

# Pre-Workout Meals Recipe Book

## Introduction

This recipe book provides 25 high-protein pre-workout meals for a 20-year-old male in the UK, supporting a 2700-calorie daily goal with 120–150g protein to fuel gym workouts. Designed for picky eaters avoiding onions, garlic, leeks, and salads, these meals are tasty, easy to prepare (30–45 min), budget-friendly (£2–£4/meal at Tesco/Sainsbury's), and balanced in carbs (40–50

## 1 Meal List

Below are the names of all 25 pre-workout meals. Browse to find what looks tasty, then check the corresponding section for the full recipe.

1. Chicken and Rice Bowl
2. Sweet Potato and Turkey Skillet
3. Tuna Pasta with Peas
4. Egg and Sweet Potato Wrap
5. Peanut Butter Banana Sandwich
6. Chicken and Quinoa Bowl
7. Turkey and Rice Stir-Fry
8. Salmon and Couscous Plate
9. Tofu and Veggie Rice Bowl
10. Beef and Sweet Potato Mash
11. Chicken Pita with Hummus
12. Egg and Veggie Pita
13. Tuna and Rice Cakes
14. Turkey and Couscous Bowl
15. Sweet Potato and Chicken Hash
16. Peanut Butter Rice Cakes
17. Salmon and Rice Wrap
18. Tofu and Quinoa Stir-Fry

19. Chicken and Pasta Bowl
20. Turkey and Sweet Potato Wrap
21. Egg and Rice Bowl
22. Beef and Couscous Plate
23. Tuna and Sweet Potato Cakes
24. Chicken and Rice Cakes
25. Tofu and Veggie Wrap

## 2 Pre-Workout Meal Recipes

These meals (500–700 kcal, 30–40g protein) provide energy for your gym session with complex carbs and moderate protein, including iron (beef) and omega-3s (salmon).

### 2.1 Chicken and Rice Bowl

#### Overview

A simple bowl of grilled chicken and jasmine rice with steamed broccoli, fueling your workout with carbs and protein.

**Calories:** 600 kcal

**Carbs:** 70g (47%)

**Fats:** 15g (22%)

**Protein:** 40g (31%)

#### Ingredients (Serves 1):

- 150g chicken breast
- 100g jasmine rice (dry)
- 100g broccoli
- 1 tbsp olive oil
- Salt, pepper, paprika

#### Preparation (30 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Season chicken with salt, pepper, paprika. Heat 1/2 tbsp olive oil in a pan, grill chicken 6–8 min per side. Slice.
3. Steam broccoli for 5 min. Combine rice, chicken, broccoli, drizzle with remaining olive oil. Prep ahead: Cook rice and chicken in bulk.

## 2.2 Sweet Potato and Turkey Skillet

### Overview

A hearty skillet with diced sweet potato and ground turkey, rich in carbs and protein for pre-workout energy.

**Calories:** 580 kcal

**Carbs:** 65g (45%)

**Fats:** 15g (23%)

**Protein:** 35g (32%)

### Ingredients (Serves 1):

- 150g ground turkey
- 200g sweet potato, diced
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

### Preparation (25 min):

1. Heat 1/2 tbsp olive oil in a skillet over medium heat. Add diced sweet potato, cook 10–12 min until soft.
2. Add ground turkey, season with salt and pepper, cook 5–7 min until browned.
3. Steam green beans for 5 min. Combine all, drizzle with remaining olive oil. Prep ahead: Dice sweet potato in advance.

## 2.3 Tuna Pasta with Peas

### Overview

Quick pasta with tuna and peas, providing carbs and protein for sustained energy.

**Calories:** 570 kcal

**Carbs:** 70g (49%)

**Fats:** 10g (16%)

**Protein:** 35g (35%)

### Ingredients (Serves 1):

- 100g wholemeal pasta (dry)
- 120g canned tuna (in water, drained)
- 100g frozen peas
- 1 tbsp olive oil
- Salt, pepper

### Preparation (15 min):

1. Cook pasta in boiling water for 8–10 min, drain.
2. In the last 2 min of pasta cooking, add peas to the pot.
3. Mix pasta, peas, tuna, olive oil, salt, and pepper in a bowl. Serve warm. Prep ahead: Cook pasta and peas in bulk.

## 2.4 Egg and Sweet Potato Wrap

### Overview

A portable wrap with scrambled eggs and mashed sweet potato, offering carbs and protein for gym fuel.

**Calories:** 550 kcal

**Carbs:** 60g (44%)

**Fats:** 20g (33%)

**Protein:** 25g (23%)

### Ingredients (Serves 1):

- 2 large eggs
- 150g sweet potato
- 1 wholemeal tortilla (60g)
- 1 tbsp olive oil
- Salt, pepper

### Preparation (20 min):

1. Boil sweet potato for 10–12 min until soft, mash with salt.
2. Whisk eggs with salt and pepper. Heat olive oil in a pan, scramble eggs for 2–3 min.
3. Spread mashed sweet potato on tortilla, add eggs, roll up. Prep ahead: Mash sweet potato in advance.

