



EAT TO COMPETE



**MAXIMISE YOUR RUGBY AND SPORT
PERFORMANCE WITH RED MEAT**



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EAT TO COMPETE

FUEL YOUR GAME WITH
THE RIGHT NUTRITION

Eat to Compete is a guide for young rugby and sport players who want to play their best, stay strong, and recover quickly.

Inspired by Scotland's top teams, **Glasgow Warriors** and **Edinburgh Rugby**, this booklet is full of simple, tasty recipes using **Scotch Beef**, **Scotch Lamb**, and **Specially Selected Pork** to help build muscle, keep energy up, and support growing athletes.

Along with recipes, **Eat to Compete** shares easy tips on staying healthy and looking after both body and mind. Rugby is all about teamwork, staying fit, and having fun, and this guide aims to help you take care of yourself, support your friends, and enjoy every game to the fullest.



THE SCOTCH DIFFERENCE

Only meat 'Born & Reared in Scotland' can carry the world-famous Scotch brand mark – a symbol of whole of life quality assurance to give peace of mind for you and your family.



Scotland is well suited to rearing livestock such as cows, sheep and pigs:



Perfect Climate

An abundant supply of rain in Scotland creates lush grasslands naturally.



Independently Audited

To a strict set of standards covering animal welfare, food safety and best practice.



Perfect Landscape

Over 80% of our land is grass or rough grazing, not suitable for crops but ideal for livestock.



Part of a Natural Cycle

Grass grazed by livestock absorbs carbon from the atmosphere and captures it in the soil.



Respectfully Reared

Independent welfare checks are carried out on farms.



SHARED VALUES

When you're out there making big tackles, sprinting for the try line, or staying strong in the scrum, what you eat plays a huge role in how you perform.

That's why **Glasgow Warriors**, **Edinburgh Rugby**, and **Quality Meat Scotland (QMS)** - the public body for Scotland's red meat sector - all agree: if you want to eat to compete, you've got to fuel up with the right stuff. **Scotch Beef**, **Scotch Lamb**, and **Specially Selected Pork** are packed with protein, iron, and other nutrients that help you build strength, recover quickly, and keep your energy levels high so you can bring your best to every game.

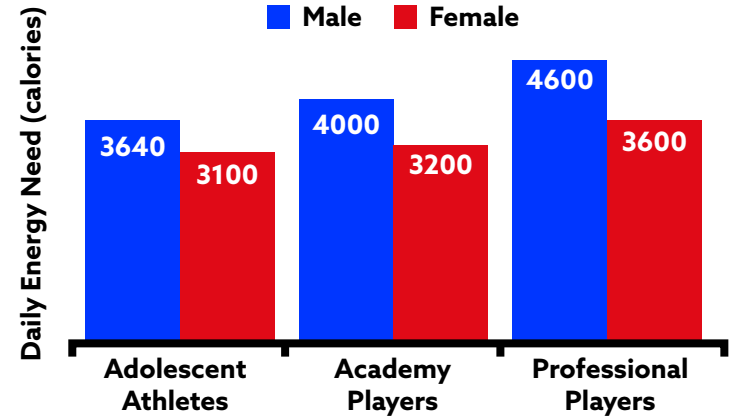
But eating to compete isn't just about you. Rugby teaches us to look out for our team and respect where we come from, and QMS does the same.

By choosing Scotch meat, you're supporting local Scottish farmers who work hard to produce high-quality, sustainable food. Just as rugby is all about teamwork and respect for tradition, farmers who are part of the QMS quality assurance schemes are committed to caring for the land and their communities. So, when you fuel up with Scotch meat, you're not only powering your body like an athlete, you're also helping your community to thrive.



NUTRITION FOR RUGBY

HOW MUCH DO PROFESSIONAL RUGBY PLAYERS NEED TO EAT?



WHAT IS A HEALTHY DIET?

A healthy diet is one that includes all food groups in the **Scottish Eatwell Guide** because each food group has important roles in the body.

PROTEIN

Growth - Recovery -
Development

CARBOHYDRATE

Energy - Gut Health -
Brain Function

FATS

Energy - Vitamins -
Hormones

FRUIT & VEGETABLES

Energy - Minerals -
Performance

Professional rugby players may need to eat **up to 4600 calories** daily to fuel properly.



WHAT ARE HEALTHY PROTEIN SOURCES?

Animal-based protein sources including beef, lamb and pork are complete protein sources as they contain all the Essential Amino Acids (building blocks) needed by the body.

HOW MUCH PROTEIN DO RUGBY PLAYERS NEED?

Athlete Bodyweight	Target Daily Protein Intake
50kg	75g
75kg	113g
100kg	150g
125kg	188g

WHEN TO EAT PROTEIN?



TOTAL
To maximise growth & development you should aim for 10-20g of protein at meals and snacks.

FREQUENCY
Ideally you should aim for 5 servings of protein daily (3 meals + 2 snacks).

RECOVERY
Eating protein soon after exercise can help build muscle mass and boost recovery.

