

Chief.



Run Army



RACE NUTRITION GUIDE



Please consult your doctor or other health care professional before following this guide to determine if it is right for your needs.

MEET YOUR COACH

VERONIKA LARISOVA

I'm Veronika.... I never liked running as a child and teenager and was never good at it. I fell in love with running when I moved to Australia at age 23, but I didn't participate in any running race or fun run until I was 30.

My first race was the Sydney Bay Run, and I came 2nd female. After that, I was hooked. A few weeks after that, I ran my first C2S in 55 minutes but have no record of it. I got disqualified because I ran in the wrong group! A year later, I ran my first half marathon in 1:27 and my first marathon in 3:30, even though I swore I'd never run a full marathon as I thought it was insane and didn't believe I could do it. My first ultra happened at 33.

Since then, I have run races up to 100km long, including the iconic Ultra Trail Month Blanc. Running is my hobby, a mental outlet and a way to socialise and travel. Besides being an avid runner, I've completed lots of running coaching and rehabilitation education to help others fall in love with running as I did.

Qualifications

- ESSA Exercise Physiologist
- Nutritionist
- Strength Coach (specialising in runner's strength and rehabilitation)
- Runner (trail and road)



“IT'S FINE, I RAN TODAY”

I have this tattooed on my left foot. 3 of my OG running friends have the same tattoo.



Veronika's Running Achievements

Road Running

Road running PBs:
10km 38:24
Half marathon 1:27
Marathon 3:13

Trail Running

UTMB OCC 2018
Longest distance raced: 100km
2nd female Sydney
Trail Half Marathon 2024

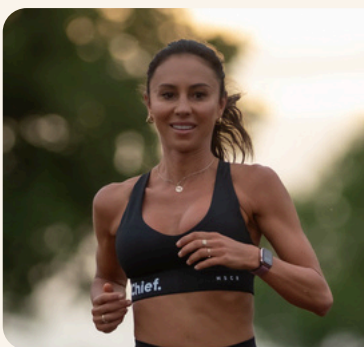
FUELLING FOR RUNNING AND RACING

Fuelling for running and racing is critical for optimal performance, recovery, and long-term health. The energy demands of running, especially during races, require a carefully designed nutrition strategy tailored to your body's needs. Whether you're following a traditional carbohydrate-inclusive diet or a low-carb, ketogenic approach, it's possible to meet these demands with the right balance of whole, nutrient-dense foods.



You can run well on any balanced diet if you cover all your macro- and micronutrient needs

If you're already following a low-carb, keto, or carnivore diet, there's no need to overhaul your nutrition and load up on carbs just because you're training for a race. While it's true that glucose provides a quick burst of energy and is a popular strategy among elite endurance athletes, it's important to remember that what works for them doesn't necessarily align with the needs of recreational runners or those prioritising health and longevity. In fact, elite athletic performance often comes at a cost to long-term health. For everyday runners or those aiming for sustainable performance, a ketogenic or carnivore diet can fuel your runs effectively, support faster recovery, and align with broader goals like anti-aging and overall well-being.



WANT MORE SUPPORT?

Get hands on support with our Chief Nutritionist! Book your Free 15min Introductory Consultation.

[Book Now](#)

MACRONUTRIENTS



CARBOHYDRATES: THE GOLD STANDARD FOR HIGH-INTENSITY EFFORTS

Carbohydrates have long been considered the primary fuel for endurance activities due to their efficiency in energy production. Research highlights that muscle glycogen, stored from dietary carbs, is the most readily available energy source during moderate to high-intensity exercise. Studies from the past decade confirm that a diet supplying 6-10 grams of carbohydrates per kilogram of body weight optimally supports glycogen stores, improves endurance, and delays fatigue. This makes carbohydrate-inclusive diets particularly effective for runners aiming for speed or competing in shorter, high-intensity races.

