

Tea Meals Recipe Book

Introduction

This recipe book provides 25 balanced tea (afternoon/evening) meals for a 20-year-old male in the UK, supporting a 2700-calorie daily goal with 120–150g protein. 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 tea meals. Browse to find what looks tasty, then check the corresponding section for the full recipe.

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

19. Beef and Rice Plate
20. Chicken with Couscous and Asparagus
21. Turkey and Sweet Potato Bowl
22. Salmon and Pasta with Peas
23. Beef and Sweet Potato Mash
24. Chicken and Rice with Spinach
25. Turkey and Quinoa Wrap

2 Tea Meal Recipes

These meals (400–600 kcal, 25–35g protein) offer balanced nutrition for an afternoon or evening meal, with carbs for energy and protein for recovery, plus vitamin D, calcium, and omega-3s.

2.1 Chicken and Rice Stir-Fry

Overview

A quick stir-fry with chicken and rice, providing carbs and protein for sustained energy.

Calories: 550 kcal

Carbs: 60g (44%)

Fats: 15g (25%)

Protein: 30g (31%)

Ingredients (Serves 1):

- 120g chicken breast, diced
- 80g jasmine rice (dry)
- 100g green beans
- 1 tbsp olive oil
- 1 tbsp soy sauce
- Salt, pepper

Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Heat olive oil in a pan, stir-fry chicken with salt and pepper for 5–7 min.
3. Add green beans and soy sauce, cook 3 min. Mix with rice. Serve warm.

2.2 Turkey and Quinoa Bowl

Overview

Ground turkey with quinoa and steamed spinach, rich in protein and calcium.

Calories: 520 kcal

Carbs: 55g (42%)

Fats: 15g (26%)

Protein: 30g (32%)

Ingredients (Serves 1):

- 120g ground turkey
- 80g 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. Serve warm.

2.3 Salmon with Sweet Potato

Overview

Baked salmon with roasted sweet potato, rich in omega-3s and vitamin D.

Calories: 570 kcal

Carbs: 60g (42%)

Fats: 20g (32%)

Protein: 25g (26%)

Ingredients (Serves 1):

- 120g salmon fillet
- 200g sweet potato, cubed
- 100g broccoli
- 1 tbsp olive oil
- Salt, lemon juice

Preparation (30 min):

1. Preheat oven to 200°C. Toss sweet potato with 1/2 tbsp olive oil, salt, roast for 25 min.
2. Season salmon with salt and lemon juice, bake for 15 min.
3. Steam broccoli for 5 min. Serve together.

2.4 Beef and Pasta Plate

Overview

Beef with pasta and green beans, providing protein and carbs for energy.

Calories: 580 kcal

Carbs: 65g (45%)

Fats: 15g (23%)

Protein: 30g (32%)

Ingredients (Serves 1):

- 120g lean beef mince
- 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. Heat olive oil in a pan, cook beef with salt and pepper for 5–7 min.
3. Steam green beans for 5 min. Mix with pasta. Serve warm.

2.5 Tuna and Couscous Wrap

Overview

A wrap with tuna and couscous, rich in omega-3s and carbs.

Calories: 500 kcal

Carbs: 60g (48%)

Fats: 10g (18%)

Protein: 25g (34%)

Ingredients (Serves 1):

- 120g canned tuna (in water, drained)
- 60g couscous (dry)
- 1 wholemeal tortilla (60g)
- 100g cucumber, sliced
- 1 tbsp olive oil
- Salt, pepper

Preparation (15 min):

1. Boil water, pour over couscous, cover for 5 min, fluff with a fork.
2. Mix tuna with olive oil, salt, and pepper.
3. Fill tortilla with couscous, tuna, and cucumber, roll up. Serve immediately.

2.6 Chicken and Sweet Potato Mash

Overview

Grilled chicken with mashed sweet potato and spinach, providing protein and vitamin D.

Calories: 540 kcal

Carbs: 60g (44%)

Fats: 15g (25%)

Protein: 30g (31%)

Ingredients (Serves 1):

- 120g chicken breast
- 200g sweet potato
- 100g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (30 min):

1. Boil sweet potato for 10–12 min, mash with salt.
2. Season chicken with salt and pepper, grill in olive oil for 6–8 min per side.
3. Steam spinach for 2 min. Serve with mash.

2.7 Turkey with Rice and Peas

Overview

Turkey with rice and peas, offering protein and carbs for a light evening meal.

