

Post-Gym Dinner Meals Recipe Book

Introduction

This recipe book offers 25 high-protein post-gym dinner meals for a 20-year-old male in the UK, supporting a 2700-calorie daily goal with 120–150g protein to aid muscle recovery. 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 post-gym dinner meals. Browse to find what looks tasty, then check the corresponding section for the full recipe.

1. Grilled Chicken with Sweet Potato
2. Turkey and Quinoa Bowl
3. Salmon with Rice and Asparagus
4. Beef and Pasta Bake
5. Chicken and Couscous Plate
6. Turkey and Sweet Potato Mash
7. Tuna and Quinoa Salad
8. Chicken with Rice and Broccoli
9. Beef and Sweet Potato Bowl
10. Salmon and Pasta with Peas
11. Turkey and Rice Casserole
12. Chicken and Quinoa Stir-Fry
13. Tuna and Sweet Potato Hash
14. Beef and Couscous with Greens
15. Chicken and Rice Wrap
16. Turkey with Pasta and Spinach
17. Salmon and Sweet Potato Cakes
18. Chicken and Quinoa Wrap

19. Beef and Rice Bowl
20. Tuna and Couscous Plate
21. Turkey and Sweet Potato Skillet
22. Chicken with Pasta and Green Beans
23. Salmon and Quinoa Bowl
24. Beef and Sweet Potato Wrap
25. Turkey and Rice with Broccoli

2 Post-Gym Dinner Meal Recipes

These meals (600–800 kcal, 35–45g protein) support muscle repair with high protein, complex carbs, and recovery nutrients like magnesium, potassium, and omega-3s.

2.1 Grilled Chicken with Sweet Potato

Overview

Grilled chicken paired with roasted sweet potato, rich in protein and potassium for recovery.

Calories: 650 kcal

Carbs: 70g (43%)

Fats: 20g (28%)

Protein: 40g (29%)

Ingredients (Serves 1):

- 150g chicken breast
- 250g sweet potato, cubed
- 100g asparagus
- 1 tbsp olive oil
- Salt, pepper

Preparation (35 min):

1. Preheat oven to 200°C. Toss sweet potato cubes with 1/2 tbsp olive oil, salt, and pepper, roast for 25 min.
2. Season chicken with salt and pepper, grill in 1/2 tbsp olive oil for 6–8 min per side.
3. Steam asparagus for 5 min. Serve together.

2.2 Turkey and Quinoa Bowl

Overview

Ground turkey with quinoa and steamed greens, providing protein and magnesium.

Calories: 620 kcal

Carbs: 65g (42%)

Fats: 15g (22%)

Protein: 45g (36%)

Ingredients (Serves 1):

- 150g ground turkey
- 100g quinoa (dry)
- 100g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (25 min):

1. Cook quinoa in boiling water for 12–15 min, drain.
2. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Steam spinach for 2 min. Combine with quinoa.

2.3 Salmon with Rice and Asparagus

Overview

Baked salmon with rice and asparagus, rich in omega-3s and carbs for recovery.

Calories: 680 kcal

Carbs: 70g (41%)

Fats: 25g (33%)

Protein: 35g (26%)

Ingredients (Serves 1):

- 150g salmon fillet
- 100g jasmine rice (dry)
- 100g asparagus
- 1 tbsp olive oil
- Salt, lemon juice

Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Season salmon with salt and lemon juice, bake at 180°C for 15 min.
3. Steam asparagus for 5 min. Serve with rice.

2.4 Beef and Pasta Bake

Overview

Baked beef and pasta with spinach, high in protein and magnesium for muscle repair.

Calories: 700 kcal

Carbs: 75g (43%)

Fats: 20g (26%)

Protein: 45g (31%)

Ingredients (Serves 1):

- 150g lean beef mince
- 100g wholemeal pasta (dry)
- 50g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (40 min):

1. Preheat oven to 180°C. Cook pasta in boiling water for 8–10 min, drain.
2. Heat olive oil in a pan, cook beef with salt and pepper for 5–7 min. Mix with pasta and spinach.
3. Transfer to an oven dish, bake for 15 min. Serve warm.

2.5 Chicken and Couscous Plate

Overview

Grilled chicken with couscous and greens, providing protein and carbs for recovery.

Calories: 630 kcal

Carbs: 65g (41%)

Fats: 15g (21%)

Protein: 40g (38%)

Ingredients (Serves 1):

- 150g chicken breast
- 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. Season chicken with salt and pepper, grill in olive oil for 6–8 min per side.
3. Steam green beans for 5 min. Serve together.

2.6 Turkey and Sweet Potato Mash

Overview

Ground turkey with mashed sweet potato, rich in protein and potassium.

Calories: 660 kcal

Carbs: 70g (42%)

Fats: 20g (27%)

Protein: 40g (31%)

Ingredients (Serves 1):

- 150g ground turkey
- 250g sweet potato
- 100g broccoli
- 1 tbsp olive oil
- Salt, pepper

Preparation (30 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. Steam broccoli for 5 min. Serve with mash.

