

the
METABOLIC
FEMALE

BALANCED MACRO MEAL PLAN

1400 CALORIES





Medical Disclaimer

Always seek the advice of your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have / develop a medical condition and have any questions or concerns you may have regarding your health.

These recipes are for informational purposes only and does not constitute medical advice and is not intended to substitute for independent professional medical judgement, treatment or diagnosis.

Whilst our meal options can be used as part of a nutrition plan and as part of a healthy diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

© Copyright 2022 The Metabolic Female and its licensors

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the copyright holder(s).

Welcome...



Welcome to my Balanced Macros Meal Plan.

Below I have included 6 principles of nutrition. If you read, see or hear anything that deviates from these six principles, chances are you can dismiss it immediately as a short-term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable and will keep your hormones happy.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
3. Eat more vegetables, fibre and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods, refined sugar, artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Get in touch



www.themetabolicfemale.co.uk

email: **emma@themetabolicfemale.co.uk**

apply to work with me: **bit.ly/themetabolicfemaleconsult**



www.instagram.com/themetabolicfemale/



www.facebook.com/themetabolicfemale

Tracking your daily calories



Please read this before you start.

Each main meal is approximately **400 calories** per serving.

Each snack is approximately **200 calories** per serving.

Please ensure you consume the following meals each day, to ensure you hit your daily calorie target of **1400 calories**:

1 breakfast

1 lunch

1 dinner

1 snack

Some of the meals include serving suggestions.

For example, 'Serve with steamed green vegetables'.

The foods shown in the serving suggestions are not included in the calorie and macro calculations, which are shown on the bottom left of each recipe page. The serving suggestions are low in calories and therefore will not add much to your daily calorie intake.

How to adjust your daily macro intake



Whilst this book is an excellent tool that allows a consistent nutritional intake, it is certainly a good idea to do some self-learning about nutrition so that you are able to eat more flexibly and enjoy foods that you want to eat when you fancy them.

So when using the recipe suggestions as a base then adding in extra foods to meet any additional calorie / macro requirements, I recommend you use a calorie / macro tracking app to input your extra foods so that you gain awareness of the nutritional values in the foods you are adding.

That way you can follow these recipes and bump up your calories / macros via any of the methods I've mentioned to allow you to customise your nutrition to your individual needs, because at the end of the day we are all different, we have different metabolisms, food preferences and requirements based on our goals and activity levels.

I hope you enjoy using this book and that you will have fun learning a bit more about nutrition in the process of customising them to your own individual needs.

Adjusting your protein levels

Below is a list of common ingredients which are rich in protein.

You can add (or deduct) these items to your recipe to quickly increase or decrease the protein levels.

Chicken breast (uncooked): 100g chicken = 24g protein (96 calories)

Salmon fillet (uncooked weight): 100g salmon = 25g protein, 12g fat (208 calories)

Sea bass or cod (uncooked weight): 100g sea bass = 20g protein (80 calories)

Prawns (uncooked weight): 100g prawns = 21g protein, 1g fat (93 calories)

Stewing beef (uncooked weight): 100g beef = 22g protein, 2g fat, 1g carbs (110 calories)

Whey protein powder: 1 tbsp (weighs approx 6g) = 5g protein (20 calories)

Fage 0% Fat Greek Yoghurt: 100 yoghurt = 10g protein, 3g carbs (52 calories)

Egg white: 1 large egg white = 4g protein (16 calories)



Adjusting your fat levels

Below is a list of common ingredients which are high in fat.

You can add (or deduct) these items to your recipe to quickly increase or decrease the fat levels.

Avocado: ½ a medium-sized avocado (weighs approx 65g)
= 13g fat, 1g carbs, 1g protein (125 calories)

Peanut butter: 1 tsp peanut butter = (weighs approx 24g)
= 13g fat, 3g carbs, 6g protein (153 calories)

Unsweetened canned coconut milk: 50ml coconut milk = 8g fat, 2g carbs
(80 calories)

Butter / olive oil: 1 tbs = 15g fat (135 calories)

Almonds: 10g almonds = 5g fat, 3g protein (57 calories)

Egg yolk: 1 egg yolk = 5g fat, 3g protein (57 calories)

Cheddar cheese: 30g cheese = 11g fat (99 calories)

Adjusting your carb levels

Below is a list of common ingredients which are high in carbs.

You can add (or deduct) these items to your recipe to quickly increase or decrease the carb levels.