Calories: 530 kcal

Carbs: 65g (49%)

Fats: 10g (17%)

Protein: 30g (34%)

Ingredients (Serves 1):

- 120g ground turkey
- 80g jasmine rice (dry)
- 100g frozen peas
- 1 tbsp olive oil
- Salt, pepper

Preparation (25 min):

1. Cook rice in boiling water for 10–12 min, adding peas in the last 2 min, drain.
2. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Mix with rice and peas. Serve warm.

2.8 Salmon and Quinoa Plate

Overview

Baked salmon with quinoa and green beans, rich in omega-3s and vitamin D.

Calories: 560 kcal

Carbs: 55g (39%)

Fats: 20g (32%)

Protein: 30g (29%)

Ingredients (Serves 1):

- 120g salmon fillet
- 80g quinoa (dry)
- 100g green beans
- 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 green beans for 5 min. Serve together.

2.9 Beef and Sweet Potato Skillet

Overview

A skillet with beef and sweet potato, providing protein and carbs.

Calories: 570 kcal

Carbs: 60g (42%)

Fats: 15g (24%)

Protein: 35g (34%)

Ingredients (Serves 1):

- 120g lean beef mince
- 200g sweet potato, diced
- 100g spinach
- 1 tbsp olive oil
- Salt, pepper

Preparation (30 min):

1. Heat olive oil in a skillet, cook sweet potato for 10–12 min until soft.
2. Add beef, season with salt and pepper, cook 5–7 min.
3. Add spinach, cook 2 min. Serve warm.

2.10 Chicken and Pasta with Spinach

Overview

Chicken with pasta and spinach, offering protein and calcium.

Calories: 550 kcal

Carbs: 65g (47%)

Fats: 15g (24%)

Protein: 30g (29%)

Ingredients (Serves 1):

- 120g chicken breast
- 100g wholemeal pasta (dry)
- 100g spinach
- 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. Sauté spinach for 2 min, mix with pasta. Serve with chicken.

2.11 Tuna and Rice Bowl

Overview

Tuna with rice and steamed veggies, rich in omega-3s and carbs.

Calories: 520 kcal

Carbs: 60g (46%)

Fats: 10g (17%)

Protein: 30g (37%)

Ingredients (Serves 1):

- 120g canned tuna (in water, drained)
- 80g jasmine rice (dry)
- 100g broccoli
- 1 tbsp olive oil
- Salt, pepper

Preparation (20 min):

1. Cook rice in boiling water for 10–12 min, drain.
2. Steam broccoli for 5 min. Mix tuna with olive oil, salt, and pepper.
3. Combine with rice. Serve warm.

2.12 Turkey and Couscous Plate

Overview

Turkey with couscous and green beans, providing protein and carbs.

Calories: 530 kcal

Carbs: 60g (45%)

Fats: 15g (25%)

Protein: 30g (30%)

Ingredients (Serves 1):

- 120g ground turkey
- 60g 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. Serve with couscous.

2.13 Salmon with Rice and Broccoli

Overview

Salmon with rice and broccoli, rich in omega-3s and vitamin D.

Calories: 560 kcal

Carbs: 60g (43%)

Fats: 20g (32%)

Protein: 25g (25%)

Ingredients (Serves 1):

- 120g salmon fillet
- 80g jasmine rice (dry)
- 100g broccoli
- 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 broccoli for 5 min. Serve together.

2.14 Beef and Quinoa Stir-Fry

Overview

Beef with quinoa and veggies, providing protein and carbs.

Calories: 570 kcal

Carbs: 55g (39%)

Fats: 15g (24%)

Protein: 35g (37%)

Ingredients (Serves 1):

- 120g lean beef mince
- 80g 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, stir-fry beef with soy sauce for 5–7 min.
3. Add green beans, cook 3 min. Mix with quinoa. Serve warm.

2.15 Chicken and Sweet Potato Wrap

Overview

A wrap with chicken and mashed sweet potato, offering protein and carbs.

Calories: 520 kcal

Carbs: 60g (46%)

Fats: 15g (26%)

Protein: 25g (28%)

Ingredients (Serves 1):

- 120g chicken breast
- 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. Season chicken with salt and pepper, grill in olive oil for 6–8 min per side, slice.
3. Spread sweet potato on tortilla, add chicken, roll up. Serve immediately.

2.16 Turkey with Pasta and Green Beans

Overview

Turkey with pasta and green beans, providing protein and carbs.

