



YOUR GUIDE TO FITNESS SKILLS AND AWESOME GRILLS

LIVING A HEALTHY LIFESTYLE WITH RED MEAT



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WHAT DOES A **'HEALTHY'** LIFESTYLE LOOK LIKE TO YOU?

Is it all down to fitness? Well, there is more to it than that – it is also about our overall wellbeing. While physical health is important, so too is our mental, emotional and social health. What, and how much, we eat can have a huge impact on this.

Food offers more than simply satisfying a grating hunger gap. Food contains essential vitamins and minerals that play an important role in every aspect of general health and wellbeing – yes, it can also have a positive impact on your mind!

Each vitamin, mineral and nutrient has a specific role to play, particularly as a growing and developing teen, and you can get all you need if you follow a healthy and balanced diet together with plenty of sleep, water and exercise.



GET SOME NUTRITION KNOW-HOW

The human body is a complex factory, with lots of components all working together to help us move, think, feel, digest food, protect from infections, heal from wounds, sleep and the hundreds of other functions a human body does just to keep us alive. A working and moving human body needs very specific nutrients to be able to do all the amazing things it does and without them, the body starts to break down.

Not one single food contains all the nutrients we need for good health, so it is important to eat a wide variety of different foods on a daily basis. However, did you know that a balanced diet with lean red meat at its core could help keep us healthy and happy?



WHY IS RED MEAT SO SPECIAL?

**RED MEAT IS A SUPER
SUPPLEMENT OF ESSENTIAL
VITAMINS AND MINERALS,
GIVING YOUR BODY
EVERYTHING IT
NEEDS IN ONE HIT!**



PROTEIN

Beef and lamb is an excellent source of protein. However, why is this important? Well, protein is needed for many things in the body. Its most well-known function is to repair and build muscle, which is why you might see body builders and gym goers drinking protein shakes all the time. Red meat contains all the essential amino acids that our body needs. Amino acids are used to construct the proteins that make up our cells including their membranes and the entire cell make up. Our muscle fibres are built from protein, which we can only make if we get the right balance and supply of amino acids in our diet.

Protein is also needed for our immune system and vitally important in maintaining a healthy brain. When we feel happy, motivated and joyful, our brain releases a hormone (neurotransmitter) called serotonin. Our body creates serotonin out of protein, which is made up of amino acids. Without protein, we do not create our happy hormone serotonin. So, if we want to stay happy and motivated, we need to keep our protein intake up!

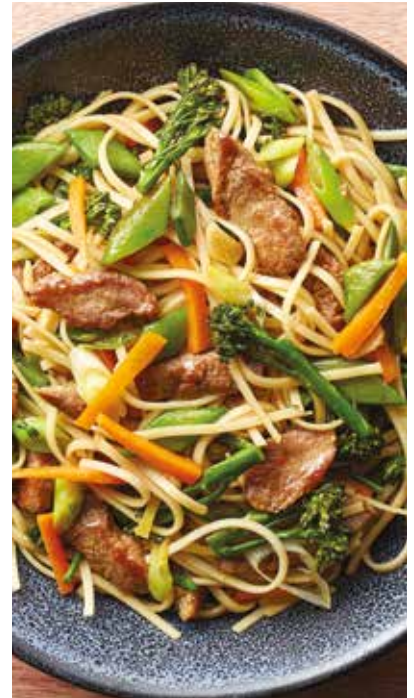
B VITAMINS...

...as a whole, turn food into energy. Without B vitamins to make this conversion, we will feel tired and sluggish. There are actually eight all-important B vitamins and they are involved in many functions in the human body. If we do not eat B vitamins regularly, we really begin to suffer the effects; this can include a lack of energy, feeling fed up, poor skin and bad sleep.

B12, for instance, is important for brain health. If the body is deprived of this vitamin, then our memory begins to fade; we can lose our sense of taste and smell; we can feel despondent and even become distrustful of others. We cannot get vitamin B12 from plants alone, so eating red meat can help us avoid experiencing any of these symptoms!