Rugby players should eat a high protein diet because of the demands of the sport.

The latest scientific research suggests that rugby players need at least 1.5 grams per kilogram of bodyweight per day.

However, this may be more during periods of injury.

THE BENEFITS OF EATING RED MEAT

PROTEIN
Muscle building & recovery

VITAMIN B12
Energy production & reduce fatigue

ZINC
Immune function, bones & vision

ESSENTIAL FATS
Omega-3 content for brain health & recovery

IRON
Growth & oxygen transport

CREATINE
Physical performance for sprints



RISING POWER

Did you know red meat is packed with nutrients that support energy, growth, and recovery?

'RISING POWER' is an easy way to remember — test yourself and see how many you can recall!

R

RIBOFLAVIN (B2)

Fights fatigue and aids growth

I

IRON

Forms healthy red blood cells for oxygen transport

S

SMELL & TASTE

Zinc supports healing and senses

I

IMMUNE SYSTEM

Vitamin B6 and selenium are essential for normal immunity

N

NIACIN (B3)

Repairs cells and converts food into energy

G

GROWTH

Protein supports muscle growth and maintenance

P

PHOSPHOROUS

Contributes to bones, teeth, and growth

O

OXYGEN TRANSPORT

Iron again aids in delivering oxygen

W

WELL-BEING

Potassium supports the nervous system and helps muscles to work properly

E

ENERGY

Niacin and B vitamins convert food into usable energy

R

RECOVERY

Zinc and other vitamins aid the body's repair





STAY HYDRATED



Water is essential for life and requirements are higher when you're physically active. That's why it's important to get your fluids right when you're on and off the field.

Drinking enough fluid is essential for maximising exercise performance and ensuring optimum recovery. Exercising raises body temperature and so the body tries to cool down by sweating. This causes the loss of water and salts through the skin.

The amount an individual sweats varies from person to person and depends on:

Intensity and duration of exercise – longer and higher intensity exercise can cause greater sweat loss.

Environmental temperature – in hot, humid conditions sweat loss can increase.

Clothing – the more clothing that is worn, the quicker you are likely to heat up which may cause greater sweat loss.

Genetics – some people sweat more than others.



Healthy fluids include tap water, electrolyte drinks, pure fruit juice and sugar-free diluting juice.