Oats: 50g oats = 28g carbs, 4g fat, 6g protein (172 calories)

1 large banana: (weighs approx 170g) = 39g carbs, 2g protein (164 calories)

1 small banana: (weighs approx 120g) = 28g carbs, 1g protein (116 calories)

Whole grain pasta: 50g (uncooked weight) = 31g carbs, 1g fat, 4g protein
(149 calories)

Rice: 100g = 67g carbs, 2g fat, 7g protein (314 calories)

Honey: 10g honey = 7g carbs (28 calories)

Chocolate orange porridge



60g oats (use gluten free if preferred)

180ml unsweetened almond milk (or use milk of your choice)

1 tsp almond or hazelnut butter

1 tsp cocoa powder

2-3 tps orange zest, finely grated

20g chocolate flavour whey or rice protein powder

a sprinkle of cocoa nibs

5g hazelnuts or almonds, chopped

a few orange segments (optional)

SERVES 1

PER SERVING:

403 Calories **40g** Carbs

27g Protein **15g** Fat

Place the oats and milk in a saucepan over a medium heat. Cook for 5 minutes, stirring occasionally until thick and creamy. Add more milk during cooking time, if required.

Remove the pan from the heat and allow to stand for 3 minutes.

Stir in the nut butter, cocoa powder and the orange zest. Add more to taste, if desired.

Add the protein powder and stir rapidly, until smooth.

Transfer to a bowl and top with a sprinkle of orange zest. Add the cocoa nibs, chopped nuts and orange segments, if using. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Breakfast roasted peppers with eggs



SERVES 2

PER SERVING:

398 Calories **19g** Carbs

22g Protein **26g** Fat

- 1 *tbsp* coconut oil
- $\frac{1}{2}$ a medium-sized white onion, finely chopped
- 1 garlic clove, minced
- 200g tinned chopped tomatoes
- 125ml cold water
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{2}$ tsp dried mixed herbs
- 4 bell-peppers, tops and cores removed
- 50g Cheddar cheese, grated (use dairy free if preferred)
- 4 eggs

Preheat oven to 180°C/350°F. Prepare a medium-sized ovenproof dish.

Heat the oil in a saucepan over a medium flame. Add the onion and sauté for 6-8 minutes, stirring occasionally until soft and translucent.

Add the garlic and fry gently for 3 minutes, stirring occasionally.

Add the chopped tomatoes, water, salt, pepper, and mixed herbs. Cook for 3 minutes then remove from the heat. Allow to cool for 5 minutes.

Using a hand blender, blend the sauce until smooth.

Stand the peppers upright in the dish. Stuff the cheese into each pepper, then pour the sauce around the base of the peppers.

Crack an egg into each pepper. Bake for 15 minutes, or until the eggs are cooked.

Consume immediately.



Egg veggie hash



SERVES 1

PER SERVING:

399 Calories **27g** Carbs

21g Protein **23g** Fat

80g white potato, cut into 1 inch chunks

1 tbsp olive oil

50g aubergine, chopped

80g red bell-pepper, diced

2 garlic cloves, minced

½ tsp dried red chilli flakes

½ tsp sea salt

3 large eggs

1 spring onion, sliced

Fill a large saucepan with water and bring to a boil. Carefully add the potato and boil for 6 minutes. Drain well.

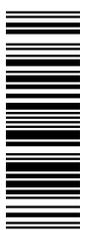
Heat the oil in a skillet or frying pan over a medium heat. Add the aubergine, potato, bell-pepper, garlic, chilli flakes, and salt. Sauté for 6-8 minutes, stirring occasionally.

Using a wooden spoon, make three wells in the vegetable mixture.

Crack an egg into each well. Cover with a lid and cook for 5 minutes, or until the yolks are cooked to your liking.

Serve garnished with spring onion.

Consume immediately.



Strawberry & almond overnight oats



50g oats (use gluten free if preferred)

120ml unsweetened almond milk (or use milk of your choice)

30g Greek yoghurt (use dairy free if preferred)

½ tsp vanilla extract

60g frozen or fresh strawberries (if using fresh strawberries, add them just before serving)

1 tbsp chia seeds

1 tsp honey or maple syrup

to serve:

1 tbsp flaked almonds

SERVES 1

PER SERVING:

395 Calories **48g** Carbs

17g Protein **15g** Fat

Mix all of the ingredients in a sealable container. Stir well.

Cover and refrigerate overnight.

Transfer to a serving bowl and garnish with the flaked almonds. Serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



Chocolate nut porridge



SERVES 1

PER SERVING:

399 Calories **44g** Carbs

13g Protein **19g** Fat

60g oats (use gluten free if preferred)
180ml unsweetened hazelnut milk or almond milk
1-1½ tps cocoa powder, to taste
1-2 tps honey or maple syrup, to taste
15g nut butter of your choice
5g cocoa nibs

Place the oats and milk in a saucepan over a medium heat. Cook, stirring frequently for 3-4 minutes, or until thickened. Add more milk during cooking time, if required.