LOW-CARB AND KETOGENIC DIETS: ALTERNATIVE PATHWAYS FOR FUEL

For athletes seeking metabolic flexibility or following a low-carb or ketogenic diet, fat becomes the dominant energy source. Recent research shows that well-adapted ketogenic athletes can efficiently use fat for energy even at higher exercise intensities, preserving glycogen stores and reducing dependency on carbohydrate intake during races. This can benefit ultramarathoners and endurance runners by promoting steady energy levels and reducing gastrointestinal distress.

PROTEIN AND RECOVERY

Regardless of dietary preference, protein plays a crucial role in recovery and muscle repair. Collagen, in particular, has gained attention in sports science for its ability to support joint and tendon health when consumed 30-60 minutes before exercise, as it enhances collagen synthesis with added vitamin C. Including quality protein sources high in leucine (i.e. beef and whey) post-run helps repair muscle damage and build strength for future training sessions.

HYDRATION



Hydration is another cornerstone of running performance. Electrolytes like sodium, potassium, and magnesium are essential for maintaining fluid balance, muscle function, and cramp prevention.

When you exercise, your body's core temperature rises, and you lose fluid and electrolytes through sweat. The hotter it is, the faster your body temperature increases and the more you sweat. If you don't drink enough liquids and don't consume enough salts, you will end up dehydrated. Dehydration not only hinders your physical and mental performance, it can also lead to cramps, heat exhaustion and heat stroke. This is because when you are dehydrated, your sweat rate, heat dissipation, skin blood flow and blood volume all decrease while your core temperature and the rate of your muscle glycogen use increase.

It gets worse when it's hot and humid as your sweat doesn't evaporate very efficiently due to the humidity, and your body's ability to cool down is compromised even further.

DEHYDRATION FACTS:

- Fluid loss of even just 5% of body weight during exercise may decrease your performance capacity by roughly 30%
- 2% of fluid loss impairs the functioning of the nervous and cardiovascular systems, physiological adaptations, and thermoregulation, thus affecting fitness and athletic performance. For example, it can reduce running performance by 10-20% and lead to fatigue, nausea, diarrhoea, vomiting, and gastrointestinal problems.
- 2.5% body weight fluid loss will decrease HIIT exercise capacity by up to 45%

Whole-food-based options such as bone broth, nuts, and leafy greens provide these nutrients naturally, avoiding the need for artificial supplements in your daily training. You can also make your own electrolyte drink.

RACE DAY HYDRATION STRATEGY



For 5km and 10km races in hot conditions, hydration should be optimised to prevent dehydration without causing gastrointestinal distress.

Sodium intake is crucial to maintaining fluid balance, with recommendations of 300-600 mg of sodium per hour.

PRE-RACE

Since a 5km or 10km race typically lasts 20-60 minutes, pre-race hydration is key—500ml of an electrolyte solution containing 500-700 mg sodium consumed 90 minutes before the race enhances plasma volume.

DURING THE RACE

During the race, hydration should be limited to 150-250ml of an electrolyte drink with ~200-300 mg sodium if conditions are extreme and sweating is excessive. Post-race rehydration should include 1.5x the fluid lost with 600-800 mg sodium per litre to restore electrolyte balance. Weigh yourself before and after the race to determine how much fluid you lost.

CUSTOMISING YOUR NUTRITION GOALS



Ultimately, the best fuelling strategy depends on your personal goals, training intensity, and dietary preferences. Carbohydrate-rich diets may suit runners focused on high-intensity training, while ketogenic or low-carb diets can be effective for endurance and metabolic health. Both approaches, when grounded in whole foods and tailored to your needs, can support exceptional performance.

By understanding these principles and applying evidence-based strategies, you can ensure your nutrition plan fuels both your training and race day success.

NOTES FOR IMPLEMENTATION

Protein: Adjust based on individual body weight. Aim for 1.6-2.2g/kg for muscle repair and performance. Increase to 3g/kg when in negative energy balance, ill or elderly.

Carbohydrates (Regular Plan): Focus on nutrient-dense, whole-food sources like sweet potatoes, rice, oats, and fruits.

Fats (Keto Plan): Prioritise healthy fats such as avocado, nuts, seeds, grass-fed and finished fatty meat, butter, tallow or ghee and fatty fish.