2.7 Tuna and Quinoa Salad

Overview

Tuna with quinoa and steamed veggies, high in protein and omega-3s.

Calories: 610 kcal

Carbs: 65g (43%)

Fats: 15g (22%)

Protein: 35g (35%)

Ingredients (Serves 1):

- 150g canned tuna (in water, drained)
- 100g quinoa (dry)
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

Preparation (20 min):

1. Cook quinoa in boiling water for 12–15 min, drain.
2. Steam green beans for 5 min. Mix with tuna and olive oil, season with salt and pepper.
3. Serve warm or cold.

2.8 Chicken with Rice and Broccoli

Overview

Grilled chicken with rice and broccoli, providing protein and magnesium.

Calories: 640 kcal

Carbs: 70g (44%)

Fats: 15g (21%)

Protein: 45g (35%)

Ingredients (Serves 1):

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

Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Season chicken with salt and pepper, grill in olive oil for 6–8 min per side.
3. Steam broccoli for 5 min. Serve together.

2.9 Beef and Sweet Potato Bowl

Overview

Beef with roasted sweet potato and greens, rich in protein and potassium.

Calories: 690 kcal

Carbs: 75g (43%)

Fats: 20g (26%)

Protein: 40g (31%)

Ingredients (Serves 1):

- 150g lean beef steak
- 250g sweet potato, cubed
- 100g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (35 min):

1. Preheat oven to 200°C. Toss sweet potato with 1/2 tbsp olive oil, salt, and pepper, roast for 25 min.
2. Season beef with salt and pepper, grill in 1/2 tbsp olive oil for 4–5 min per side.
3. Steam spinach for 2 min. Combine all.

2.10 Salmon and Pasta with Peas

Overview

Baked salmon with pasta and peas, high in omega-3s and carbs.

Calories: 670 kcal

Carbs: 70g (42%)

Fats: 25g (33%)

Protein: 35g (25%)

Ingredients (Serves 1):

- 150g salmon fillet
- 100g wholemeal pasta (dry)
- 100g frozen peas
- 1 tbsp olive oil
- Salt, lemon juice

Preparation (25 min):

1. Cook pasta in boiling water for 8–10 min, adding peas in the last 2 min, drain.
2. Season salmon with salt and lemon juice, bake at 180°C for 15 min.
3. Mix pasta and peas with olive oil. Serve with salmon.

2.11 Turkey and Rice Casserole

Overview

Baked turkey and rice with veggies, providing protein and carbs for recovery.

Calories: 680 kcal

Carbs: 75g (44g) **Fats:** 15g (20g) **Protein:** 45g (36g)

Ingredients (Serves 1):

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

Preparation (40 min):

1. Preheat oven to 180°C. Cook rice in boiling water for 10–12 min, drain.
2. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Mix rice, turkey, and steamed broccoli, bake for 15 min. Serve warm.

2.12 Chicken and Quinoa Stir-Fry

Overview

Chicken with quinoa and veggies, rich in protein and magnesium.

Calories: 650 kcal

Carbs: 70g (43) **Fats:** 15g (21) **Protein:** 40g (35)

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, stir-fry in olive oil with green beans for 6–8 min.
3. Mix with quinoa. Serve warm.

2.13 Tuna and Sweet Potato Hash

Overview

Tuna with roasted sweet potato and greens, high in protein and potassium.

Calories: 620 kcal

Carbs: 65g (42)**Fats:** 15g (22)**Protein:** 35g (36)

Ingredients (Serves 1):

- 150g canned tuna (in water, drained)
- 250g sweet potato, diced
- 100g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (30 min):

1. Preheat oven to 200°C. Toss sweet potato with 1/2 tbsp olive oil, salt, and pepper, roast for 25 min.
2. Steam spinach for 2 min. Mix with tuna and remaining olive oil.
3. Serve with sweet potato.

2.14 Beef and Couscous with Greens

Overview

Grilled beef with couscous and spinach, rich in protein and iron.

Calories: 690 kcal

Carbs: 65g (38**Fats:** 20g (26**Protein:** 45g (36

Ingredients (Serves 1):

- 150g lean beef steak
- 80g couscous (dry)
- 100g spinach
- 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 olive oil for 4–5 min per side.
3. Steam spinach for 2 min. Serve with couscous.

2.15 Chicken and Rice Wrap

Overview

A wrap with chicken and rice, providing protein and carbs for recovery.

Calories: 630 kcal

Carbs: 70g (44)**Fats:** 15g (21)**Protein:** 40g (35)

Ingredients (Serves 1):

- 150g chicken breast
- 50g jasmine rice (dry)
- 1 wholemeal tortilla (60g)
- 100g cucumber, sliced
- 1 tbsp olive oil
- Salt, pepper

Preparation (20 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Season chicken with salt and pepper, grill in olive oil for 6–8 min per side, slice.
3. Fill tortilla with rice, chicken, and cucumber, roll up.

2.16 Turkey with Pasta and Spinach

Overview

Turkey with pasta and spinach, high in protein and magnesium.