Stir in the cocoa powder and cook for 1 minute.

Add sweetener to taste and stir well.

Remove saucepan from heat. Stir in the nut butter until thoroughly combined.

Transfer the porridge to a serving bowl and top with the cocoa nibs.

Consume immediately.



SCAN TO MYFITNESSPAL

Overnight apple pie oatmeal whip



SERVES 1

PER SERVING:

401 Calories **49g** Carbs

13g Protein **17g** Fat

45g oats (use gluten free if preferred)

10g chia seeds

50ml unsweetened almond milk

120g unsweetened apple sauce

½ tsp ground cinnamon

a small pinch of ground nutmeg

10g pecans or walnuts

for the coconut whip:

400g tinned unsweetened coconut milk, refrigerated for 1 hour minimum

1 tsp stevia

½ tsp vanilla extract

10g vanilla flavour whey or rice protein powder (optional)

Combine the oats, chia, milk and apple sauce in a sealable container and stir well. Seal and refrigerate for 4 hours or overnight.

Carefully open the tin of coconut milk. Spoon the thick creamy part from the top of the tin into a bowl. Add the stevia and vanilla extract, to taste. Beat with an electric whisk for around 5 minutes, until light and fluffy. Cover and refrigerate until ready to use.

Transfer the oat mixture to a saucepan. Add the nutmeg and cinnamon. Stir well and heat gently over a low heat for 3-4 minutes.

Transfer to a serving bowl and top with the pecans. Add 1 heaped tbsp of the coconut whip.

Store any leftover oatmeal in an airtight container and refrigerate for up to 2 days. Store any leftover whip in a separate airtight container and refrigerate for up to 4 days.



SCAN TO MYFITNESSPAL

Egg breakfast bowl



SERVES 1

PER SERVING:

401 Calories **17g** Carbs

18g Protein **29g** Fat

2 tsps coconut oil
130g cauliflower, roughly chopped
½ tsp ground turmeric
½ tsp medium curry powder
a pinch of sea salt and ground black pepper
40g red onion, sliced
50g fresh spinach
2 eggs
60g ripe avocado, sliced

Melt half of the oil in a frying pan over a medium heat. Add the cauliflower, turmeric, curry powder, salt and pepper. Fry gently for 3-4 minutes, stirring frequently.

Add the onion and sauté for 3-4 minutes, stirring frequently.

Add the spinach and cook, stirring frequently, until the spinach has wilted.

Transfer the contents of the pan to a serving bowl.

Add the remaining oil to the frying pan. Crack the eggs carefully into the pan. Fry until the yolks are cooked to your liking.

Transfer the cooked eggs to the serving bowl. Top with sliced avocado. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Smokey chicken & mixed bean soup



SERVES 3

PER SERVING:

402 Calories **38g** Carbs

31g Protein **14g** Fat

- 1 tsp ghee or coconut oil
- 150g white onion, chopped
- 1 red bell-pepper, diced
- 1 yellow bell-pepper, diced
- 2 garlic cloves, finely chopped
- 400g tinned tomatoes
- 250ml cold water
- 250g fresh chicken breast, sliced
- 400g tinned mixed beans, drained
- 150ml tinned coconut milk
- 40g (per person) avocado, sliced
- 10g fresh coriander, finely chopped

Heat the ghee/oil in a large saucepan over a medium flame. Add the onion and sauté for 4 minutes, stirring occasionally.

Add the bell-peppers and garlic and fry for 3 minutes, stirring occasionally.

Add the spice mix, tinned tomatoes and cold water. Stir well, increase heat and bring to a boil. Reduce heat and simmer gently for 10 minutes. Taste and add more seasoning if required.

Add the chicken, stir well and cook for 10 minutes. Add the mixed beans, stir well and cook for 5 minutes.

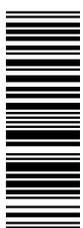
Add the coconut milk, stir well and cook for 1 minute.

Serve topped with avocado and coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

for the spice mix:

- a pinch of sea salt and ground black pepper
- 1 tsp ground cumin
- 1 tsp chipotle flakes
- 2 tsps smoked paprika
- 1 tsp chilli flakes



SCAN TO MYFITNESSPAL

Turkey club wrap



2 tps mayonnaise
½ tsp wholegrain mustard
a small pinch of sea salt
a small pinch of ground black pepper
1 tortilla wrap (or use gluten free wrap of your choice)
60g cooked turkey breast
20g Parma ham (optional)
40g ripe avocado, sliced
70g ripe salad tomato, sliced finely
2-3 gem lettuce leaves, chopped
10g Cheddar cheese, grated
(use dairy free if preferred)

SERVES 1

PER SERVING:

412 Calories **23g** Carbs
26g Protein **24g** Fat

Mix the mayonnaise, mustard, salt and pepper in a bowl.