Pork and Chorizo Kebabs

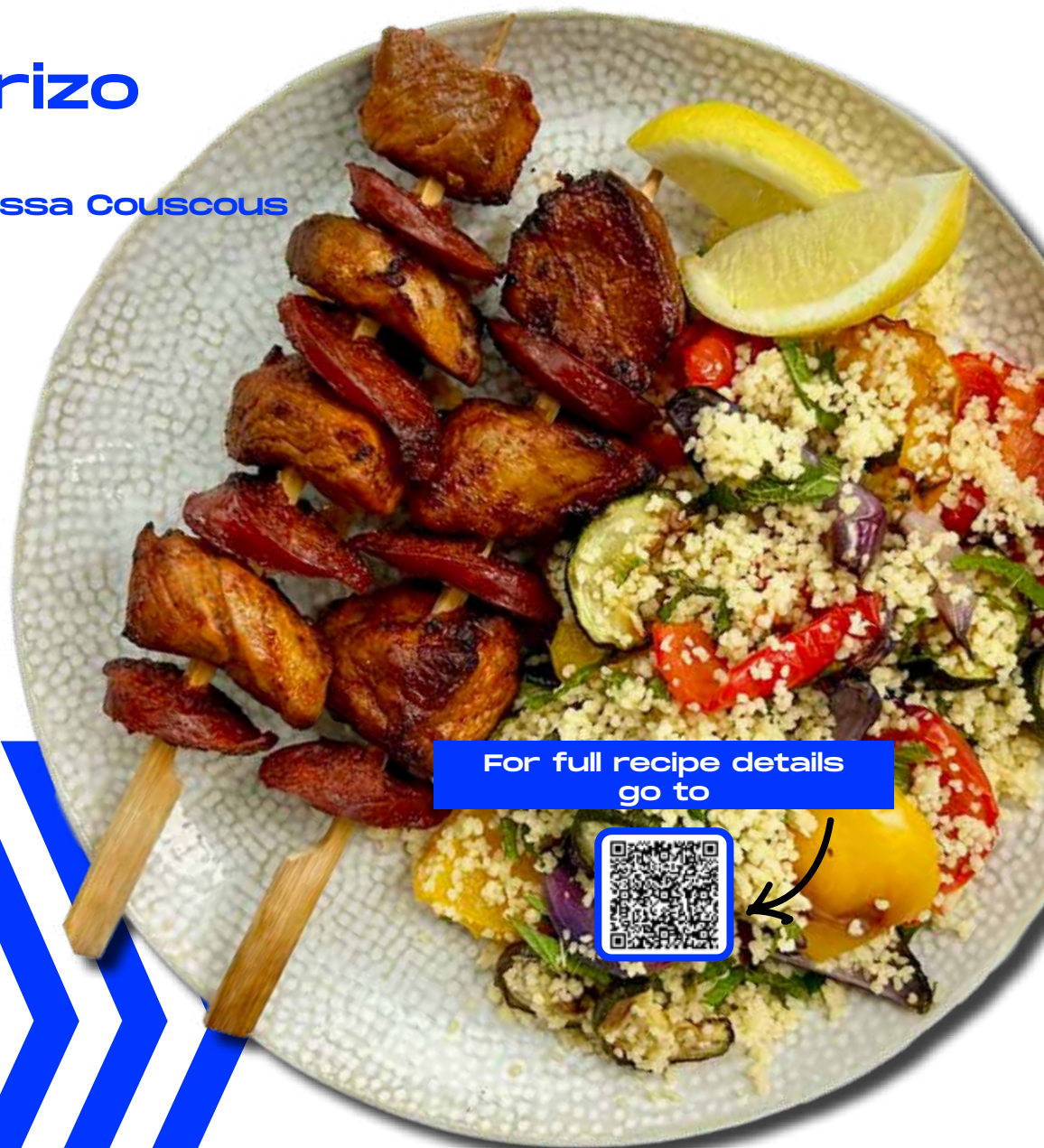
with Roasted Vegetable Harissa Couscous

INGREDIENTS

Specially Selected Pork tenderloin, olive oil, garlic, lemons, smoked paprika, chicken stock, couscous, chorizo, courgette, red onions, red and yellow peppers, harissa paste, mint, salt, pepper.

METHOD

Marinate pork, air fry vegetables, cook skewers of pork and chorizo, and serve with harissa couscous.



For full recipe details
go to



Harissa Scotch Lamb and Sweet Potato Traybake

with Roasted Garlic Yoghurt

INGREDIENTS

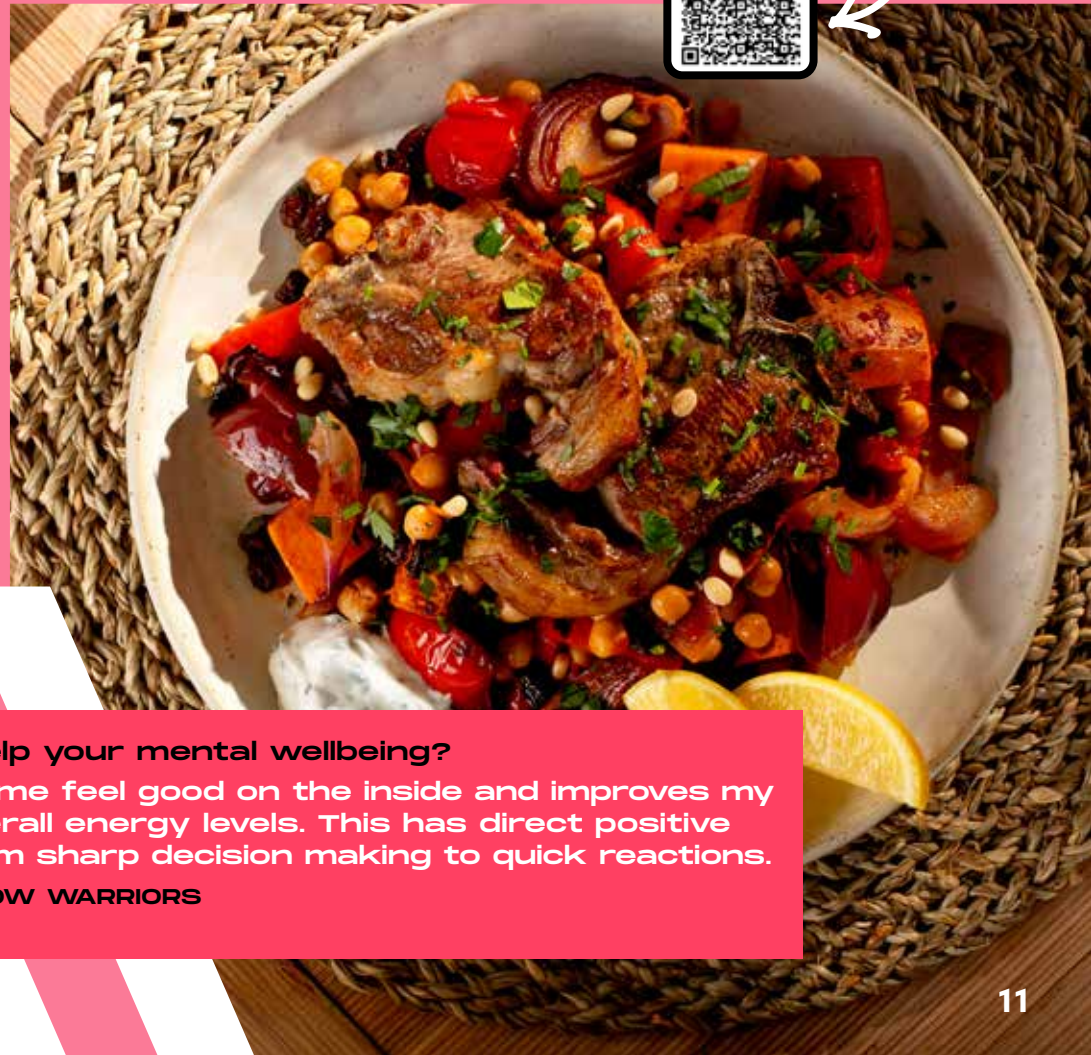
Scotch Lamb loin chops, sweet potatoes, red onions, red peppers, garlic, harissa paste, chickpeas, raisins, olive oil, salt, parsley, lemon, yoghurt.

