

the
METABOLIC
FEMALE

BALANCED MACRO MEAL PLAN

1600 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 **450 calories** per serving.

Each snack is approximately **250 calories** per serving.

Please ensure you consume the following meals each day, to ensure you hit your daily calorie target of **1600 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: 100g 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)

Salmon breakfast hash



SERVES 2

PER SERVING:

449 Calories **42g** Carbs

32g Protein **17g** Fat

350g white potatoes, scrubbed and cut into small bite-sized pieces

3 tsps butter or coconut oil

1 small white onion, finely chopped

150g cooked skinless salmon fillet, flaked

2 tbsps fresh chives, chopped

40g fresh spinach leaves, chopped

a pinch of sea salt and ground black pepper

4 eggs

Place the potatoes in a saucepan of boiling water and simmer gently for 20-25 minutes, or until tender. Remove from the pan and drain well. You can do this the night before if you want to save time in the morning. Once cooled, refrigerate until ready to use.

Melt the butter/oil in a skillet or heavy-based frying pan over a medium/low heat. Add the onion and sauté for 3-4 minutes, stirring occasionally. Add the potatoes and cook for 3-4 minutes, stirring frequently.

Add the flaked salmon, chives, spinach, salt and pepper. Cook for 2 minutes, or until the salmon is heated throughout.

Make 4 small wells in the mixture and crack one egg into each well. Cover and cook for 3-4 minutes, or until the whites are set but the yolks are still slightly runny. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Oatless nut porridge



- 10g flaxseed
- 10g walnuts and/or pecans
- 5g unsweetened coconut flakes or desiccated coconut
- ½ tsp ground cinnamon
- 1 egg
- 2 egg whites
- 60ml unsweetened almond milk (or use milk of your choice)
- 10g cashew or almond butter
- 60g ripe banana, mashed
- ½ tsp chia seeds
- for the topping:**
- 25g fresh berries of your choice

SERVES 1

PER SERVING:

455 Calories **32g** Carbs

21g Protein **27g** Fat

Place the flaxseed, nuts, coconut flakes and cinnamon in a blender or food processor. Blend well until coarsely ground.

Place the egg, egg whites, milk, nut butter and banana in a bowl and blend well using an electric hand blender.

Add the ground nut mixture and chia seeds and stir well until combined.

Transfer the mixture to a saucepan and cook over a medium/low heat, stirring continuously until thick and creamy. Add more milk during cooking time, if the mixture becomes too thick.

Serve topped with fresh berries.

Consume immediately.



SCAN TO MYFITNESSPAL

Strawberry smoothie breakfast bowl



for the smoothie bowl:

- 60g frozen banana
- 130g Greek yoghurt (use dairy free if preferred)
- 20g vanilla or banana flavour whey or rice protein powder (optional)
- 20g oats (use gluten free if preferred)
- a pinch of ground cinnamon
- ½ tsp chia seeds
- 8 almonds
- 80g frozen strawberries

for the topping:

- 1 tsp sunflower or pumpkin seeds
- 5g unsweetened coconut flakes

SERVES 1

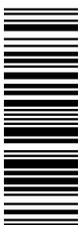
PER SERVING:

443 Calories **33g** Carbs
35g Protein **19g** Fat

Place the ingredients in a blender, and blend well until smooth. Transfer to a serving bowl.

Top with the remaining ingredients. Serve.

Cover and refrigerate any leftovers for up to 2 days.



SCAN TO MYFITNESSPAL

Crustless cheese & chive quiche



SERVES 2

PER SERVING:

445 Calories **11g** Carbs

35g Protein **29g** Fat

- 1 tsp ghee or olive oil, plus extra to grease dish*
- 3 smoked or unsmoked back bacon rashers, chopped*
- 1 small red onion, finely chopped*
- 4 eggs*
- 2 egg whites*
- 1 tbsp crème fraîche (optional)*
- ½ tsp dried mixed herbs*
- 50g Cheddar cheese, grated (use dairy free if preferred)*
- 1-2 tbsps fresh chives, finely chopped*
- a pinch of sea salt and ground black pepper*
- 120g vine-ripened tomatoes, sliced*

Preheat oven to 180° C/350° F. Lightly grease a small ovenproof dish or tin with ghee or butter.