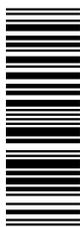
Lie the tortilla wrap flat on a chopping board. Spread the mayonnaise over the centre of the wrap.

Top with the remaining ingredients.

Roll tightly into a wrap and seal in tin foil.

Refrigerate until ready to serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



SCAN TO MYFITNESSPAL

Green lentil & pesto soup



SERVES 4

PER SERVING:

393 Calories **25g** Carbs

44g Protein **13g** Fat

2 tps coconut oil
1 large red onion, finely diced
2 garlic cloves, finely chopped
575g chicken breast, diced
100g cherry tomatoes
150g green beans, ends trimmed
and cut into bite-sized pieces
300ml recently boiled water
300g tinned chopped tomatoes
400g tinned green lentils, drained
70g green pesto
a pinch of sea salt and ground
black pepper, to taste
a handful of fresh basil, chopped

Heat the oil in a large saucepan over a medium heat. Add the onion and fry for 4 minutes, stirring frequently until soft.

Add the garlic and fry for 1 minute, stirring continuously.

Add the chicken and fry for 5 minutes, stirring to seal on all sides.

Add the cherry tomatoes and green beans. Fry for 2 minutes, stirring occasionally.

Add the water, tinned tomatoes, green lentils and pesto. Stir well and bring to a boil then reduce heat to simmer. Cover and cook for 10 minutes, stirring occasionally.

Season to taste. Serve garnished with fresh basil.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



SCAN TO MYFITNESSPAL

Nutrient-rich salad



- 50g tri-colour quinoa, rinsed
 - 30g mixed lettuce leaves
 - 4 eggs
 - 150g broccoli, cut into florets
 - 10g fresh coriander, chopped
 - 40g carrot, grated
 - 90g edamame beans
 - a few fresh mint leaves, chopped
 - 80g radishes, sliced
 - 25g alfalfa sprouts (optional)
 - 2 tsps sunflower or pumpkin seeds
- for the dressing:**
- 2 tsps olive oil
 - juice of ½ a lemon
 - ½ tsp sea salt and ground black pepper

SERVES 2

PER SERVING:

396 Calories **29g** Carbs
25g Protein **20g** Fat

Place the quinoa in a small saucepan of boiling water. Cook according to packet instructions. Rinse thoroughly in cold water and allow to drain.

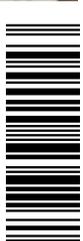
Place the egg in a separate saucepan of boiling water. Cook for 7 minutes (soft boiled) or 9 minutes (hard boiled). Immerse in cold water for 2 minutes. Peel and discard the shells. Cut each egg in half.

Steam the broccoli until fork tender.

Divide all of the ingredients between two plates.

Mix the dressing ingredients together and drizzle over the salad. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



Rainbow salad



- 1 egg
- 35g radish, sliced
- ½ a yellow bell-pepper, sliced
- ½ a red bell-pepper, sliced
- 30g fresh spinach leaves
- 40g cucumber, diced or sliced
- 60g baby plum or cherry tomatoes, halved
- 30g carrot, grated
- 45g ripe avocado, sliced or diced
- 5g sunflower or pumpkin seeds
- for the dressing:**
- juice of 1 lemon
- 1 garlic clove, finely chopped
- 1 tsp tahini
- 1 tsp extra virgin olive oil
- ½ tsp honey or maple syrup
- 1 tbs apple cider vinegar or white wine vinegar

SERVES 1

PER SERVING:

402 Calories **38g** Carbs
13g Protein **22g** Fat

Mix the dressing ingredients in a jug.

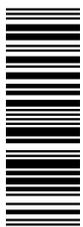
Bring a small saucepan of water to a boil and reduce heat to simmer. Carefully add the egg using a large spoon. Simmer for 6-8 minutes, depending on how well cooked you like your egg.

Remove the egg from the water using a slotted spoon. Immerse in cold water for 2-3 minutes. Peel and slice in half.

Arrange the remaining ingredients in a bowl.