Calories: 670 kcal

Carbs: 75g (45g) **Fats:** 15g (20g) **Protein:** 45g (35g)

Ingredients (Serves 1):

- 150g ground turkey
- 100g wholemeal pasta (dry)
- 50g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (25 min):

1. Cook pasta in boiling water for 8–10 min, drain.
2. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Add spinach, cook 2 min. Mix with pasta.

2.17 Salmon and Sweet Potato Cakes

Overview

Salmon and sweet potato patties, rich in omega-3s and potassium.

Calories: 640 kcal

Carbs: 65g (41**Fats:** 25g (35**Protein:** 35g (24

Ingredients (Serves 1):

- 150g salmon fillet, cooked
- 200g sweet potato
- 1 large egg
- 100g green beans
- 1 tbsp olive oil

Preparation (30 min):

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

2.18 Chicken and Quinoa Wrap

Overview

A wrap with chicken and quinoa, providing protein and carbs for recovery.

Calories: 620 kcal

Carbs: 65g (42g) **Fats:** 15g (22g) **Protein:** 40g (36g)

Ingredients (Serves 1):

- 150g chicken breast
- 100g quinoa (dry)
- 1 wholemeal tortilla (60g)
- 100g cucumber, sliced
- 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 olive oil for 6–8 min per side, slice.
3. Fill tortilla with quinoa, chicken, and cucumber, roll up.

2.19 Beef and Rice Bowl

Overview

Beef with rice and steamed veggies, rich in protein and iron.

Calories: 690 kcal

Carbs: 70g (41**Fats:** 20g (26**Protein:** 45g (33

Ingredients (Serves 1):

- 150g lean beef steak
- 100g jasmine rice (dry)
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Season beef with salt and pepper, grill in olive oil for 4–5 min per side.
3. Steam green beans for 5 min. Serve with rice.

2.20 Tuna and Couscous Plate

Overview

Tuna with couscous and veggies, high in protein and omega-3s.

Calories: 610 kcal

Carbs: 65g (43**Fats:** 15g (22**Protein:** 35g (35

Ingredients (Serves 1):

- 150g canned tuna (in water, drained)
- 80g couscous (dry)
- 100g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (15 min):

1. Boil water, pour over couscous, cover for 5 min, fluff with a fork.
2. Steam spinach for 2 min. Mix with tuna and olive oil, season with salt and pepper.
3. Serve warm.

2.21 Turkey and Sweet Potato Skillet

Overview

Turkey with roasted sweet potato and greens, rich in protein and potassium.

Calories: 660 kcal

Carbs: 70g (42)**Fats:** 15g (20)**Protein:** 45g (38)

Ingredients (Serves 1):

- 150g ground turkey
- 250g sweet potato, diced
- 100g green beans
- 1 tbsp olive oil
- Salt, pepper

Preparation (30 min):

1. Preheat oven to 200°C. Toss sweet potato with 1/2 tbsp olive oil, salt, and pepper, roast for 25 min.
2. Heat remaining olive oil in a pan, cook turkey for 5–7 min.
3. Steam green beans for 5 min. Combine all.

2.22 Chicken with Pasta and Green Beans

Overview

Chicken with pasta and green beans, providing protein and carbs for recovery.

Calories: 670 kcal

Carbs: 75g (45g) **Fats:** 15g (20g) **Protein:** 40g (34g)

Ingredients (Serves 1):

- 150g chicken breast
- 100g wholemeal pasta (dry)
- 100g green beans
- 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 olive oil for 6–8 min per side, slice.
3. Steam green beans for 5 min. Mix with pasta.

2.23 Salmon and Quinoa Bowl

Overview

Salmon with quinoa and veggies, rich in omega-3s and magnesium.

Calories: 680 kcal

Carbs: 65g (38g) **Fats:** 25g (33g) **Protein:** 40g (29g)

Ingredients (Serves 1):

- 150g salmon fillet
- 100g quinoa (dry)
- 100g asparagus
- 1 tbsp olive oil
- Salt, lemon juice

Preparation (25 min):

1. Cook quinoa in boiling water for 12–15 min, drain.
2. Season salmon with salt and lemon juice, bake at 180°C for 15 min.
3. Steam asparagus for 5 min. Combine with quinoa.

2.24 Beef and Sweet Potato Wrap

Overview

A wrap with beef and mashed sweet potato, high in protein and potassium.

Calories: 650 kcal

Carbs: 70g (43g) **Fats:** 20g (28g) **Protein:** 40g (31g)

Ingredients (Serves 1):

- 150g lean beef steak
- 200g sweet potato
- 1 wholemeal tortilla (60g)
- 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 olive oil for 4–5 min per side, slice.
3. Spread sweet potato on tortilla, add beef, roll up.

2.25 Turkey and Rice with Broccoli

Overview

Turkey with rice and broccoli, providing protein and carbs for recovery.

Calories: 660 kcal

Carbs: 70g (42g) **Fats:** 15g (20g) **Protein:** 45g (37g)

Ingredients (Serves 1):

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

Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Steam broccoli for 5 min. Combine with rice.