Electrolytes: Include naturally occurring sodium, potassium, and magnesium, especially on the keto plan, to maintain hydration and muscle function.

These splits ensure alignment with the physiological demands of both dietary approaches while prioritising whole foods for nutrient density and performance optimisation.

The calories you need depend on your basal metabolic rate (BMR) and the energy expended by physical activity. BMR is determined by body composition, age, sex, body size, genetics, hormones (especially thyroid), temperature and climate, fasting and dieting, exercise and activity level, and health status or illness. It is highly individual, so this program includes percentages rather than exact amounts. You can use applications such as MyFitnessPal to estimate the calories you need and to track your nutrition.

REGULAR PLAN (WITH CARBS)

MACRONUTRIENT SPLIT:

Carbohydrates: 50-60%

Protein: 20-25%

Fat: 20-25%

TRAINING NUTRITION EXAMPLE:

Pre-Training (30-60 min before):

- Chief Collagen Protein Powder with water or in black coffee.
- 1 small banana or a handful of berries.
- You can also create a collagen smoothie from these ingredients.

Post-Training (Within 30 min):

- Chief Beef Bar or Thankful Bar.
- 1 boiled egg + a handful of almonds.

DAILY MEALS:

- Breakfast: 2 eggs, sautéed spinach, avocado, and sourdough toast.
- Lunch: Grilled chicken salad with roasted sweet potato, mixed greens, olive oil, and lemon.
- Dinner: Grass-fed steak, steamed broccoli, and roasted pumpkin.
- Snacks: Fresh fruit, Greek yogurt with honey, Chief Beef Bar or Collagen Smoothie.

RACE DAY NUTRITION:

Pre-Race (1-2 hours before):

- Chief Collagen Protein Powder with water or in coffee.
- 1 slice of sourdough toast with almond butter + 1 small banana.

DURING THE RACE:

Water and electrolytes (accessible along the course)

POST-RACE:

- Chief Beef Bar or Biltong
- Balanced meal: grilled chicken, quinoa, and mixed greens.

DO YOU NEED GELS?

Gels are commonly used by endurance athletes as a quick source of carbohydrates to replenish glycogen stores and sustain energy during prolonged exercise. However, for a 5 km or 10 km run, the body's existing glycogen stores are typically sufficient to fuel the effort, especially if you have consumed a balanced meal prior to the race. These shorter distances do not require the extended energy replenishment that gels provide, as they are primarily beneficial for events lasting over 60-90 minutes.

Additionally, relying on gels for shorter runs can lead to unnecessary sugar intake and potential gastrointestinal discomfort. Proper pre-race nutrition and hydration are all that's needed to perform well in these shorter races.



LOW CARB/KETO PLAN

MACRONUTRIENT SPLIT:

Carbohydrates: 5-10%

Protein: 20-25%

Fat: 65-75%

TRAINING NUTRITION EXAMPLE:

Pre-Training (30-60 min before):

- Chief Collagen Protein Powder with water or in black coffee.
- 1 tablespoon of coconut oil or MCT oil.
- You can also make a Chief Collagen Coffee with MCT.

Post-Training (Within 30 min):

- Chief Beef Bar or Biltong
- 1 boiled egg + a handful of macadamia nuts

DAILY MEALS:

- Breakfast: 2 eggs cooked in butter, avocado, and smoked salmon.
- Lunch: Grass-fed beef burger (no bun) with cheese, lettuce, tomato, and mayo.
- Dinner: Grilled lamb chops, cauliflower mash, and sautéed mushrooms.
- Snacks: Pork rinds, macadamia nuts, Chief Biltong or Chief Beef Bars.

RACE DAY NUTRITION:

Pre-Race (1-2 hours before):

- Chief Collagen Protein Powder with water or in black coffee.
- 1 tablespoon almond butter + a handful of macadamia nuts.
- Chief collagen bar

DURING THE RACE:

Water and electrolytes.

POST-RACE:

- Chief Beef Bar.
- Balanced meal: grilled steak, cauliflower mash, and avocado.