IRON

is extremely important to the body, especially for females. Iron is needed to make haemoglobin to create new red blood cells, as without it, we cannot create new red blood cells. Red blood cells carry oxygen around the body, including to your muscles and to your brain. Without oxygen reaching vital organs in the body, we suffer. We will begin to feel weak, tired, depressed and may even faint. Males do not lose blood on a monthly basis, so their need is less than females. In females who exercise frequently, their need for iron increases. Although we can consume iron from plant-based sources, it is not as easily absorbed as it is from red meat. Including red meat in our regular diet is very important. Remember, no iron means no oxygen to your organs, and oxygen is essential to life!

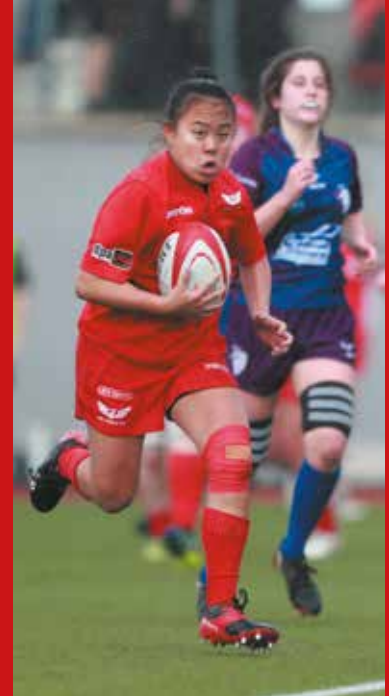


ZINC

You may have heard of the immune system. Our immune system is what helps fight viruses such as Covid-19. Think of it as an army with many different squads, all with specific jobs. Some squads of the immune system take on anything and everything, and some squads hunt very specific invaders. Either way, our immune system is constantly fighting and protecting us. It is so good at its job that sometimes you do not even know it is containing and eliminating a threat. Zinc (along with other nutrients like vitamin C, magnesium and B vitamins) helps create this super army, trained to protect you. Without it, our immune system becomes weak, like an army without weapons. We will have colds and flus more frequently; cuts and bruises will take longer to heal, and you may even get very sick.

MAGNESIUM

This mineral has over 300 functions. It is mostly known for its ability to calm and relax the body. Too little of it can cause and worsen symptoms related to worry or apprehension. Therefore, if you are getting ready for an exam and feeling jittery, magnesium can help calm you. It is also important to keep your energy levels balanced, help your muscles recover and supports your immune system. Magnesium deficiency can cause twitches, cramps, nervousness, and weakness and can even worsen asthma symptoms. Accompany your steak with asparagus and spinach to make sure you are getting a good hit of magnesium on a consistent basis.



FATS

Older generations may look at fats with suspicion because they were told that fat is the reason why people put on weight. This is not true. There are several different kinds of fats, some of them you should eat all the time, ones you should eat in moderation and ones that are not good for you. Red meat contains saturated fat and monounsaturated fats. These fats, alongside a diet rich in vegetables, have been found to be health positive. Did you know that our brain is made up of 70% fat? So if we cut fat out of our diet, our brains, and our ability to use our brains, starts to suffer. Grass fed red meat also contains omega 3, whereas grain fed-only does not - and lush green grass is something we have plenty of in Wales! Omega 3 is an incredibly important anti-inflammatory nutrient that is essential for brain health. If you struggle to concentrate, retain information and experience an inconsistent frame of mind, then maybe you should look to increase your omega 3 levels!



RED MEAT SUCH AS BEEF AND LAMB ARE NUTRIENT POWERHOUSES. THEY CONTAIN SO MUCH OF THE NUTRITION YOU NEED, TO NOT ONLY SURVIVE, BUT ALSO THRIVE AS A HUMAN BEING. CUT RED MEAT OUT OF YOUR DIET AND YOU COULD BE MISSING MANY KEY NUTRIENTS. INCLUDE GOOD QUALITY WELSH MEAT IN YOUR WEEKLY ROUTINE AND YOU WILL BE TICKING MANY ESSENTIAL NUTRIENTS OFF YOUR LIST IN ONE HIT!