## 2.5 Peanut Butter Banana Sandwich

### Overview

A quick sandwich with peanut butter and banana on wholemeal bread, providing carbs and healthy fats.

**Calories:** 520 kcal

**Carbs:** 65g (50%)

**Fats:** 20g (35%)

**Protein:** 15g (15%)

### Ingredients (Serves 1):

- 2 slices wholemeal bread (80g)
- 2 tbsp peanut butter (30g)
- 1 medium banana (120g), sliced
- 1 tsp honey

### Preparation (5 min):

1. Spread peanut butter on one slice of bread. Layer banana slices on top, drizzle with honey.
2. Top with second bread slice. Serve immediately. Prep ahead: Assemble just before eating to avoid soggy bread.

## 2.6 Chicken and Quinoa Bowl

### Overview

A nutrient-dense bowl with chicken and quinoa, perfect for pre-workout energy.

**Calories:** 590 kcal

**Carbs:** 65g (44%)

**Fats:** 15g (23%)

**Protein:** 40g (33%)

### Ingredients (Serves 1):

- 150g chicken breast
- 100g quinoa (dry)
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

### Preparation (25 min):

1. Cook quinoa in boiling water for 12–15 min, drain.
2. Season chicken with salt and pepper, grill in 1/2 tbsp olive oil for 6–8 min per side. Slice.
3. Steam green beans for 5 min. Combine with quinoa, drizzle with remaining olive oil.



## 2.7 Turkey and Rice Stir-Fry

### Overview

A quick stir-fry with ground turkey and rice, high in protein and carbs.

**Calories:** 570 kcal

**Carbs:** 70g (49%)

**Fats:** 15g (24%)

**Protein:** 35g (27%)

### Ingredients (Serves 1):

- 150g ground turkey
- 100g jasmine rice (dry)
- 100g courgette, sliced
- 1 tbsp olive oil
- Salt, pepper

### Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Heat 1/2 tbsp olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Add courgette, cook 3 min. Mix with rice, drizzle with remaining olive oil.

## 2.8 Salmon and Couscous Plate

### Overview

Baked salmon with couscous and green beans, rich in omega-3s and carbs.

**Calories:** 610 kcal

**Carbs:** 65g (43%)

**Fats:** 20g (29%)

**Protein:** 35g (28%)

### Ingredients (Serves 1):

- 120g salmon fillet
- 80g couscous (dry)
- 100g green beans
- 1 tbsp olive oil
- Salt, lemon juice

### Preparation (20 min):

1. Boil water, pour over couscous, cover for 5 min, fluff with a fork.
2. Season salmon with salt and lemon juice, bake at 180°C for 15 min.
3. Steam green beans for 5 min. Combine with couscous, drizzle with olive oil.

## 2.9 Tofu and Veggie Rice Bowl

### Overview

A plant-based bowl with tofu and rice, high in protein and iron.

**Calories:** 560 kcal

**Carbs:** 70g (50%)

**Fats:** 15g (24%)

**Protein:** 25g (26%)

### Ingredients (Serves 1):

- 150g firm tofu, cubed
- 100g jasmine rice (dry)
- 100g broccoli
- 1 tbsp olive oil
- 1 tbsp soy sauce

### Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Heat olive oil in a pan, fry tofu with soy sauce for 5–7 min.
3. Steam broccoli for 5 min. Combine with rice.

## 2.10 Beef and Sweet Potato Mash

### Overview

Grilled beef with mashed sweet potato, providing protein and carbs for energy.

**Calories:** 620 kcal

**Carbs:** 65g (42%)

**Fats:** 20g (29%)

**Protein:** 40g (29%)

### Ingredients (Serves 1):

- 120g lean beef steak
- 200g sweet potato
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

### Preparation (30 min):

1. Boil sweet potato for 10–12 min, mash with salt.
2. Season beef with salt and pepper, grill in 1/2 tbsp olive oil for 4–5 min per side.
3. Steam green beans for 5 min. Serve with mashed sweet potato, drizzle with remaining olive oil.

## 2.11 Chicken Pita with Hummus

### Overview

A tasty pita filled with grilled chicken and hummus, high in protein and carbs.

