 second increments. Taking it out each time to give it a stir.

Place a toothpick in each piece of banana, dip the banana in the chocolate, then in the peanuts.

Freeze for at least 30 minutes before serving.

MACROS PER PORTION

CALORIES	337	PROTEIN	7
CARBS	30	FATS	21
FIBRE	6		

THE
CH^{ARITY}
RUNNER

@PhilRoberton



LEMONY COCONUT BALLS

SERVES: 6

TOTAL TIME: 5 MINUTES

INGREDIENTS

200g **shredded coconut**

70g **almonds**

2-3 tbsp **honey**

1 **lemon**, zest and juice

INSTRUCTIONS

Put all ingredients in the food processor and blend until everything is smooth.

Roll the mixture into small balls and then roll them in an extra dusting of coconut.

Lay sparsely on a tray and place in the fridge until firm.

MACROS PER PORTION

CALORIES	134	PROTEIN	3
CARBS	17	FATS	6
FIBRE	2		

THE
CHARITY
RUNNER

@PhilRoberton

Studies have shown that regular matcha drinkers have 35-40% higher metabolic rates than those who don't drink matcha.



MATCHA ICE CREAM

SERVES: 6

TOTAL TIME: 5 MIN-
UTES (PLUS 8 HOURS)

INGREDIENTS

150ml **condensed milk**

300ml **double cream**

2 tbsp **Matcha green tea powder**

1 tsp **honey**

INSTRUCTIONS

Pour the condensed milk into a bowl, and stir to loosen.

Add the cream and whisk until it begins to thicken.

Next, whisk in the green tea powder until you have a whipped green cream.

Pour into your airtight container and freeze overnight.

Take the ice cream out of the freezer to soften for 5 minutes before serving.

MACROS PER PORTION

CALORIES	313	PROTEIN	4
CARBS	18	FATS	25
FIBRE	1		

THE
CH^{ARITY}
RUNNER

@PhilRoberton



RED PLUM TART

SERVES: 16

TOTAL TIME: 45 MINUTES

INGREDIENTS

- 525g **plums**, deseeded and sliced
- 1 tbsp **molasses**
- 3 tbsp **honey**
- For the **crust**:
- 1 tbsp **cornstarch**
- 450g **cashews**
- 10 large **medjool dates**
- 85g **honey**

INSTRUCTIONS

Preheat oven to 176°C/350°F/Gas 4.

You'll need a tart pan with a removable bottom. Wrap a piece of parchment around the removable bottom and set it back in the ring. It might bunch a little but just make sure it doesn't pull the bottom up.

Blend all crust ingredients in a food processor until combined.

Press it into the pan with your fingers. Work it around the pan until you have even coverage, and the dough should go a little up the sides of the pan.

Mix the filling ingredients in a medium-sized bowl and then pour into the crust.

Bake for approximately 45 minutes or until everything is cooked through and the crust is a little toasted.

MACROS PER PORTION

CALORIES	260	PROTEIN	6
CARBS	32	FATS	12
FIBRE	2		



THE
CH[▲]ARITY
RUNNER

THE CHARITY RUNNER