METHOD

Roast vegetables with harissa and olive oil. Add chickpeas and raisins, then roast lamb chops on top. Make a garlic yoghurt dressing and serve with the traybake.



For full recipe details
go to



Does your nutrition help your mental wellbeing?

Eating healthy makes me feel good on the inside and improves my concentration and overall energy levels. This has direct positive impact on my play, from sharp decision making to quick reactions.

MURPHY WALKER, GLASGOW WARRIORS

Scotch Lamb Dhansak

INGREDIENTS

Scotch Lamb, lentils, curry powder, coconut milk, passata, onion, garlic, ginger, fresh mint, minted yogurt, salad, naan breads.

METHOD

Marinate lamb in curry powder, cook lentils, and prepare a spiced sauce with onion, garlic, ginger, coconut milk, and passata. Stir-fry lamb, combine with lentils and sauce, and simmer. Serve with mint garnish, minted yogurt, salad, and naan breads.



For full recipe details
go to



How do you keep balance in your life?

I like to keep busy when not at training by swapping my rugby boots for wellies and helping out on the family farm. Coming from farming, I also have a real appreciation for great local produce and enjoy cooking and eating Scotch red meat, from steaks to hearty Sunday roasts.

PATRICK HARRISON, EDINBURGH RUGBY

Sticky Scotch Beef Noodles

INGREDIENTS

Scotch Beef sirloin, noodles, carrot, broccoli, garlic, ginger, red chili, spring onions, honey, soy sauce, sesame seeds, lime juice, fresh coriander.

METHOD

Stir-fry beef strips with vegetables, then add honey, soy sauce, and seasonings. Mix in cooked noodles, sesame seeds, lime juice, and coriander. Serve warm.



For full recipe details
go to



Why is red meat important in your diet?

It gives you the protein you need to help with recovery and building muscle.

JP DU PREEZ, GLASGOW WARRIORS

CLUB GRUB

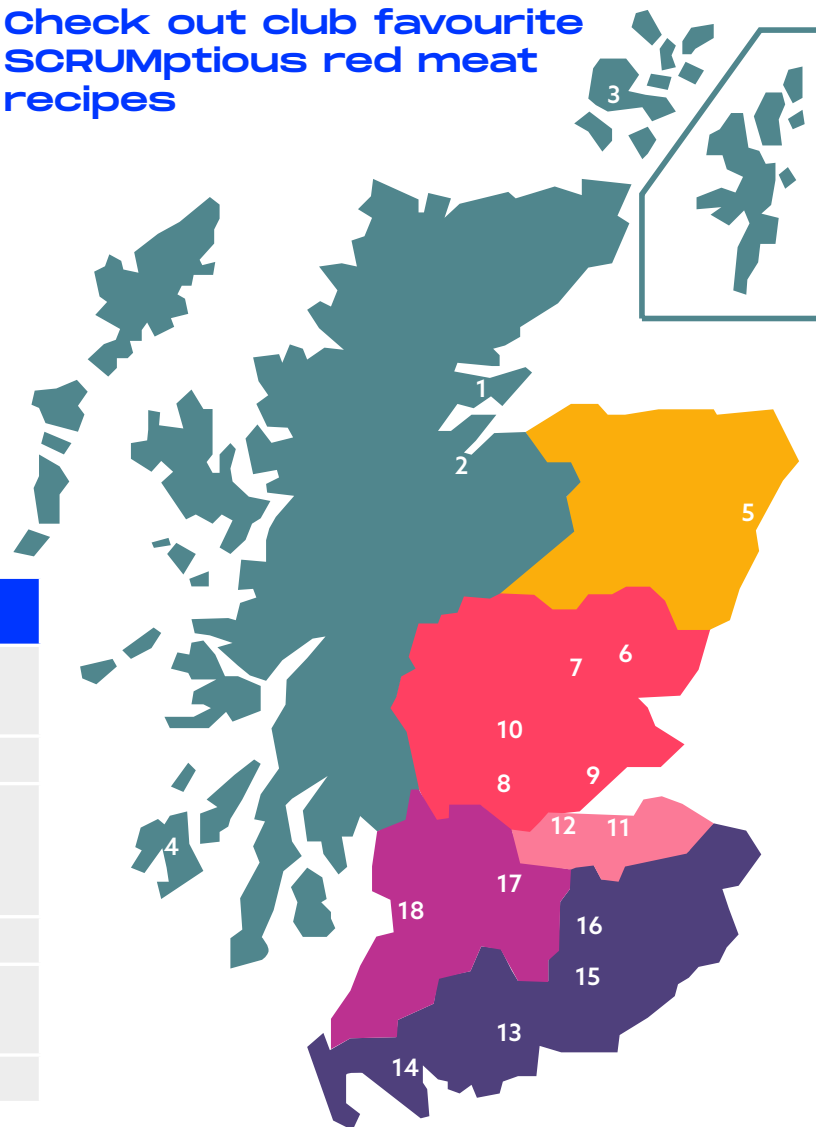
Teams from across Scotland have shared their favorite dishes that keep them fueled for rugby.