HOW CAN RED MEAT HELP WITH **SPORTS FITNESS?**

1 FEELING RUN DOWN?

High protein foods such as lean red meat play an essential role in a sportsperson's diet. Red meat keeps the body topped up with essential vitamins and minerals including zinc, which supports the immune system, and iron, which gets the oxygen around the body.

2 NO STAMINA?

When taking part in sport, it is essential to maintain energy levels. Red meat contains B vitamins that help convert carbohydrates into fuel to keep you going!

3 SPORTS INJURY?

The protein from amino acids in red meat helps to repair muscles and for the body to recover.

4 HUNGRY?

Protein rich foods like lean red meat can make you feel fuller, so minimising feelings of hunger, which in turn can decrease your overall energy intake.

TRAINING

Strength, endurance, flexibility and body composition are all factors that make up your overall fitness. The stronger you are means that your muscles will be able to do more. Check out these exercises from the Scarlets' Head Academy Strength and Conditioning Coach, Josh Rowlands, and remember to keep hydrated when working out. It is surprising how much fluid can be lost during exercise.

1 PUSH UP (CAN ADD RESISTANCE TO PROGRESS)

Hands shoulder-width apart, brace your midsection / core, tuck your elbows tight to the body as you go down while squeezing your shoulder blades together. Push the floor away to come back to the start position.

1



2



2 BAND PULL APARTS

Overhand grip, shoulder-width apart, keep your arms long as you pull the band apart and squeeze your shoulder blades together at the end of each rep.

1



2



3 HOLLOW HOLD

Create a dish shape with your body by pointing your toes, squeezing your abs as you keep your shoulders off the floor.



4 PAUSED FRONT SQUAT (CAN HOLD ANYTHING IN FRONT OF YOU AS EXTERNAL LOAD OR USE BODY WEIGHT)

Hold something in front of you as a counterbalance, keep your torso upright as you squat down by driving your knees out by sitting between your feet. Push the floor away on the way up by maintaining this torso angle.

1



2



5 REVERSE LUNGE (CAN DO WITH BODY WEIGHT)

Hold something in front of you as a counterbalance, keep your torso upright as you take a step back. Push the floor away on the way up by maintaining this torso angle by returning to the start position.

1



2



6 ROMANIAN DEADLIFTS (RDL) (CAN DO WITH BODY WEIGHT)

Maintain a nice rigid torso angle (neutral spine) as you hinge back by pushing your hips back until you reverse the movement to return to an upright standing position.

1



2



7 KNEELING OVERHEAD PRESS

Take a kneeling position with one knee bent in front of you. With the opposite arm to your bent knee, press the load above your head. Maintain this stable kneeling position before returning to the start position.



8 SIDE PLANK

Lay on your side, stack your shoulders on top of each other, squeeze your buttock muscles / glutes and keep your midsection tight and raise your hips off the floor where you will hold this position for a period of time.



CIRCUIT TRAINING – WHEREVER, WHENEVER

While a gym is purpose-built for training and exercise, it may not be for everyone. But that doesn't mean you can't train at all. You can still follow an effective training routine at home, in the garden, or even in the park.

Check out our circuit programme below based on the exercises featured on the previous pages. As your fitness improves you can always increase the intensity, the number of repetitions or introduce extra exercises to make sure you keep pushing yourself to the limit.

- 20** band pull aparts
- 20** push ups
- 20** kneeling overhead press - 10 each side
- 20** reverse lunges - 10 each side
- 10** Romanian deadlifts (RDL's)
- 20** paused front squat
- 30** seconds left side plank
- 30** seconds right side plank
- 30** seconds hollow hold

1
MINUTE
REST AFTER
EACH
CIRCUIT

5
ROUNDS
IN TOTAL

REST

MAKING THE MOST OF MEAT IN A **HEALTHY BALANCED DIET**

Different cuts of red meat have different characteristics. Some are naturally leaner (meaning they have less natural fat) than others, and while some are best cooked quickly, others benefit from slow, moist cooking methods.