Heat the ghee/oil in a frying pan over a medium heat. Add the bacon and onion and fry for 5 minutes, stirring occasionally until the onions are soft.

Whisk the eggs and egg whites in a jug. Add the bacon and onion mixture, crème fraîche, dried herbs, and half of the grated cheese and chives. Season with salt and pepper and stir well.

Pour the egg mixture into the dish. Scatter the remaining cheese and chives over the top. Arrange the tomato slices over the surface of the quiche.

Bake for 35 minutes, or until just set and golden. Serve warm or cold.

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



SCAN TO MYFITNESSPAL

Feta & spinach breakfast hash



SERVES 1

PER SERVING:

444 Calories **21g** Carbs

36g Protein **24g** Fat

- 3 eggs
- 1 egg white
- a pinch of sea salt and ground black pepper
- ½ tsp paprika
- 1 tsp coconut oil
- 60g cherry tomatoes, halved
- 50g button mushrooms, chopped
- 60g red bell-pepper, chopped
- 2 spring onions, chopped
- 60g fresh spinach leaves
- 20g Feta cheese, cut into small cubes

Crack the eggs and egg white into a jug. Add the salt, pepper and paprika and beat with a fork.

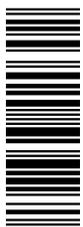
Heat the oil in a frying pan over a medium heat. Add the tomatoes, mushrooms, bell-pepper and spring onions and cook for 3-4 minutes, stirring occasionally until soft.

Add the spinach and cook for 2 minutes, stirring occasionally until wilted.

Add the Feta and cook for 1-2 minutes, to heat through.

Pour in the eggs. Stir continuously until thoroughly cooked. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Quick crunchy muesli



SERVES 1

PER SERVING:

451 Calories **39g** Carbs

31g Protein **19g** Fat

50g oats (use gluten free if preferred)

25g vanilla or strawberry flavour whey or rice protein powder (optional)

130ml unsweetened almond milk (or use milk of your choice)

10g brazil nuts or cashews, chopped

10g almonds or hazelnuts, chopped

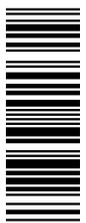
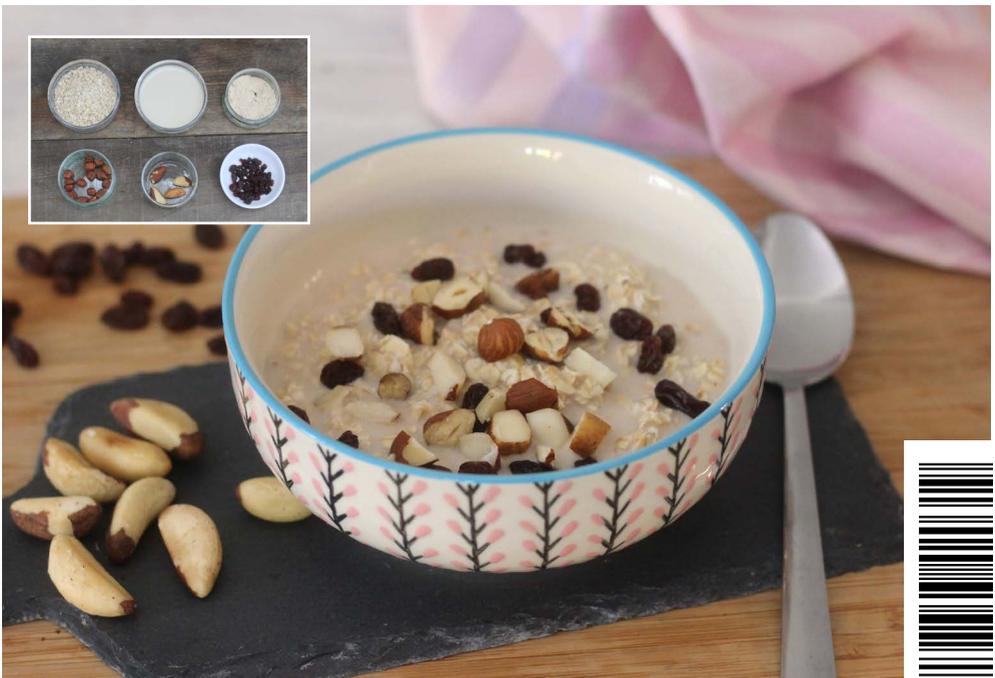
10g raisins or sultanas

Mix the oats, protein powder (if using) and milk in a bowl.