From the Highlands to the Borders, these quick, easy, and hearty meals are perfect for staying energized both on and off the pitch.

Dive into their top picks, get inspired, and try the recipes that help power Scottish rugby!

Region	Clubs
Highland and Islands	1. Ross Sutherland RFC 2. Highland RFC 3. Orkney RFC 4. Islay RFC
Aberdeen and North East	5. Aberdeen Wanderers RFC
Tayside, Central and Fife	6. Strathmore RFC 7. Blairgowrie RFC 8. Stirling County RFC 9. Kirkcaldy RFC 10. Crieff & Strathearn RFC
Edinburgh and Lothians	11. Preston Lodge RFC 12. BATs Rugby
Scotland South	13. Dumfries Saints RFC 14. Wigtownshire RFC 15. Hawick RFC 16. Gala RFC
Glasgow and Strathclyde	17. Biggar RFC 18. Ayr RFC

Check out club favourite
SCRUMptious red meat
recipes





ROSS SUTHERLAND
RUGBY

Ross Sutherland RFC
Highland and Islands
BEEF - TEX MEX PULLED

rosssutherlandrugby.org



SCAN FOR RECIPE



Highland RFC
Highland and Islands
LAMB - OAK SMOKED SHOULDER

highlandrugbyclub.com



SCAN FOR RECIPE



ORKNEY RFC



Orkney RFC
Highland and Islands
PORK - KOREAN STIR FRY

orkneyrfc.co.uk



SCAN FOR RECIPE





Islay RFC
Highland and Islands

BEEF - ROAST

islayrugby.scot



SCAN FOR RECIPE



Aberdeen Wanderers RFC
Aberdeen and North East

LAMB - SATAY

aberdeenwanderers.com



SCAN FOR RECIPE



Strathmore RFC
Tayside, Central & Fife

BEEF - SLOPPY JOES

strathmorerugby.co.uk



SCAN FOR RECIPE





Stirling County RFC
Tayside, Central and Fife
HAGGIS, NEEPS & TATTIES

stirlingcounty-rfc.co.uk



SCAN FOR RECIPE



Blairgowrie RFC
Tayside, Central and Fife
BEEF - BURGER

facebook.com/BlairgowrieRFC



SCAN FOR RECIPE



Kirkcaldy RFC
Tayside, Central and Fife
PORK AND APPLE PIES

kirkcaldyrugby.co.uk



SCAN FOR RECIPE





Crieff & Strathearn RFC
Tayside, Central & Fife
BEEF - SPICY NACHOS

facebook.com/CrieffRFC



SCAN FOR RECIPE



Preston Lodge RFC
Edinburgh and Lothians
BEEF - RAGU WITH MAC 'N' CHEESE

facebook.com/Prestonlodgerfc



SCAN FOR RECIPE



BATs Rugby
Edinburgh and Lothians
BEEF WITH BROCCOLI STIR FRY

edinburghbatsrugby.co.uk



SCAN FOR RECIPE





Dumfries Saints RFC
Scotland South
PORK - SMOKIN' PIZZA
dumfriessaintsrugby.co.uk



SCAN FOR RECIPE



Wigtownshire RFC
Scotland South
BEEF - STICKY CHILLI
wigtownshirerfc.com



SCAN FOR RECIPE



Hawick RFC
Scotland South
LAMB - CHOPS
hawickrfc.co.uk



SCAN FOR RECIPE





Gala RFC
Scotland South
BEEF - FAJITAS

galarfc.com



SCAN FOR RECIPE



Biggar RFC
Glasgow and Strathclyde
PORK - SLOW COOKED PULLED

biggarrfc.org.uk



SCAN FOR RECIPE



Ayr RFC
Glasgow and Strathclyde
BEEF - STEAK PIE

ayrrugbyclub.co.uk



SCAN FOR RECIPE



Spiced Scotch Lamb Chops

with Bombay Potatoes and
Coriander Mango Yoghurt



INGREDIENTS

Scotch Lamb chops, tandoori curry paste, baby new potatoes, olive oil, turmeric, cumin seeds, mustard seeds, nigella seeds, sea salt flakes, mango chutney, low-fat natural yoghurt, coriander, flaked almonds, red chilli (optional), pomegranate seeds (optional), lime wedges (optional).