In terms of eating red meat as part of a healthy and balanced diet, choose leaner cuts, adopt healthier cooking methods and serve with plenty of wholegrains and vegetables. The best way to limit fat content while cooking is to grill, stir-fry or barbecue. It is also good practice to avoid adding extra oil during the cooking process.

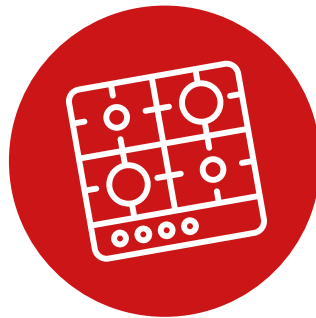
Learn how to use the hob, grill and oven skilfully and safely.

When preparing cuts of meat, remember to use a red chopping board for raw meat and wash your hands before and after handling.



THE GRILL

Used for quick cooking or browning red meat.



THE HOB

Used for frying, stir-frying, boiling and simmering red meat.



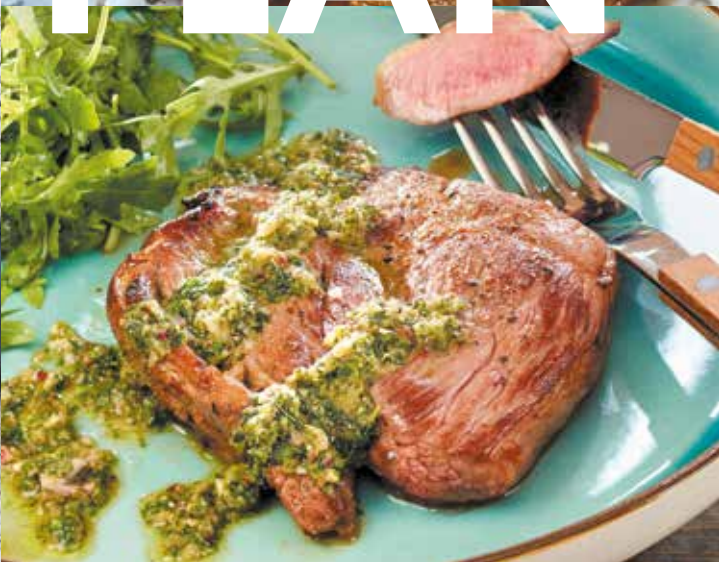
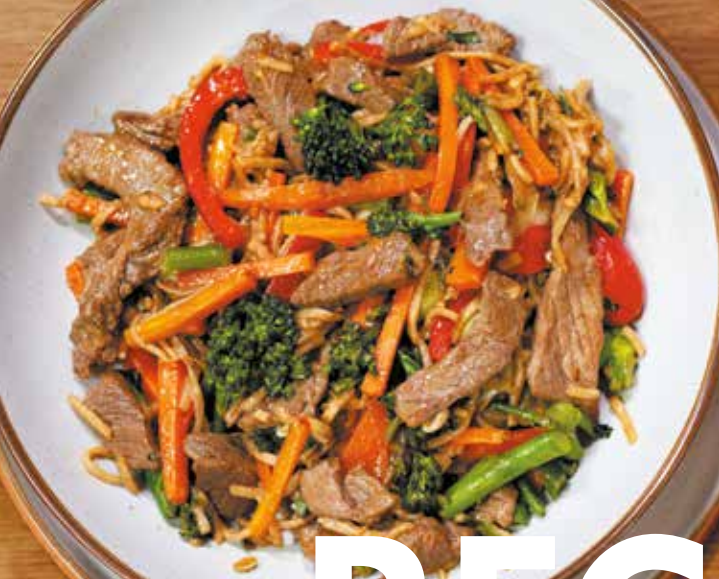
THE OVEN

Used for roasting meat in dry, high temperatures, casseroles or pot-roasting.