MICRONUTRIENTS RUNNERS MIGHT LACK

Runners are at risk of deficiencies in several micronutrients due to increased metabolic demands and sweat losses. Key micronutrients runners might lack:

IRON

Supports oxygen transport in the blood and energy production. Deficiency is common in runners, especially females, due to high sweat loss and foot-strike haemolysis (red blood cell breakdown).

VITAMIN B12

Essential for red blood cell formation, nerve function, and energy metabolism. Those at risk include vegetarians, vegans, or individuals with poor absorption.

VITAMIN A

Important for vision, immune function, and tissue repair. Deficiency often occurs in individuals with low intake of animal-based foods.

ZINC

Plays a role in muscle repair, immune health, and reducing inflammation. It is often lost through sweat and may be inadequate in the diet.

COPPER

Works with iron to form red blood cells and supports connective tissue health. Deficiencies are often overlooked but are critical for endurance athletes.

CHOLINE

Supports brain health, muscle function, and recovery. It is not widely available in plant-based foods, making it a commonly overlooked nutrient.

VITAMIN D

Supports bone health, immune function, and muscle performance. Deficiency is common among those with limited sun exposure or indoor training routines.

COENZYME Q10 (COQ10)

Essential for energy production in cells and reducing exercise-induced oxidative stress. Levels naturally decrease with age and high physical activity.

RECOMMENDATION

Chief Nutrition Liver Capsules provide these vital nutrients in a highly bioavailable, whole-food form. Take 2-4 capsules daily in addition to a healthy, balanced diet to support overall performance and recovery. Always consult a health professional, especially if you suffer from micronutrient deficiency.

THE ROLE OF COLLAGEN FOR RUNNERS

Collagen supplementation is critical in supporting tendon health, reducing injury risk, and improving recovery.

Consuming 15g of Chief Collagen Protein Powder 30-60 minutes before training enhances collagen synthesis when paired with vitamin C, promoting tendon strength and healing. This is particularly beneficial for runners who experience repetitive stress on joints and ligaments.



HIGH-CARB WEEKLY PLAN

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Eggs, avocado, sourdough toast	Grilled chicken salad + roasted sweet potato	Grass-fed steak + broccoli + pumpkin	Chief Collagen Smoothie
Tuesday	Creamy Blueberry oats	Salmon poke bowl + rice + avocado	Roasted chicken + quinoa + mixed greens	Chief Collagen Bar, boiled eggs
Wednesday	Scrambled eggs + spinach + sourdough toast	Biltong Caesar Salad	Lamb chops + sautéed zucchini	Greek yogurt + honey + crumbled Chief Collagen Bar
Thursday	Omelette with veggies + sourdough toast	Beef stir-fry with rice	Grilled fish + roasted veggies	Chief Beef Bar Chief Bilgon
Friday	Banana Hotcakes	Chicken burrito bowl	Grass-fed burger + baked potato fries	Fresh fruit + nuts
Saturday	Poached eggs + avocado toast	Gut loving potato salad with biltong	Salmon + mashed potatoes	Chief Collagen smoothie
Sunday	Smoothie (banana, spinach, oats)	BBQ beef skewers + rice	Roast chicken + sweet potato mash	Chief Collagen Bar Chief Beef Bar

LOW CARB/KETO WEEKLY PLAN

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Monday	Eggs + Avocado + Butter	Beef burger (no bun) + cheese + greens	Grilled lamb + cauliflower mash	Macadamia nuts Chief Collagen Bar
Tuesday	Scrambled eggs + bacon	Chicken thighs + avocado + spinach	Salmon + sautéed asparagus	Chief Beef Bar Chief Collagen Bar
Wednesday	Omelette + smoked salmon + avocado	Tuna salad + olive oil + greens	Ribeye steak + broccoli	Pork rinds + boiled eggs Chief Biltong
Thursday	Fried eggs + butter + sausage	Roast beef + cheese + mixed greens	Grilled chicken thighs + zucchini	Chief Beef Bar Chief Collagen Bar
Friday	Poached eggs + hollandaise sauce	Beef meatballs + zucchini noodles	Pork chops + sautéed spinach	Almond Butter Chief Collagen Bar
Saturday	Keto smoothie (Collagen + MCT + Spinach)	Grilled chicken caesar salad (no croutons)	Grilled salmon + cauliflower rice	Chief Collagen Keto smoothie
Sunday	Scrambled eggs + chorizo	Creamy guacamole with biltong	Roast lamb + roasted brussel sprouts	Chief Beef Bar Chief Collagen Bar