**Calories:** 550 kcal

**Carbs:** 60g (44%)

**Fats:** 15g (24%)

**Protein:** 35g (32%)

### Ingredients (Serves 1):

- 150g chicken breast
- 1 wholemeal pita (60g)
- 2 tbsp hummus (30g)
- 100g cucumber, sliced
- 1 tbsp olive oil
- Salt, pepper

### Preparation (20 min):

1. Season chicken with salt and pepper, grill in olive oil for 6–8 min per side. Slice.
2. Warm pita, spread hummus inside, fill with chicken and cucumber.
3. Serve immediately.

## 2.12 Egg and Veggie Pita

### Overview

A quick pita with scrambled eggs and veggies, providing protein and carbs.

**Calories:** 510 kcal

**Carbs:** 55g (43%)

**Fats:** 20g (35%)

**Protein:** 25g (22%)

### Ingredients (Serves 1):

- 2 large eggs
- 1 wholemeal pita (60g)
- 50g spinach
- 1 tbsp olive oil
- Salt, pepper

### Preparation (15 min):

1. Heat olive oil in a pan, sauté spinach for 2 min.
2. Whisk eggs with salt and pepper, scramble with spinach for 2–3 min.
3. Warm pita, fill with egg mixture. Serve immediately.

### 2.13 Tuna and Rice Cakes

#### Overview

Rice cakes topped with tuna, a light pre-workout meal high in protein.

**Calories:** 500 kcal

**Carbs:** 60g (48%)

**Fats:** 10g (18%)

**Protein:** 30g (34%)

#### Ingredients (Serves 1):

- 120g canned tuna (in water, drained)
- 4 rice cakes (40g)
- 100g cucumber, sliced
- 1 tbsp olive oil
- Salt, pepper

#### Preparation (5 min):

1. Mix tuna with olive oil, salt, and pepper.
2. Spread tuna on rice cakes, top with cucumber slices.
3. Serve immediately.

## 2.14 Turkey and Couscous Bowl

### Overview

A light bowl with turkey and couscous, providing protein and carbs for energy.

**Calories:** 560 kcal

**Carbs:** 65g (46%)

**Fats:** 15g (24%)

**Protein:** 35g (30%)

### Ingredients (Serves 1):

- 150g ground turkey
- 80g couscous (dry)
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

### Preparation (20 min):

1. Boil water, pour over couscous, cover for 5 min, fluff with a fork.
2. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Steam green beans for 5 min. Combine with couscous.



## 2.15 Sweet Potato and Chicken Hash

### Overview

A savory hash with sweet potato and chicken, high in carbs and protein.

**Calories:** 590 kcal

**Carbs:** 65g (44%)

**Fats:** 15g (23%)

**Protein:** 40g (33%)

### Ingredients (Serves 1):

- 150g chicken breast
- 200g sweet potato, diced
- 100g broccoli
- 1 tbsp olive oil
- Salt, pepper

### Preparation (25 min):

1. Heat olive oil in a pan, cook diced sweet potato for 10–12 min until soft.
2. Season chicken with salt and pepper, grill for 6–8 min per side, dice.
3. Steam broccoli for 5 min. Combine all in the pan.

## 2.16 Peanut Butter Rice Cakes

### Overview

Rice cakes with peanut butter and banana, a quick carb-rich snack.

**Calories:** 500 kcal

**Carbs:** 65g (52%)

**Fats:** 20g (36%)

**Protein:** 15g (12%)

### Ingredients (Serves 1):

- 4 rice cakes (40g)
- 2 tbsp peanut butter (30g)
- 1 medium banana (120g), sliced

### Preparation (5 min):

1. Spread peanut butter on rice cakes.
2. Top with banana slices.
3. Serve immediately.

## 2.17 Salmon and Rice Wrap

### Overview

A portable wrap with salmon and rice, rich in omega-3s and carbs.

**Calories:** 560 kcal

**Carbs:** 60g (43%)

**Fats:** 20g (32%)

**Protein:** 30g (25%)

### Ingredients (Serves 1):

- 120g salmon fillet, cooked
- 50g jasmine rice (dry)
- 1 wholemeal tortilla (60g)
- 100g cucumber, sliced
- 1 tbsp olive oil

### Preparation (20 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Flake cooked salmon, mix with rice and olive oil.
3. Fill tortilla with salmon mixture and cucumber, roll up.

## 2.18 Tofu and Quinoa Stir-Fry

### Overview

A plant-based stir-fry with tofu and quinoa, high in protein and iron.

**Calories:** 570 kcal

**Carbs:** 65g (46%)

**Fats:** 20g (31%)

**Protein:** 25g (23%)

### Ingredients (Serves 1):

- 150g firm tofu, cubed
- 100g quinoa (dry)
- 100g green beans
- 1 tbsp olive oil
- 1 tbsp soy sauce

### Preparation (25 min):

1. Cook quinoa in boiling water for 12–15 min, drain.
2. Heat olive oil in a pan, fry tofu with soy sauce for 5–7 min.
3. Add green beans, cook 3 min. Mix with quinoa.