TOP 10

HANDY TIPS FOR STORING, PREPARING AND COOKING RED MEAT

- 1** Keep raw and cooked meat separate. Store raw meat in clean sealed containers on the bottom shelf of the fridge and store cooked meat and other foods on the shelves above.
- 2** Do not eat meat after its 'use by' date.
- 3** If you cook meat that you are not going to eat straight away, cool it as quickly as possible, and then store it in the fridge or freezer. Reheat cooked meat only once.
- 4** Use a red chopping board when preparing cuts of raw meat and wash your hands before and after handling the meat.
- 5** When choosing cuts of red meat, remember that some benefit from slow, moist cooking e.g. casseroles, while leaner cuts are best cooked quickly e.g. steaks and stir-frys.
- 6** Trim any excess fat of red meat and avoid adding extra oil to dishes.
- 7** When cooking minced beef or lamb, pour away any additional melted fat before serving.
- 8** Grill rather than fry cuts of red meat to avoid excess fat content, or roast meat on a metal rack placed in a roasting tin so the fat can run off.
- 9** Limit your intake of processed meat. This is meat preserved through smoking, curing and salting or by adding preservatives to it e.g. salamis, patés, sausages and beef burgers.
- 10** Serve red meat with plenty of wholegrain food and vegetables as part of a healthy and balanced diet.



RECIPES AND MEAL PLAN

MEAL PLAN

Our suggested meal plan below gives you an idea of what to eat while following a fitness plan. While a balanced diet is about eating a variety of foods, remember that the recommended intake of cooked red meat per week is up to 500g - that equates to five portions per week, at around 70-100g per portion.

Check out the following pages where you will find nutrient-packed Welsh Lamb and Welsh Beef recipes from the meal plan. Some are speedy post workout recipes to help you recover and refuel, while others are ideal to share with family and friends – either way, you will be topping up with the right stuff. Get cooking!

BREAKFAST

Muesli, bio-live yogurt and handful of unsalted cashews

Poached egg, smashed avocado toast

Homemade beans on toast

Peanut butter chia overnight oats

Laver bacon breakfast muffins

LUNCH

Smoked mackerel cucumber bagel

WELSH BEEF SALAD OR chicken satay salad

WELSH LAMB SUPERFOOD SALAD OR prawn crunchy vegetable bowl

Spicy bean wrap

Tuna, new potato, green bean salad

DINNER

WELSH LAMB RUMP HARISSA TRAY BAKE

Jerk Caribbean salmon

KEN OWEN'S WELSH BEEF AND VEGETABLE CHOW MEIN

WELSH LAMB STEAK WITH MINT CHIMICHURRI

KIERAN HARDY'S CHUNKY WELSH BEEF CHILLI

SNACKS

Dried apricots and handful of pumpkin seeds

Banana and dark 60% chocolate

Homemade trail mix

Apple and a handful of walnuts

Crispbreads with hummus

KEN OWEN'S WELSH BEEF AND VEGETABLE CHOW MEIN

Prep time: 30 mins
Cook time: 15 mins
Serves: 4



450g PGI Welsh Beef rump steak,
cut into very thin slices

For the marinade

1 tbsp cornflour
3 tbsp reduced salt soy sauce
4 tbsp cold beef stock
1 tsp dark brown sugar
1 tsp sesame or vegetable oil
½ tsp black pepper

For the chow mein

1 tbsp vegetable oil
3 garlic cloves, crushed or grated
4cm piece fresh ginger, grated
2 carrots, peeled and thinly sliced
150g tenderstem broccoli or broccoli
florets
1 red pepper, thinly sliced
100g beansprouts
8 spring onions, peeled and chopped
400g pack noodles (cook as instructed
and toss with 1 tsp sesame oil)
(wholewheat noodles will provide
more fibre)

1. To make the marinade, mix the cornflour and soy sauce and whisk until smooth. Add the beef stock, brown sugar and oil. Then add the black pepper to taste and whisk well. Add the meat and leave to marinate for at least 1 hour (longer if possible).
2. Make the chow mein. Heat the oil in a large frying pan or wok, take the beef out of the marinade (keeping the marinade) and brown the beef in the wok, then transfer to a plate.
3. Add the garlic and ginger to the wok and stir-fry for 1 minute. Add the broccoli and stir-fry for 2 minutes over high heat, then add the carrots, red pepper and half the spring onions and stir for 1 minute.
4. Add the beansprouts and stir for 1 minute. Add the cooked noodles and the rest of the marinade and beef. Stir well for a few minutes until the noodles are piping hot. Top with the remaining spring onions.