METHOD

Marinate lamb, air fry potatoes, then cook lamb chops. Serve with mango yoghurt and garnish with almonds, chilli, pomegranate, and lime.



For full recipe details
go to



**What is the most important thing you do
that keeps you at the top of your game?**

Nutrition balance (being able to enjoy yourself but keeping good habits around those cheat days!) and making sure my gym work doesn't slip when in game weeks.

MARSHALL SYKES, EDINBURGH RUGBY

STRONG MIND, STRONG GAME

Just as training and eating right can help you feel good on the field, paying attention to your mental wellbeing can help you stay balanced, handle challenges, and be there for your teammates.



For more details
go to





Farmstrong, a farming based initiative to help those working in agriculture to better cope with the ups and downs of farming life recommend these five steps:

These small habits can help you stay positive and be a good teammate.

CONNECT: Spend time with friends and teammates; even during busy times, making space for friends boosts how you feel.

TAKE NOTICE: Appreciate the small things each day, like a great play or a laugh with your friends — these moments can make a big difference.

GIVE: Supporting others feels good, and whether it's a kind word to a teammate or helping a friend, giving makes a positive impact on everyone.

KEEP LEARNING: Always stay curious, both on and off the field. Learning new things keeps you open-minded and ready for anything.

BE ACTIVE: Staying active isn't just for rugby; any movement can lift your mood and help you feel your best.

If you or someone you know could use a little extra support, these organisations are here to help with advice, wellbeing tips, and a friendly ear when it's needed most.



PERIOD 101

Periods are a natural part of life, and every player experiences them differently. Here's some practical advice from rugby players on how to manage your period while staying active on and off the field.

PREPARATION AND TRACKING

"Tracking is the way to stay in control! Apps can help you prepare and understand what's happening, making things less intimidating."

TONI

"Being prepared is key. Don't be afraid to let your team or coach know if you're not feeling great."

ANNABELLE

OVERCOMING CHALLENGES

"Playing on your period can actually help! Exercise reduces cramps, stiffness, and boosts your mood. Plus, being with your teammates can make you feel better."

CATHERINE

"Period pants offer extra protection and reassurance during matches."

ABBY

TEAM AND COMMUNITY SPORT

"Talk, talk, and talk some more! It's natural, and every girl experiences it differently."

KADY

"Use the wisdom and experience of those in your sport – they're always there to help."

DERRI

"If you're anxious about discussing periods with a male coach, seek out a fellow female player – they've been through it too."

ABBY



FINAL TIPS

"Experiment with different products to find what's comfortable for you."

ABBY

"Remember, periods are normal and don't have to stop play."

ANNABELLE



THE WELL HQ
the team she needs

For more details
go to



Mini Scotch Lamb Hotpots

with Fresh Mint Sauce

INGREDIENTS

Scotch Lamb leg steaks, salt, onion marmalade, carrot, onion, rosemary, garlic, plain flour, lamb stock, Worcestershire sauce, potatoes, olive oil, mint, caster sugar, red wine vinegar, salt, pepper.

METHOD

Combine lamb with vegetables, top with sliced potatoes, air fry, and serve with mint sauce.



For full recipe details
go to



How do you keep balance in your life?

Stay organised! If you fail to prepare you prepare to fail.