## 2.19 Chicken and Pasta Bowl

### Overview

A simple bowl with chicken and pasta, providing carbs and protein for energy.

**Calories:** 590 kcal

**Carbs:** 70g (47%)

**Fats:** 15g (23%)

**Protein:** 35g (30%)

### Ingredients (Serves 1):

- 150g chicken breast
- 100g wholemeal pasta (dry)
- 100g broccoli
- 1 tbsp olive oil
- Salt, pepper

### Preparation (25 min):

1. Cook pasta in boiling water for 8–10 min, drain.
2. Season chicken with salt and pepper, grill in 1/2 tbsp olive oil for 6–8 min per side, slice.
3. Steam broccoli for 5 min. Mix with pasta, drizzle with remaining olive oil.

## 2.20 Turkey and Sweet Potato Wrap

### Overview

A wrap with ground turkey and mashed sweet potato, high in protein and carbs.

**Calories:** 550 kcal

**Carbs:** 60g (44%)

**Fats:** 15g (24%)

**Protein:** 35g (32%)

### Ingredients (Serves 1):

- 150g ground turkey
- 150g sweet potato
- 1 wholemeal tortilla (60g)
- 1 tbsp olive oil
- Salt, pepper

### Preparation (25 min):

1. Boil sweet potato for 10–12 min, mash with salt.
2. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Spread sweet potato on tortilla, add turkey, roll up.

## 2.21 Egg and Rice Bowl

### Overview

A simple bowl with scrambled eggs and rice, providing protein and carbs.

**Calories:** 510 kcal

**Carbs:** 65g (51%)

**Fats:** 15g (26%)

**Protein:** 20g (23%)

### Ingredients (Serves 1):

- 2 large eggs
- 100g jasmine rice (dry)
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

### Preparation (20 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Whisk eggs with salt and pepper, scramble in olive oil for 2–3 min.
3. Steam green beans for 5 min. Combine with rice.

## 2.22 Beef and Couscous Plate

### Overview

Grilled beef with couscous and veggies, high in protein and iron.

**Calories:** 600 kcal

**Carbs:** 65g (43%)

**Fats:** 20g (30%)

**Protein:** 35g (27%)

### Ingredients (Serves 1):

- 120g lean beef steak
- 80g couscous (dry)
- 100g courgette, sliced
- 1 tbsp olive oil
- Salt, pepper

### Preparation (20 min):

1. Boil water, pour over couscous, cover for 5 min, fluff with a fork.
2. Season beef with salt and pepper, grill in 1/2 tbsp olive oil for 4–5 min per side.
3. Sauté courgette in remaining olive oil for 3 min. Combine with couscous.



## 2.23 Tuna and Sweet Potato Cakes

### Overview

Crispy tuna and sweet potato patties, high in protein and carbs.

**Calories:** 540 kcal

**Carbs:** 60g (44%)

**Fats:** 15g (25%)

**Protein:** 30g (31%)

### Ingredients (Serves 1):

- 120g canned tuna (in water, drained)
- 150g sweet potato
- 1 large egg
- 100g green beans
- 1 tbsp olive oil

### Preparation (25 min):

1. Boil sweet potato for 10–12 min, mash. Mix with tuna and egg, season with salt.
2. Form into 2 patties. Heat olive oil in a pan, fry patties 3–4 min per side.
3. Steam green beans for 5 min. Serve with patties.

## 2.24 Chicken and Rice Cakes

### Overview

Rice cakes topped with grilled chicken, a light pre-workout meal.

**Calories:** 520 kcal

**Carbs:** 60g (46%)

**Fats:** 15g (26%)

**Protein:** 35g (28%)

### Ingredients (Serves 1):

- 120g chicken breast
- 4 rice cakes (40g)
- 100g cucumber, sliced
- 1 tbsp olive oil
- Salt, pepper

### Preparation (15 min):

1. Season chicken with salt and pepper, grill in olive oil for 6–8 min per side, slice.
2. Top rice cakes with chicken and cucumber slices.
3. Serve immediately.

## 2.25 Tofu and Veggie Wrap

### Overview

A plant-based wrap with tofu and courgette, providing protein and carbs.

**Calories:** 510 kcal

**Carbs:** 55g (43%)

**Fats:** 20g (35%)

**Protein:** 20g (22%)

### Ingredients (Serves 1):

- 120g firm tofu, cubed
- 1 wholemeal tortilla (60g)
- 100g courgette, sliced
- 1 tbsp olive oil
- 1 tbsp soy sauce

### Preparation (15 min):

1. Heat olive oil in a pan, fry tofu with soy sauce for 5–7 min.
2. Add courgette, cook 3 min.
3. Fill tortilla with tofu and courgette, roll up.