“THIS CHOW MEIN IS VERY EASY TO MAKE. WHEN YOU USE A HIGH QUALITY, SUSTAINABLY PRODUCED INGREDIENT LIKE WELSH BEEF, YOU KNOW WHERE IT COMES FROM. THAT’S HUGEY IMPORTANT TO US AS RUGBY PLAYERS.”

WELSH LAMB SUPERFOOD SALAD

Prep time: 25 mins
Cook time: 10 mins
Serves: 4

225g lean PGI Welsh Lamb leg steaks,
cut into thin strips
1 tsp olive oil
1 tbsp soy sauce – sugar free and low
salt
100g quinoa
2 tbsp pumpkin seeds
2 tbsp sunflower seeds
4 cooked beetroots, cubed
1 ripe mango, peeled and cut into
chunks (save any juices and put into
salad)
2 tbsp pomegranate seeds – from
approx. 1 whole fruit
3 tbsp fresh mixed herbs – basil, chives,
parsley and mint
Handful of watercress sprigs



1. Place the quinoa into a pan and add around 300ml water. Bring to the boil and simmer for 10 minutes, then remove from the heat and leave with the lid on for 5 minutes.
2. Heat the oil in a large wok or frying pan, add the lamb strips and brown them over a high heat for about 2-3 minutes. Add the soy sauce and allow to bubble, reduce and coat the meat. Remove from the heat.
3. In a large salad bowl, place the lamb, quinoa, seeds, beetroot, mango, pomegranate seeds, fresh herbs and watercress. Toss well together and serve.

**SUPER HEALTHY
AND SUPER TASTY.
THIS IS NOT YOUR
AVERAGE SALAD.**

KIERAN HARDY'S CHUNKY WELSH BEEF CHILLI

Prep time: 15 mins

Cook time: 2 hrs 30 mins (or 5-6 hrs on low in slow cooker)

Serves: 4



450g PGI Welsh Beef chuck steak, lean and trimmed

1 tbsp oil

1 onion, peeled and roughly chopped

1 red chilli, deseeded and sliced (optional)

2 garlic cloves, crushed

400g tin of chopped tomatoes

400g tin of kidney beans, drained and rinsed

1 red pepper, deseeded and diced

1 yellow pepper, deseeded and diced

150ml passata

150ml beef stock

2 tsp mild chilli powder

1. Preheat the oven to 180°C / 160°C fan / Gas 4, or heat up the slow cooker.
2. Take a large ovenproof casserole dish or frying pan, heat the oil and brown the meat on all sides.
3. Add the onion, chilli and garlic, and lightly soften.
4. Add all the remaining ingredients and stir well to combine. Carefully spoon into the slow cooker or casserole dish and place a lid on the pan.
5. Place in the preheated oven for about 2-2½ hours until the meat is tender, or cook on the low setting in the slow cooker for 5-6 hours.
6. Serve in bowls with rice, or great with jacket potato and a spoonful of soured cream.

“WHAT I LOVE ABOUT THIS RECIPE IS THAT I CAN ADD ALL THE INGREDIENTS TO THE SLOW COOKER, GET ON WITH MY TRAINING FOR A FEW HOURS, AND IT’S READY AND WAITING WHEN I GET HOME TO HELP WITH MY TRAINING RECOVERY.”