PEANUT BUTTER COLLAGEN COFFEE



Makes 1



5 Minutes

⚠ Do you start your day with coffee on an empty stomach? Think twice! While that caffeine boost might seem tempting, it can lead to increased acidity, jitters, and even digestive discomfort. ☕

Make the Chief Peanut Butter Collagen Coffee to fuel your body, so you can enjoy your brew for a smoother start to your morning. Your stomach will thank you later!

INGREDIENTS

- 1-2 shots of coffee + 1/2 cup boiling water (or 1/2 cup french press/stove top coffee)
- 1 heaped tsp organic smooth peanut butter
- 2 tbsp Chief Collagen Protein (Unflavoured, or Creamy Vanilla if you like it sweet)
- Pinch of sea salt flakes

Hot Top: You need a Chief stainless steel mini electric stirrer and frother in your life

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ENERGY
BOOSTING

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BETTER COFFEE

METHOD

1. Add peanut butter, Chief Collagen Protein Powder, and sea salt to your favourite mug.
2. Carefully pour the freshly brewed coffee/boiling water into the mug and whisk together using your Chief stainless steel mini electric stirrer and frother.

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LEMON CHEESECAKE COLLAGEN SMOOTHIE



Serves 1



5 minutes

A quick and easy smoothie, suitable for those on a keto protocol. Thick and creamy, with some crunch factor on top, yummo!



INGREDIENTS

- 1 [Lemon Tart Chief Collagen Protein Bar](#) (1/2 Blended and 1/2 crumbled on top)
- 2 tbsp Chief Creamy Vanilla Collagen Protein Powder
- 3/4 cup unsweetened coconut milk or filtered water
- 1 tbsp 100% natural coconut cream
- Zest from 1/2 lemon
- Five drops of stevia extract or 1/2 tsp monk fruit powder
- A handful of ice cubes
- Extra texture and calories: 1/2 frozen avocado
- If you don't care about keto: 1/2 frozen banana and honey

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METHOD

1. Blend all ingredients until smooth
2. Crumble the remainder of the Chief Lemon Tart Collagen Bar

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BLACK FOREST COLLAGEN SMOOTHIE



Serves 1



2 minutes

As the Festive Season is just around the corner, it's making us crave all of our favourite decadent desserts. So, we thought we'd share our take on the famous black forest cake in the form of a smoothie with collagen of course. Not only is it one easy way to increase your daily protein intake, but it's bursting with antioxidants to support a healthy gut and glowing skin.



INGREDIENTS

- 250ml Unsweetened almond milk
- 2 tbsp [Chief Dark Chocolate Collagen Protein](#)
- 1 cup frozen pitted cherries
- 1/2 cup frozen banana
- 1 handful of ice
- 1 tbsp natural almond butter
- 1 tsp cacao nibs, to garnish

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METHOD

1. Add all ingredients (excluding cacao nibs) to a high-powered blender, and blend for 30 seconds or hit the smoothie option.
2. Pour into a tall glass and enjoy with a reusable straw.

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CREAMY BLUEBERRY OATS WITH CRUMBLED COLLAGEN BAR

Oats are the perfect breakfast! They're high in soluble fibre, which help support blood sugar levels and insoluble fibre, which helps improve gut health. We've crumbled one of our Chief Collagen Bars on top for a low sugar, high protein and a collagen hit first thing in the morning.

