

ENERGIZE YOUR PADEL GAME: 10 QUICK & HEALTHY RECIPES



**CORE
PADEL
WORKOUTS**

FUEL YOUR BODY

Fueling your body properly can make a real difference in your padel performance. Whether you're stepping onto the court for a match or recovering from an intense training session, **the right nutrition helps you stay sharp, strong, and energized.**

This mini e-book brings you 10 simple, protein-packed recipes – **5 breakfast and 5 snack recipes** – perfect for busy, active adults who want to eat well without spending hours in the kitchen.

All recipes use **easy-to-find ingredients**, take only a few minutes to prepare, and support your energy, recovery, and focus on and off the court.

LET'S GET COOKING!



HIGH- PROTEIN OVERNIGHT OATS

Busy mornings before training – slow-release carbs and protein to keep you energized on court.

INGREDIENTS: 1 SERVING

- ½ cup rolled oats
- 1 scoop vanilla protein powder
- ¾ cup (plantbased) milk
- 1 tbsp chia seeds
- ½ banana, sliced
- A few berries (fresh or frozen)

INSTRUCTIONS:

- Mix oats, protein powder, milk, and chia seeds in a jar.
- Stir well and refrigerate overnight (or at least 3 hours).
- In the morning, top with banana and berries.

Tip: Add a spoon of Greek yogurt for extra creaminess and protein.



COTTAGE CHEESE & SPINACH SCRAMBLE

A post-workout breakfast – high in protein to support muscle recovery.

INGREDIENTS: 1 SERVING

- 2 whole eggs
- 2 egg whites
- ¼ cup cottage cheese
- 1 handful fresh spinach
- ½ tsp olive oil
- Salt & pepper to taste

INSTRUCTIONS:

- Heat olive oil in a pan over medium heat, add spinach and sauté until wilted.
- Whisk eggs and cottage cheese together, then pour into the pan.
- Scramble gently until cooked through.

Tip: Serve with a slice of whole-grain toast for extra carbs.

BREAKFAST



PROTEIN SMOOTHIE BOWL

A refreshing breakfast
on warm mornings –
packed with protein,
fiber, and antioxidants.

INGREDIENTS: 1 SERVING

- 1 frozen banana
- ½ cup frozen berries
- 1 scoop vanilla protein powder
- ½ cup Greek yogurt
- ¼ cup (plantbased) milk

INSTRUCTIONS:

- Blend all ingredients until thick and creamy.
- Pour into a bowl and add toppings like granola, chia seeds, or sliced fruit.

Tip: For extra crunch, sprinkle crushed almonds or pumpkin seeds on top.



BANANA OAT PANCAKES

A weekend breakfast
that feels indulgent but
stays healthy.

INGREDIENTS: 1-2 SERVINGS

- 1 ripe banana
- 2 eggs
- $\frac{1}{4}$ cup rolled oats
- $\frac{1}{2}$ scoop protein powder (optional)
- $\frac{1}{2}$ tsp cinnamon

INSTRUCTIONS:

- Mash the banana and mix in eggs, oats, and cinnamon.
- Heat a non-stick pan and cook small pancakes (2-3 min each side).

Tip: Serve with Greek yoghurt and a drizzle of honey.



GREEK YOGURT PARFAIT

A grab-and-go
breakfast – great
balance of protein,
carbs, and healthy fats.

INGREDIENTS: 1 SERVING

- $\frac{3}{4}$ cup Greek yoghurt
- $\frac{1}{4}$ cup granola
- $\frac{1}{2}$ cup mixed berries
- 1 tsp honey

INSTRUCTIONS:

- Layer yoghurt, granola, and berries in a glass or jar.
- Drizzle with honey before serving.

Tip: For lower sugar, use plain yogurt and add cinnamon instead of honey.

SNACK



PEANUT BUTTER PROTEIN BALLS

A quick pre-game energy boost – easy to carry and full of protein.

INGREDIENTS: 6 BALLS

- ½ cup rolled oats
- 2 tbsp natural peanut butter
- 1 scoop chocolate or vanilla protein powder
- 1 tbsp honey or maple syrup
- 1-2 tbsp water (if needed for texture)

INSTRUCTIONS:

- Mix all ingredients in a bowl until a sticky dough forms.
- Roll into small balls.
- Store in the fridge for up to 5 days.

Tip: Add dark chocolate chips or shredded coconut for variation.

SNACK



PROTEIN MUG CAKE

A quick snack when you crave something sweet but don't want to break your routine.

INGREDIENTS: 1 SERVING

- 1 scoop chocolate protein powder
- 1 tbsp cocoa powder
- 1 egg
- 2 tbsp milk
- ½ tsp baking powder

INSTRUCTIONS:

- Mix all ingredients in a microwave-safe mug.
- Microwave for 45-60 seconds.
- Let cool slightly and enjoy!

Tip: Add a spoon of peanut butter in the middle before cooking.

SNACK



HUMMUS & VEGGIE WRAP

A light snack or quick lunch between matches – rich in plant protein and fiber.

INGREDIENTS: 1 SERVING

- 1 whole-wheat tortilla
- 2 tbsp hummus
- ¼ avocado, sliced
- Sliced cucumber, carrot, spinach, tomato, ...

INSTRUCTIONS:

- Spread hummus on the tortilla.
- Layer veggies and avocado.
- Roll up tightly and slice in half.

Tip: Add grilled chicken for an extra protein kick.

SNACK



CHOCOLATE PROTEIN YOGHURT

A post-training snack that satisfies your sweet tooth while helping muscle recovery.

INGREDIENTS: 1 SERVING

- $\frac{3}{4}$ cup Greek yoghurt
- 1 scoop chocolate protein powder
- 1 tsp cocoa powder
- 1 tbsp peanut butter (optional)

INSTRUCTIONS:

- Stir all ingredients until smooth and creamy.
- Chill for 10 minutes before eating.

Tip: Top with a few banana slices or crushed nuts for extra energy.

SNACK



COCONUT ALMOND ENERGY BARS

On-the-go energy
before or after padel –
easy to prep for the
whole week.

INGREDIENTS: 1 SERVING

- 1 cup oats
- ½ cup shredded coconut
- ¼ cup chopped almonds
- ¼ cup honey
- 2 tbsp coconut oil
- 1 scoop vanilla protein powder

INSTRUCTIONS:

- Mix all dry ingredients in a bowl.
- Warm honey and coconut oil, then stir into the mix.
- Press firmly into a baking dish.
- Chill for at least 1 hour, then cut into bars.

Tip: Store in the fridge for up to a week or freeze for later.

PLAY HARD. EAT SMART.

These recipes are meant to fit effortlessly into your routine – **simple, delicious, and nourishing.**

Combine them with your padel workouts, proper hydration, and rest for the best performance on and off the court.

RECOVER STRONG!

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