WELSH LAMB LEG STEAKS WITH MINT CHIMICHURRI

Prep time: 10 mins

Cook time: 8 mins

Serves: 2



2 x PGI Welsh Lamb leg steaks
(or rump steaks)

Seasoning

1 tbsp oil

25g butter

Sprig of rosemary

For the mint chimichurri

6 tbsp extra virgin olive oil

3 tbsp red wine vinegar

3 garlic cloves, peeled and roughly
chopped

½ tsp chilli flakes or 1 green chilli,
chopped

1 shallot or ½ red onion, peeled and
quartered

Bunch of fresh flat leaf parsley

Large bunch of fresh mint leaves

Juice of ½ a lemon

Seasoning

½ tsp sugar

1. Take the leg steaks out of the fridge and allow to reach room temperature.
2. To make the chimichurri, place everything in a food processor and whizz up leaving the texture fairly coarse. Add a little extra oil if required. If making by hand, finely chop everything and mix together.
3. Heat a griddle pan or frying pan (or grill). Add a little oil to the pan, season the steaks and place them in the hot oil. Add the rosemary and cook the steaks on one side for approximately 4 minutes, turn them over and cook for a further 4 minutes, adding the butter and basting the steaks with the melted butter.
4. Allow the steaks to rest for a few minutes and serve with the mint chimichurri, green salad leaves and crusty bread.

**QUICK AND EASY RECIPE
THAT PACKS A PUNCH.**

WELSH BEEF SALAD

Prep time: 10 mins
Cook time: 10 mins
Serves: 4



400g PGI Welsh Beef rump steak
100g quinoa, cooked
160g tender stem broccoli
2 oranges
100g spinach
40g blanched hazelnuts
1 tbsp honey
2 tbsp olive oil
Salt and pepper to taste

1. Juice one orange into a bowl and mix in with the honey, olive oil and salt and pepper. Use half of the mixture to marinate the steak, and save the other half for the quinoa.
2. Lightly steam the broccoli until just cooked and mix in a bowl with the cooked quinoa, remainder of the marinade and spinach leaves. Meanwhile, toast the hazelnuts in the pan for a few minutes before chopping them.
3. Season the steak with salt and pepper and cook in a preheated and oiled frying pan to your preference. Remove from the pan and leave to rest for a few minutes before cutting into thin slices.
4. Peel and slice the other orange and serve over the salad mixture. Finish the salad by adding the steak and hazelnuts and serve warm.

**THIS POST WORKOUT SAVIOUR IS
PACKED FULL OF FLAVOUR.**

WELSH LAMB MINI RUMPS HARISSA TRAY BAKE

Prep time: 20 mins
Cook time: 50 mins
Serves: 5+



4 – 5 individual PGI Welsh Lamb rump joints (approx. 180g each)
4 tbsp (small jar) harissa paste
1 tbsp oil
6 garlic cloves, peeled and halved
2 lemons, cut into wedges
350g small potatoes, halved if large
1 red onion, peeled and cut into wedges
1 onion, peeled and cut into wedges
1 red pepper, cut into large cubes
1 pack of tenderstem broccoli
300g cherry tomatoes on the vine

To serve

Basil leaves

Seeded bread

1. Heat the oven to 190°C / 170°C fan / Gas 5.
2. Using a sharp knife, score a diamond pattern onto the fat on top of the rumps. Rub the harissa paste into the fat and all over the meat.
3. In a large bowl, toss together the garlic, lemon, potatoes, onions and pepper. Add the oil and stir to coat all the vegetables.
4. Place the vegetables in a deep oven tray, season, top with the lamb pieces and place in the oven for 30 minutes. If you like your lamb pink, remove the lamb from the oven after 30 minutes and keep it warm, for well done leave in with the vegetables.
5. After 30 minutes, add the broccoli and tomatoes and brush with the juices in the tray. Squeeze the lemon wedges over the vegetables and return to the oven for 20 minutes.
6. Rest the meat for 5 minutes before slicing.
7. Serve with seeded bread to mop up the delicious juices.

**MATES AROUND FOR DINNER?
THIS RECIPE IS A TOTAL WINNER.**