Top with the egg. Drizzle around one quarter of the dressing over the salad. Serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



SCAN TO MYFITNESSPAL

Egg drop soup



500ml vegetable stock (made with one organic stock cube)
400g chicken breast, diced
300g frozen vegetables (broccoli, carrots, sweetcorn, beans, etc)
3 eggs, beaten
a pinch of sea salt and ground black pepper
3 spring onions, finely sliced

SERVES 2

PER SERVING:

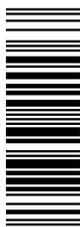
395 Calories **15g** Carbs
59g Protein **11g** Fat

Pour the stock into a large saucepan and bring to a simmer over a medium heat. Add the chicken and vegetables. Cook for 5 minutes.

Pour the eggs into the soup in a steady stream, then stir gently while the egg cooks. Season with salt and pepper.

Serve garnished with spring onions.

Consume immediately.



Cauliflower power bowl



SERVES 2

PER SERVING:

394 Calories **33g** Carbs

25g Protein **18g** Fat

½ a large cauliflower, cut into bite-sized pieces

1 tsp olive oil

2 tbsps tahini

1 tbsp apple cider vinegar

a pinch of sea salt

3 large stems of kale

400g tinned chickpeas, drained

2 tbsps nutritional yeast

Preheat oven to 180° C/350° F.

Place the cauliflower on a baking tray. Toss in the olive oil and bake for 30 minutes or until golden brown and tender.

Combine the tahini, apple cider vinegar and salt in a bowl. Add some cold water, a little bit at a time, until the sauce reaches desired consistency.

Steam the kale for 5-10 minutes until bright green and tender.

Place the chickpeas in a saucepan over a medium heat and warm through, stirring frequently.

Assemble the bowls with some of the roast cauliflower, the chickpeas and the steamed kale. Top with the tahini sauce and the nutritional yeast.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



Thai green vegetable curry



- 1 tsp coconut oil
- 1 thumb-sized piece of fresh ginger, finely chopped
- 3 cloves garlic, peeled and finely chopped
- 2-3 green chilli peppers (optional), chopped
- 3 tbsps Thai green curry paste
- 200g sweet potato, peeled and diced
- 4-5 lime leaves (optional)
- 200g tinned chickpeas, drained and rinsed
- 200ml unsweetened tinned coconut milk
- 100ml cold water
- a large handful of spinach leaves
- juice of ½ a lime
- 2 tsps fresh coriander, chopped

SERVES 2

PER SERVING:

409 Calories **44g** Carbs

11g Protein **21g** Fat

Melt the oil in a large saucepan over a medium heat. Add the ginger, garlic, chillis and curry paste. Fry gently for 2-3 minutes, stirring occasionally.

Add the sweet potato, lime leaves (if using) and chickpeas. Stir to coat in the curry paste.

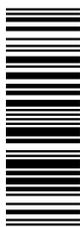
Add the coconut milk and water and bring to a simmer. Cook uncovered for 15-20 minutes or until the sweet potato is cooked.

Add the spinach and stir. Cook for 1-2 minutes.

Add the lime juice and stir. Remove from heat.

Serve garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



SCAN TO MYFITNESSPAL

Cheesy risotto



SERVES 2

PER SERVING:

408 Calories **62g** Carbs

13g Protein **12g** Fat

50ml recently boiled water
120g broccoli, cut into small florets
a small pinch of sea salt and ground black pepper
1 tsp coconut oil
100g white onion, chopped
1 stick celery, chopped
130g arborio rice (dry weight)
300ml vegetable stock (made with one organic stock cube)
2 tbsps nutritional yeast
30g Mature Cheddar cheese, grated (use dairy free if preferred)
a small bunch of fresh parsley, chopped

Place a large saucepan over a medium heat. Add the water and broccoli and season with salt and pepper. Cover and cook for 3 minutes, or until the broccoli is just tender. Transfer the broccoli to a plate using a slotted spoon and set aside.

Heat the coconut oil in the pan over a medium flame. Add the onion and celery and fry for 3-4 minutes, stirring until soft.

Add the rice and cook for 1 minute, stirring occasionally. Add the stock and bring to a gentle simmer. Cover and cook for 15 minutes, or until the rice is cooked and most of the liquid has been absorbed. Add a splash of water during cooking time if the mixture becomes too dry.

Remove the saucepan from the heat. Stir in the nutritional yeast and Cheddar cheese. Taste and add more seasoning if required. Stir in the cooked broccoli. Serve garnished with parsley.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Turkey satay spice



SERVES 2

PER SERVING:

410 Calories **44g** Carbs

45g Protein **6g** Fat

1 tsp coconut oil or ghee
120g red onion, diced
300g turkey breast steaks, sliced into bite-sized strips
80g button mushrooms, sliced
80g baby plum tomatoes
1-2 red or green chilli peppers, sliced
1 yellow bell-pepper, diced
150ml chicken stock (made with one organic stock cube)
30g tomato purée
30g fresh spinach leaves
25g crunchy peanut butter
a small pinch of sea salt, to taste
70g (dry weight) white basmati rice
150g cauliflower, finely grated

Melt the oil/ghee in a large saucepan over a medium heat. Add the onion and fry for 3-4 minutes, stirring frequently.