Calories: 550 kcal

Carbs: 65g (47%)

Fats: 15g (24%)

Protein: 30g (29%)

Ingredients (Serves 1):

- 120g ground turkey
- 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. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Steam green beans for 5 min. Mix with pasta. Serve warm.

2.17 Salmon and Sweet Potato Cakes

Overview

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

Calories: 540 kcal

Carbs: 55g (41%)

Fats: 20g (33%)

Protein: 25g (26%)

Ingredients (Serves 1):

- 120g salmon fillet, cooked
- 150g sweet potato
- 1 large egg
- 100g spinach
- 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 spinach for 2 min. Serve with patties.

2.18 Tuna and Quinoa Wrap

Overview

A wrap with tuna and quinoa, rich in omega-3s and carbs.

Calories: 510 kcal

Carbs: 60g (47%)

Fats: 10g (18%)

Protein: 25g (35%)

Ingredients (Serves 1):

- 120g canned tuna (in water, drained)
- 80g quinoa (dry)
- 1 wholemeal tortilla (60g)
- 100g cucumber, sliced
- 1 tbsp olive oil
- Salt, pepper

Preparation (20 min):

1. Cook quinoa in boiling water for 12–15 min, drain.
2. Mix tuna with olive oil, salt, and pepper.
3. Fill tortilla with quinoa, tuna, and cucumber, roll up. Serve immediately.

2.19 Beef and Rice Plate

Overview

Beef with rice and steamed veggies, providing protein and carbs.

Calories: 560 kcal

Carbs: 65g (46%)

Fats: 15g (24%)

Protein: 30g (30%)

Ingredients (Serves 1):

- 120g lean beef mince
- 80g 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 beef with salt and pepper for 5–7 min.
3. Steam broccoli for 5 min. Serve with rice.

2.20 Chicken with Couscous and Asparagus

Overview

Chicken with couscous and asparagus, offering protein and calcium.

Calories: 530 kcal

Carbs: 60g (45%)

Fats: 15g (25%)

Protein: 30g (30%)

Ingredients (Serves 1):

- 120g chicken breast
- 60g couscous (dry)
- 100g asparagus
- 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 asparagus for 5 min. Serve together.

2.21 Turkey and Sweet Potato Bowl

Overview

Turkey with roasted sweet potato and spinach, providing protein and vitamin D.

Calories: 550 kcal

Carbs: 60g (44%)

Fats: 15g (24%)

Protein: 30g (32%)

Ingredients (Serves 1):

- 120g ground turkey
- 200g sweet potato, cubed
- 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, roast for 25 min.
2. Heat remaining olive oil in a pan, cook turkey for 5–7 min.
3. Steam spinach for 2 min. Combine all.

2.22 Salmon and Pasta with Peas

Overview

Salmon with pasta and peas, rich in omega-3s and carbs.

Calories: 560 kcal

Carbs: 65g (46%)

Fats: 15g (24%)

Protein: 25g (30%)

Ingredients (Serves 1):

- 120g 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.

2.23 Beef and Sweet Potato Mash

Overview

Beef with mashed sweet potato and greens, providing protein and vitamin D.

Calories: 570 kcal

Carbs: 60g (42%)

Fats: 15g (24%)

Protein: 35g (34%)

Ingredients (Serves 1):

- 120g lean beef mince
- 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. Heat olive oil in a pan, cook beef with salt and pepper for 5–7 min.
3. Steam green beans for 5 min. Serve with mash.

2.24 Chicken and Rice with Spinach

Overview

Chicken with rice and spinach, offering protein and calcium.

Calories: 540 kcal

Carbs: 65g (48%)

Fats: 15g (25%)

Protein: 25g (27%)

Ingredients (Serves 1):

- 120g chicken breast
- 80g jasmine rice (dry)
- 100g spinach
- 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, slice.
3. Steam spinach for 2 min. Mix with rice. Serve with chicken.

2.25 Turkey and Quinoa Wrap

Overview

A wrap with turkey and quinoa, providing protein and carbs.

Calories: 520 kcal

Carbs: 60g (46%)

Fats: 15g (26%)

Protein: 25g (28%)

Ingredients (Serves 1):

- 120g ground turkey
- 80g 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. Heat olive oil in a pan, cook turkey with salt and pepper for 5–7 min.
3. Fill tortilla with quinoa, turkey, and cucumber, roll up. Serve immediately.