INGREDIENTS

- 2 cup rolled oats (see note)
- 2 cups almond milk
- 2 teaspoons vanilla extract
- 1 tablespoon rice malt syrup
*optional
- 2 cups water
- Pinch sea salt
- 1 cup frozen blueberries, defrosted
- 1 Chief Collagen Bar (any flavour!)
- 1 tablespoon pistachios, finely chopped

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EASY BREAKFAST

METHOD

1. Add oats, almond milk, vanilla, rice malt syrup if using and a pinch of sea salt to a small saucepan. Place over low-medium heat and cook, stirring for 5 minutes, adding water as the oats soak up the liquid, until they're are creamy. Add as little or as much water as you like to reach your desired consistency.
2. Divide the creamy oats between two small bowls. Top with the blueberries and pistachios then crumble the Chief Collagen Bar over the top to serve.

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BANANA HOT CAKES WITH BANANA CRUMBLE TOPPING

This recipe is as easy as making a smoothie! Just whack all of the ingredients into the blender and blitz! We love serving this with a crumbled Chief Peanut Collagen Bar for a collagen and protein hit!

INGREDIENTS

- 2 medium ripe bananas
- 2 large free-range egg
- 1 cup almond meal
- 2 tablespoons tapioca flour
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- Pinch sea salt
- Coconut oil, for frying

Banana Crumble Topping

- 1 x Chief [Peanut](#) or [Hazelnut](#) [Brownie](#) Collagen Bar, crumbled
- 1 small banana, sliced
- Dash of maple syrup or rice malt syrup, to taste if you need extra sweetness

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EASY BREAKFAST

METHOD

1. Add the banana into a medium mixing bowl. Mash with a fork until almost pureed. Add in the egg and whisk through the banana to combine. Add in the almond meal, tapioca flour, baking powder, cinnamon, vanilla and a pinch of salt. Mix well to form a batter.
2. Heat a large frying pan over medium heat. Add in 1 teaspoon of coconut oil and swirl to coat the pan. Add in ¼ cup amounts of the pancake batter and cook for 2 minutes on each side until golden brown. Cook the pancakes in batches until all the batter has been used up.
3. Divide pancakes between two plates. Top with the sliced banana, crumble over the Chief Peanut Collagen Bar and drizzle over the syrup, to serve.

Tip: This recipe tastes great with fresh bananas. But if you'd like to caramelised your bananas. Just add 1 teaspoon of coconut oil to a frying pan over medium-high heat. Once melted, add in the banana slices and cook for 1 minute on each side until golden and soft.

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GUT-LOVING POTATO SALAD



Serves 4



10 Minutes

The days of the post-BBQ bloat are behind us. This zesty potato salad is sure to leave both you, and your guests, wanting more. The cooked, and cooled potatoes, act as a prebiotic fibre. Helping to feed your good gut bugs, support your immunity, energy, mental clarity and gut health. Plus, the Smokey BBQ Biltong is a great gut-friendly flavour boost.

INGREDIENTS

Salad

- 500g kipfler potatoes, washed and cut in half
- 3 x 30g Chief Smokey BBQ Biltong
- 1/2 red onion, finely diced
- 1/4 cup capers, roughly chopped
- 1 bunch chives, finely sliced
- 1 bunch dill, finely sliced
- 1/3 cup walnuts, lightly toasted (to garnish)

Dressing

- 3 heaped tbsp organic mayo/aioli
- 2 tbsp extra-virgin olive oil
- 1 heaped tsp seeded mustard
- 1 lemon, zest and juice
- 1 clove garlic
- Sea salt to taste
- Black pepper to taste



EASY LUNCH



METHOD

1. Place potatoes in a large saucepan of cold water. Cover and bring to the boil over high heat. Cook for 15 minutes or until potatoes are tender, then drain and set aside to cool (approx 10 mins).
2. Add the salad ingredients (excluding walnuts) to a large mixing bowl, using a large spoon to combine.
3. Add dressing ingredients to a small mixing bowl, and mix together with a spoon
4. Carefully pour dressing over potato salad, toss to combine, and sprinkle over toasted walnuts.

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PREBIOTIC

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BILTONG CAESAR SALAD

This recipe is an easy assemble lunch option. Just make the Caesar Dressing in advance and take to work in an airtight jar or container. Just tip and mix with the salad ingredients for a high-protein, clean and filling lunch.