Add the turkey and fry for 3-4 minutes, stirring occasionally.

Add the mushrooms, baby plum tomatoes, chilli peppers and bell-pepper and fry for 4 minutes, stirring occasionally until soft.

Add the stock and tomato purée and bring to a boil, then reduce heat and simmer gently. Cover and cook for 10-15 minutes, stirring occasionally.

Meanwhile, cook the rice according to packet instructions. When the rice is almost cooked, add the cauliflower and cook for 2 minutes. Drain well.

Add the spinach leaves to the turkey mixture. Stir well and cook until wilted. Add the peanut butter and salt. Stir well and cook for 1 minute. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 day or freeze on same day.



SCAN TO MYFITNESSPAL

Cauliflower chicken



300g cauliflower, grated
1 tbsp butter or coconut oil
650g chicken breast, cut into strips
1 medium-sized white onion,
finely chopped
2 garlic cloves, finely chopped
1 green bell-pepper, diced
400g tinned chopped tomatoes
300ml chicken or vegetable stock
(made with one organic stock cube)
1 tsp ground cumin
1 tsp sea salt
100g frozen peas

SERVES 4

PER SERVING:

409 Calories **23g** Carbs

59g Protein **9g** Fat

Heat the butter/oil in a large saucepan over a medium heat and add the chicken. Cook for 4-6 minutes, or until browned all over.

Add the onion, garlic and bell-pepper and fry for 2-3 minutes, stirring occasionally.

Add the tomatoes, stock, cumin, salt and cauliflower. Stir well, cover and simmer for 10 minutes.

Add the peas and simmer for 2-3 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



Beef one pot



SERVES 4

PER SERVING:

405 Calories **21g** Carbs

51g Protein **13g** Fat

- 2 tpsps ghee or olive oil*
- 900g extra lean diced beef*
- 1 large white onion, chopped*
- 2 celery stalks, finely chopped*
- 250g swede, peeled and diced*
- 2 carrots, peeled and sliced*
- 3 garlic cloves, finely chopped*
- 1 litre beef or chicken stock (made with one organic stock cube)*
- 200g chestnut mushrooms, quartered*
- 1 tsp sea salt and ground black pepper*
- 2 tbsps tomato purée*
- 200g white potatoes, peeled and diced*

Heat the ghee/oil in a large saucepan over a medium heat. Add the beef and brown on all sides, cooking for around 4 minutes. Cook in batches if short of space.

Transfer the beef to a plate.

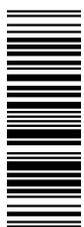
Add the onion, celery, swede and carrots to the saucepan. Fry gently for 10 minutes, stirring occasionally.

Add the garlic and fry for 2 minutes, stirring occasionally.

Add the beef back into the saucepan and stir well.

Add the stock, mushrooms, salt, pepper, tomato purée and potato. Bring to a boil then reduce heat to medium/low. Cover and simmer gently for 1 hour or until the beef is tender.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



SCAN TO MYFITNESSPAL

Creamy mushroom risotto



SERVES 2

PER SERVING:

390 Calories **67g** Carbs

8g Protein **10g** Fat

- 1 *tblsp* olive oil
- $\frac{1}{2}$ a small white onion, chopped
- 1 garlic clove, finely chopped
- 60g button mushrooms, sliced
- 550ml vegetable stock (made with one organic stock cube)
- 1 *tsp* white vinegar
- 160g arborio rice, rinsed
- $\frac{1}{2}$ *tsp* sea salt
- $\frac{1}{4}$ *tsp* ground black pepper
- 1 *tsp* dried mixed herbs
- 1 *tblsp* fresh parsley, chopped
- 1 *tblsp* nutritional yeast

Heat the oil in a saucepan over a medium flame. Add the onion and fry for 4 minutes, stirring occasionally until soft.

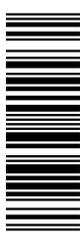
Add the garlic and mushrooms and fry gently for 2 minutes, stirring frequently.

Add the stock, vinegar, rice, salt, pepper and mixed herbs and stir well. Bring to a boil, then reduce heat and simmer gently for 25 minutes, or until the rice is tender.

Add more stock during cooking time if the risotto becomes too dry.