ANGUS FRASER, GLASGOW WARRIORS

Cornflake Pork Schnitzel

with Mustard, Rocket
and Radish Potato Salad

INGREDIENTS

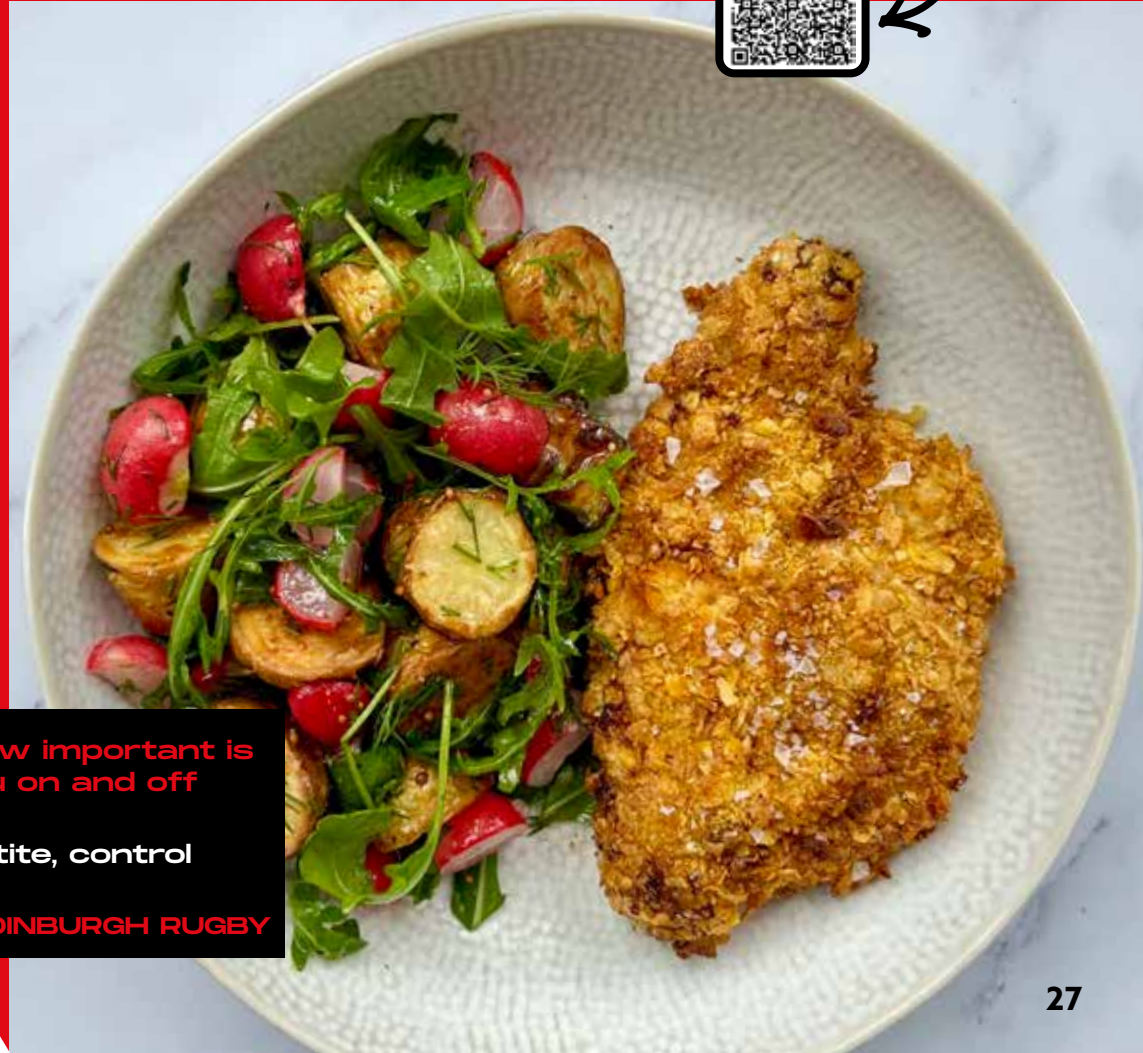
Specially Selected Pork loin steaks, cornflakes, eggs, plain flour, garlic granules, new potatoes, radishes, olive oil, cider vinegar, wholegrain mustard, honey, dill, rocket, salt, pepper, lemon wedges.

METHOD

Coat pork in cornflakes, air fry, and serve with a mustard and radish potato salad.



For full recipe details
go to



On a scale of 1–5, how important is your nutrition to you on and off the pitch? Why?

5. Control your appetite, control your body.

PIERRE SCHOEMAN, EDINBURGH RUGBY

FIELD FACTS

Scotland's red meat sector is worth **£2.8 billion** and provides more than **39,000 jobs** in some of our most rural areas. These jobs include 79% on farm, 10% in meat processing and 11% in supplies and services to the sector

Sheep farming contributed £299 million to Scotland's agricultural output in 2020, representing 9% of the total.

In 2024, there were 2.45 million breeding ewes and 3.2 million lambs.



Cattle farming contributed £849 million to Scotland's agricultural output in 2020, representing 24.4% of total agricultural output.

In 2024 there were approximately 382,600 beef cows on Scottish farms.



Over 80% of agricultural land in Scotland is only suitable for growing grass - perfect for rearing sheep and cattle.

On average each adult in Scotland eats about 18kg of beef a year and 2kg of lamb



FUTURE FIELDS

A career in agriculture offers a wide range of exciting opportunities, from hands-on work in livestock farming to roles in food retail and hospitality.

Whether you're interested in working directly with animals, helping bring high-quality local produce to consumers, or creating memorable dining experiences.

Scotland's agricultural sector is supported by cooperative networks, educational programmes, and apprenticeships, which make it easier than ever to get started in this dynamic field. From sustainable farming practices to the art of butchery and food service, agriculture is a sector that blends tradition with innovation, providing rewarding career paths that contribute to feeding and supporting communities.

We have a resource called Farming Foodsteps with a specific lesson on careers: www.farmingfoodsteps.co.uk/lesson-six



Being a butcher is more than just a job, it's an innovative and evolving craft.



Scotland's Oldest Agricultural Cooperative supplying farmers and the rural community with a wide range of products and services.



Interested in finding out more about land-based or aquaculture?



In the Lothian & Borders area and want to work in the land-based sector?



Need advice on careers, CVs, interviews, funding or learning?



SRUC delivers College and University level courses for a sustainable natural economy.

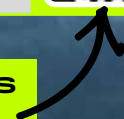


Interested in finding out more about land-based or aquaculture?



If you want an enjoyable job or career with good pay, variety and opportunity to upskill and gain world class qualifications, then a career in butchery is the pathway for YOU!