INGREDIENTS

Salad

- 2 slices sourdough bread, sliced into 1cm cubes
- 1 head Cos lettuce, roughly chopped
- 1 medium Lebanese cucumber, thinly sliced
- 1 medium avocado, sliced
- 1 ½ packets [Chief Traditional Biltong](#)

Caesar Dressing

- ½ cup unsweetened Greek yoghurt
- ½ lemon, juiced
- 2 teaspoon Dijon mustard
- 1 small garlic clove, minced
- 1 anchovy in olive oil, finely chopped
- ¼ cup finely grated Parmesan, plus extra for garnishing
- ½ teaspoon sea salt
- Pinch freshly ground black pepper



EASY DINNER

METHOD

1. Preheat the oven to 180 degrees. Place the bread onto a baking tray and place into the oven. Bake for 20 minutes until golden brown and crunchy to bite.
2. While the bread is toasting, add all the ingredients for the Caesar Dressing into a medium bowl. Mix well to combine.
3. Add the lettuce, cucumber, avocado, toasted croutons and Chief Biltong into the bowl with the dressing. Gently toss to coat well. Divide the salad between bowls. Top with extra flakes of Parmesan to serve.

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CREAMY GUACAMOLE WITH BILTONG

A creamy, dreamy guacamole for when you need a wholesome snack. Serve with corn chips or slices of toasted bread for a pre-dinner snack or use as part of your next entertaining platter.

INGREDIENTS

- 1 large avocado, diced
- ½ cup full-fat Greek yoghurt
- 1 lime, juiced
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon dried chilli flakes
- 1 cup coriander, roughly chopped
- 1 pack Chief Chilli or Traditional Biltong, to serve
- Extra virgin olive oil, for serving

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EASY SNACK

METHOD

1. Add avocado into a bowl and mash with the back of a fork. Add in the yoghurt, lime juice, salt, pepper and half of the chilli flakes and half of the coriander. Mash all together until well combined.
2. Top the guacamole with the remaining chilli flakes, the remaining coriander, the biltong pieces and a generous drizzle of olive oil.

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SPECIAL THANKS TO OUR TEAM

The team behind this program, recipes and our products.



VERONIKA LARISOVA

Co-founder, Nutritionist and
Exercise Physiologist



LAURA SAUNDERS

BHSc Nutritionist, Recipe
Creator

SPECIAL THANKS TO YOU!

When you buy a Chief product, you're helping us fight ultra processed food by proving to the big food companies that it is possible to make healthy food in a packet that's affordable and tastes great too. You're also helping us do our bit to ensure that regenerative farming and more sustainable farming practices become the norm. In particular, with your help we support [Thankful For Farmers](#), supporting farmers and regional communities.



LEARN MORE GRAB ALL OUR RECIPES

Download all our favourite delicious recipes using products from our range of collagen powders, collagen bars, beef bars, biltong and organ capsules.

GLUTEN-FREE PECAN BANANA BREAD

Makes 12 40 minutes

We all love a good Banana Bread, but if we're honest, it often contains the sugar content of a classic cake. So, we thought we'd share our latest creation of a true banana bread that features our Creamy Vanilla Collagen Protein Powder for an extra boost. Yep, it's gluten-free and refined sugar-free of course. You can thank us later!

INGREDIENTS

- 2 cups almond meal
- 1 cup shredded coconut
- 1/2 cup Chief Collagen Protein - Creamy Vanilla
- 1 large handful of walnuts + another handful to garnish
- 1 heaped tsp ground cinnamon
- 1 heaped tsp ground ginger
- 1 tsp gluten-free baking powder
- Pinch sea salt
- 3 eggs, whisked
- 3 overripe bananas, mashed
- 1/4 cup organic ghee, melted (can sub for extra-virgin olive oil)
- 1/4 cup raw honey, or pure maple syrup
- 2 tsp vanilla extract

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GLUTEN-FREE OLIVE, ROSEMARY & BILTONG FOCACCIA

Makes 1 loaf 25 Minutes

Finding high-quality gluten-free bread without unwanted additives can be challenging, so we're excited to share this recipe with you. This nourishing twist on the classic Italian focaccia perfectly balances the aromatic notes of fresh rosemary with the savory richness of our Traditional Biltong. It's become a beloved staple in our weekly meals at home.