Stir in the parsley and nutritional yeast. Allow to stand for 1 minute. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



Spicy coconut curry



SERVES 4

PER SERVING:

410 Calories **24g** Carbs

38g Protein **18g** Fat

1 tsp coconut oil
2 tbsps Thai red curry paste
200ml unsweetened tinned coconut milk
1 small red onion, sliced
1 red bell-pepper, sliced
1 yellow bell-pepper, sliced
3 garlic cloves, finely chopped
1 inch piece ginger, finely chopped
2 green chilli peppers, finely chopped
500g chicken breast, diced
150g (drained weight) tinned chickpeas, rinsed and drained
40g crunchy peanut butter
100g green beans, ends trimmed
juice of 1 lemon

Melt the coconut oil in a large saucepan over a medium heat. Add the red curry paste with a splash of coconut milk. Cook for 1 minute, stirring.

Add the onion and bell-peppers and fry gently for 4 minutes, stirring occasionally.

Add the garlic, ginger and chilli peppers. Fry for 2 minutes, stirring frequently.

Add the chicken and cook for 8 minutes, stirring occasionally.

Add the remaining coconut milk, chickpeas and peanut butter. Stir well and simmer gently.

Add the green beans. Cover and cook for 4-5 minutes or until the beans are almost tender. Stir in the lemon juice and remove pan from heat. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



SCAN TO MYFITNESSPAL

Blueberry crunch



125g plain or Greek yoghurt (use dairy free yoghurt if preferred)

60g fresh blueberries

10g chopped hazelnuts

5g mixed seeds (e.g. flaxseed, sesame seeds, sunflower seeds)

a pinch of saffron (optional)

SERVES 1

PER SERVING:

205 Calories **15g** Carbs

16g Protein **9g** Fat

Spoon the yoghurt into a bowl and top with the remaining ingredients.

Store in an airtight container and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL



Protein freezer balls

- 85g desiccated coconut
- 50g vanilla flavour whey or rice protein powder
- 20g crunchy nut butter
- 20g dark chocolate (minimum 70% cocoa)
- 10g coconut oil
- for the coating:**
- 2 tsps desiccated coconut

MAKES 4 BALLS

PER BALL:

211 Calories **6g** Carbs
13g Protein **15g** Fat

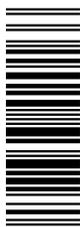
Place all of the ingredients in a bowl. Stir well until combined. Roll into 4 balls.

Roll the balls in the desiccated coconut, until evenly coated.

Place the balls in an airtight container and freeze for 1 hour, or until firm.

Remove from the freezer 5-10 minutes before serving.

Store any leftovers in an airtight container and freeze for up to 1 month.



SCAN TO MYFITNESSPAL

White chocolate & raspberry blondies



40g honey
100g tinned chickpeas (drained weight), rinsed and drained well
50g unsalted butter, melted
40g almond or peanut butter
2 eggs
2 tsps vanilla extract
130g plain flour (use gluten free if preferred)
1/4 tsp baking powder
30g vanilla flavour whey or rice protein powder (optional)
150g fresh raspberries
60g good quality white chocolate, cut into chunks (use dairy free if preferred)

MAKES 9 BLONDIES

PER BLONDIE:

201 Calories **23g** Carbs
7g Protein **9g** Fat

Ensure you consume 2 blondies in order to hit your daily target of 1400 calories.

Preheat oven to 170° C/350° F. Line the base of a 15x15cm baking tin with baking paper.

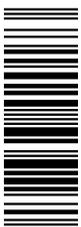
Place all of the ingredients into a blender or food processor, except for the chocolate chunks and raspberries. Blend well until smooth. Taste and add more honey, if required.

Stir in the chocolate and raspberries.

Transfer the mixture into the tin and spread evenly, to cover the base.

Bake for 20 minutes, or until firm. Allow to cool in the tin for 10 minutes. Cut into 9 pieces.

Store any leftovers in an airtight container for up to 3 days or freeze on same day.



Matcha cocoa energy balls



MAKES 10 ENERGY BALLS

PER ENERGY BALL:

105 Calories **11g** Carbs

4g Protein **5g** Fat

75g almonds or ground almonds
110g pitted Medjool dates
1 tbsp chia seeds
25g vanilla flavour whey or rice protein powder (optional)
½ tsp matcha green tea powder
a small pinch of sea salt
1 tbsp cocoa nibs
2 tbsps cocoa powder

Ensure you consume 2 energy balls in order to hit your daily target of 1400 calories.

Place all of the ingredients in a food processor or high-speed blender, except for the cocoa nibs and cocoa powder.

Blend until the mixture begins to stick together. Add 1-2 tbsps cold water if the mixture is too dry. Taste and add more matcha powder, if required.