For more details go to



Scotch Beef and Black Bean Chilli

INGREDIENTS

Scotch Beef, black beans, onion, chili, paprika, cumin, tomatoes, vinegar, sugar, coriander, tortilla chips, soured cream, grated cheese.

METHOD

Sauté onion and chili until softened, then add paprika and cumin. Stir in beef and tomatoes, cover, and cook. Season, then add beans, vinegar, sugar, and water; cook further. Serve garnished with coriander, alongside tortilla chips, soured cream, and grated cheese.



For full recipe details
go to



Why is red meat important in your diet?

"Not only does it taste fantastic, it's a great source of protein."

MAGNUS BRADBURY, EDINBURGH RUGBY

Scotch Beef Spaghetti Bolognese

INGREDIENTS

Scotch Beef mince, pancetta, butter, onions, garlic, celery, carrot, tomatoes, tomato purée, beef stock, red wine, milk, dried mushrooms, double cream, fresh basil, spaghetti, Parmesan cheese, salad leaves.

METHOD

Sauté pancetta in butter, add onions until softened. Incorporate garlic, celery, and carrot; cook for 10 minutes. Brown the beef mince, then add tomatoes, tomato purée, stock, wine, milk, and crumbled dried mushrooms. Simmer covered for 1½ hours. Adjust seasoning, stir in cream and basil. Serve over cooked spaghetti, topped with Parmesan and accompanied by salad leaves.

For full recipe details
go to



Sweet and Sour Specially Selected Pork Fillet

INGREDIENTS

Specially Selected Pork fillet, red pepper, spring onions, garlic, ginger, pineapple, soy sauce, lemon, cornflour, coriander, steamed rice.

METHOD

Stir-fry red pepper, spring onions, garlic, and ginger. Add pineapple and sauce ingredients; bring to a boil. Coat pork strips in soy sauce, lemon, and cornflour; sauté until cooked. Combine pork with sauce, heat through, and serve over steamed rice, garnished with coriander.

For full recipe details go to



What would you do if you weren't playing rugby?

I would be a farmer.

STAFFORD MCDOWALL,
GLASGOW WARRIORS



Chipotle Steak Tacos

with Charred Corn and Red Pepper Salsa



For full recipe details
go to



INGREDIENTS

Scotch Beef rump steaks, chipotle paste, olive oil spray, corn on the cob, red pepper, lime, coriander, tomatoes, red chilli, red onion, corn tortillas, sour cream (optional), salt, pepper.

METHOD

Marinate steaks, air fry corn, make salsa, air fry steaks, and serve in tortillas with salsa and sour cream.



What advice would you give to your
15 year old self?

Be confident, enjoy the opportunities that
rugby gives you and try to push myself to
work on things I'm not as good at.

MATT CURRIE, EDINBURGH RUGBY

PLAYER

Q&A

Curious about how top rugby players stay at the top of their game? From training tips to favourite meals, this Q&A dives into their advice, routines, and insights to help you perform your best both on and off the field.

How do I gain confidence when tackling?

It's something to work on after training with lower level more technique based drills. Can work up to more intense contact to help with the feeling of tackling. Then just mentally back yourself, don't be worried to miss a tackle.

MATT CURRIE, EDINBURGH RUGBY



How do you stay composed under pressure?

Just not put any extra pressure on yourself like thinking of the consequences.

LIAM MCCONNELL, EDINBURGH RUGBY



What would your entry music be?

Break My Heart by Rudimental.

GREGOR BROWN, GLASGOW WARRIORS



Scotch meat with the blue logo, only ever born and reared in Scotland, will never contain added hormones or antibiotics



To read the Scottish Eatwell Guide go to



No single food group can provide everything our bodies need to stay healthy - find out more in the **Scottish Eatwell Guide**

How do you deal with disappointment? Not getting picked, getting injured?

Find out the areas I need to work on and amend my training to improve.

SAMMY TALAKAI, GLASGOW WARRIORS



What is the one food you could NOT live without?

Steak and chips with peppercorn sauce.

NATHAN MCBETH, GLASGOW WARRIORS

What advice would you give to your 15 year old self?

Try everything. Find something you enjoy away from rugby.

MAGNUS BRADBURY, EDINBURGH RUGBY

What is your pre-game ritual?

I have an ice bath to awaken the senses.

MATT FAGERSON, GLASGOW WARRIORS



What is the most important thing you do that keeps you at the top of your game?

Try to always add in the extras whether it's strength, fitness or skills.

ROBERT CARMICHAEL, EDINBURGH RUGBY



Scotch Beef is one of the best sources of iron available

Socks up or socks down?

Always down.

JOHNNY MATTHEWS, GLASGOW WARRIORS





QMS
Quality Meat Scotland

Quality Meat Scotland
4 Redheughs Rigg
Edinburgh
EH12 9DQ
Scotland UK

T: 0131 338 6100
E: info@qmscotland.co.uk
qmscotland.co.uk

QMS also offers additional support and community groups. To find out more get in touch: education@qmscotland.co.uk



For recipes & inspiration visit:
makeitscotch.com