INGREDIENTS

- 5 cups gluten-free plain flour (we love this one)
- 2 x 30g Chief Traditional Biltong
- 3 cups warm water
- 1 cup pitted olives of choice
- 1/2 dried rosemary
- 2 tsp raw honey
- 4 tsp gluten-free baking powder
- 4 tsp extra-virgin olive oil, divided
- 1 tsp sea salt flakes

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LEARN MORE HOW TO READ FOOD LABELS

How do you know what you're really eating without reading the food label? The truth is, so much is hidden on the back of the package. Don't worry, we've got you covered.

HOW TO READ FOOD LABELS

Here are our top tips and general things to look out for when it comes to reading food labels:

STEP 1. CHECK THE FIRST FEW INGREDIENTS

The first ingredient listed is the largest amount by weight. The last ingredient listed is the least amount by weight. So, the first few ingredients are a pretty good indication of what's really in the product! Look out for sugars, syrups, oils and things other than what you'd assume from the front of the label.



Example 1

A popular 'Hazelnut Spread' has these ingredients:

Sugar, Palm Oil, Hazelnuts (13%), Skimmed Milk Powder (8.7%), Fat-Reduced Cocoa (7.4%), Emulsifier: Lecithins (Soya), Vanillin.



← PALM OIL
← SKIM MILK POWDER
← CACAO
← HAZELNUT
← SUGAR

A more accurate name would be "Sugar and Vegetable Oil Spread".

STEP 2. CHECK FOR ULTRA PROCESSED INGREDIENTS

Try and choose products with as few ingredients as possible and that are close to their natural state. Here's a guide of what to avoid or reduce:

- Anything "low fat" or "skim" as this is a processed product. Go for full fat.
- Most plant based meats are ultra processed foods that don't come close to the real thing in terms of nutrition.
- Nasty preservatives like added nitrates and nitrites found in many sausages, deli meats and jerky.
- Vegetable and seed oils including anything labeled as "vegetable oils" or "hydrogenated", Canola oil, Corn oil, Cottonseed oil, Soy oil, Sunflower oil, Safflower oil, Grapeseed oil and Ricebran oil.
- Thickeners, fillers and preservatives like Calcium Carbonate, Carrageenan, Cornstarch, Glycerin, Magnesium Silicate, Magnesium Stearate, Maltodextrin, Methylcellulose, added Nitrates and Nitrites, Potassium Sorbate, Potassium Carbonate, Shellac, Silicon Dioxide, Sodium Benzoate, Soy Lecithin, Soybean Oil, Sulfites & Titanium Dioxide.
- Sweeteners and sugar alcohols like Aspartame, Sucralose, Sorbitol, Maltitol, Mannitol and Erythritol.
- Artificial colours and flavours, often listed as a number, like E129. A heads up that companies can claim that their products contain no artificial colours and flavours, as long as they have the same DNA as natural sources, but they're not sourced from nature.

If in doubt, stick to foods that don't require a label – veggies, fruit, grass-fed meats, fish, eggs, nuts, beans and other 'one ingredient' products always win! The entire Chief range is your next best option as everything we do is minimally processed and avoids all of the above.



Example

A popular sausage roll has these ingredients:

Water, Wheat Flour, Meat (Beef and/or Mutton) (18%), Margarine (Animal Fats, **Vegetable Oils**, Water, Salt, Emulsifiers (471, **Soy Lecithin**), Acidity Regulators (331, 330), Antioxidant (307b (Soy)), Colour (160a), Flavour, Crumb (Wheat Flour, Sugar, Salt, Emulsifier (471), Gluten (Wheat), Soy Flour, Onion, Salt, Mineral Salts (339, 451), Seasoning (Hydrolysed Vegetable Protein, **Flavours**, Sugar, Lactose, Yeast, Flavour Enhancer (635), Dehydrated Vegetable, Spice, Herb, Spice Extract), Glaze (Maltodextrin (Wheat), Colour (160b)).

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