Transfer the mixture to a bowl and stir in the cocoa nibs.

Scoop 1 tbsp of the mixture and roll into a ball. Repeat with the remaining mixture to form 10 balls.

Roll some of the balls in the cocoa powder.

Freeze for 30 minutes, or until firm.

Store any leftovers in an airtight container for up to 4 days or freeze on same day.



SCAN TO MYFITNESSPAL

Cherry bakewell bars



MAKES 8 BARS

PER BAR:

191 Calories **14g** Carbs

9g Protein **11g** Fat

100g oats (use gluten free if preferred)
25g ground almonds
30g vanilla flavour whey or rice protein powder
10g desiccated coconut
30g almond butter
3 tbsps unsweetened almond milk
1 tbsp maple syrup
1 tsp almond extract
35g dried cherries

Line the base of a medium-sized loaf tin with baking paper.

Place the oats, ground almonds and protein powder into a food processor or high speed blender. Blend well until finely ground.

Stir in the coconut, almond butter, almond milk, maple syrup and almond extract. Add more milk if required, until the consistency of a sticky paste is achieved.

Stir in the dried cherries.

Transfer to the loaf tin and press down firmly, covering the base. Freeze for 30 minutes or until firm enough to slice.

Cut into 8 bars.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.



SCAN TO MYFITNESSPAL

Caramel protein bars



MAKES 5 BARS

PER BAR:

205 Calories **12g** Carbs

10g Protein **13g** Fat

30g oats (use gluten free if preferred)

30g pitted dates

1 tbsp coconut oil, melted

50g tahini

35g vanilla flavour whey or rice

protein powder

10g cocoa powder

½ tsp vanilla extract

a pinch of sea salt

for the chocolate coating:

1 tbsp melted coconut oil

15g dark chocolate (minimum 70%
cocoa powder)

Line the base of an oven tray with baking paper. Place the oats in a blender or food processor and blend until finely ground.

Transfer the ground oats to a bowl.

Blend the dates and melted coconut oil into a paste in a blender or food processor. Transfer the paste to the bowl and add the remaining ingredients. Mix well to combine. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the oven tray and shape into a long sausage. Flatten down to form a long rectangle. Neaten the sides with a spatula.

Place the dark chocolate and coconut oil in a saucepan. Place the saucepan in a shallow basin of boiling water and place over a medium heat. Stir until melted. Remove the saucepan from the water and set aside for 10 minutes.

Drizzle the chocolate over the filling mixture. Refrigerate until firm then cut into 5 pieces.

Store the bars in an airtight container and refrigerate for up to 4 days or freeze on same day.



Peppermint & chocolate energy bites



*a small amount of coconut oil,
to grease muffin tin
10g milk or dark chocolate chips
½ tsp freeze-dried raspberries*

for the base layer:

*30g coconut oil, melted
50g almond butter
2 tbsps maple syrup
½ tsp peppermint extract
10g cocoa powder*

a small pinch of sea salt

for the top layer:

70g cream cheese (use dairy free if preferred)

2 tsps coconut oil, melted

15g vanilla flavour whey or rice protein powder

a few drops of peppermint extract

1 tsp maple syrup

MAKES 6 ENERGY BITES

PER ENERGY BITE:

204 Calories 10g Carbs

5g Protein 16g Fat

Lightly grease 6 compartments of a mini muffin tin, or line with paper cases.

Place the base ingredients in a bowl and stir well. Spoon the mixture into the base of the muffin compartments.

Freeze for 10 minutes, or until firm.

Meanwhile, place the top layer ingredients in a bowl and stir until thoroughly combined.

Spoon the mixture over the top of the base layer and spread evenly.

Sprinkle the chocolate chips and raspberries over the top.

Freeze for 10 minutes, or until firm.

Store any leftovers in an airtight container and freeze for up to 2 weeks.



About Emma...



Emma Melhuish, BSc Honours Degree in Sport & Nutrition, Advanced Certification in Female Metabolism and Hormones.



With over 21 years of experience in the Health & Wellness industry, Emma understands exactly how to achieve sustainable fat loss and transformational results (both body & mind) for her female clients.

Having struggled with her own hormone changes in her late 30's, Emma has the unique ability to understand firsthand how to help women navigate through this sensitive period to become fit, fearless, healthy, and strong with unstoppable confidence in the second of their life.

P.S. Whenever you are ready here are 2 of the best ways we can help you:

- 1. For more free advice and support make sure you're following me on Instagram [@themetabolicfemale](https://www.instagram.com/themetabolicfemale)**
- 2. Want bespoke help with how to eat to support your hormones? Fill in this short form here => bit.ly/themetabolicfemaleconsult**