Allow to stand for 10 minutes. Leave to stand for longer if a thicker consistency is desired. Add a splash more milk if the mixture becomes too thick.

Stir in the remaining ingredients and serve.

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



SCAN TO MYFITNESSPAL

Chia peach smoothie bowl



200g Greek yoghurt (use dairy free if preferred)
30g vanilla flavour whey or rice protein powder
60g frozen peach slices (plus 10g extra for topping)
40g blueberries (plus 5g extra for topping)
1 tsp maple syrup
2 tps flaxseed or shelled hempseed
6 ice cubes

for the topping:
a sprinkle of chia seeds
a sprinkle of flaked almonds

SERVES 1

PER SERVING:

451 Calories **24g** Carbs
46g Protein **19g** Fat

Place all of the ingredients in a blender and blend until smooth.

Add more ice cubes if the mixture is too runny.

Transfer to a serving bowl.

Garnish with the additional blueberries and peach slices. Sprinkle on the almonds and chia seeds.

Cover and refrigerate any leftovers and consume within 24 hours.



SCAN TO MYFITNESSPAL

Chipotle chicken & veggie bowl



SERVES 2

PER SERVING:

449 Calories **41g** Carbs

33g Protein **17g** Fat

50g uncooked quinoa or amaranth
250g chicken breast, cut into strips
2 tpsps chipotle spice blend
1 tsp paprika
½ tsp sea salt and ground black pepper
150g butternut squash, peeled, seeds removed and diced
½ a small red onion, quartered
½ a red bell-pepper, sliced
150g courgette, sliced
1 tbsp olive oil
1 tsp coconut oil
a large handful of rocket leaves
4 cherry tomatoes, halved
20g feta cheese, cut into cubes
a drizzle of lemon juice

Place the quinoa/amaranth in a saucepan of water and cook according to packet instructions. Drain well and set aside.

Preheat oven to 200°C/400°F. Line a baking tray with foil.

Place the spices in a wide-based bowl. Add the chicken and stir well to coat. Cover and refrigerate for 30 minutes.

Spread the squash, onion, bell-pepper and courgette onto the tray. Drizzle over the olive oil. Season with a little salt and pepper, if desired. Roast for 20–25 minutes, or until the vegetables are cooked.

Meanwhile, heat the coconut oil in a frying pan over a medium flame. Add the chicken and cook for 8 minutes, or until thoroughly cooked.

Divide the cooked quinoa/amaranth between two serving bowls. Add the remaining ingredients and serve.

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



SCAN TO MYFITNESSPAL

Salmon & quinoa bowl



for the quinoa bowl:

50g quinoa (dry weight)

1 egg

70g smoked salmon, chopped

¼ small ripe avocado, sliced

20g fresh spinach leaves, chopped

5 cherry tomatoes, halved

1 tsp sunflower seeds

for the dressing:

2 tbsps Greek yoghurt (use dairy free if preferred)

juice of ½ a lemon

¼ tsp Dijon mustard

1 sprig of fresh dill, finely chopped (or use ½ tsp dried dill)

½ tsp sea salt and ground black pepper

SERVES 1

PER SERVING:

454 Calories 31g Carbs

32g Protein 22g Fat

Place the quinoa in a pan of boiling water. Stir and cook according to the packet instructions. Drain well and transfer to a serving bowl.

Meanwhile, place the egg in a small saucepan of boiling water and cook for 7 minutes. Remove from the pan with a slotted spoon. Immerse in cold water for 1-2 minutes, then peel and slice.

Add the spinach, tomatoes, egg, salmon and avocado to the serving bowl.

Mix the dressing ingredients in a bowl and spoon half onto the salmon.

Sprinkle the sunflower seeds over the top and serve.

Store any remaining salad and dressing in separate airtight containers and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Nourishing chicken & quinoa broth



- 1kg whole chicken (giblets removed)
- 2 medium-sized carrots, peeled and sliced
- 2 medium-sized white onions, sliced
- 2 celery sticks, chopped
- 1 large leek, finely chopped
- 2 medium-sized parsnips (optional), peeled and cut into thick sticks
- a small bunch of flat leaf parsley, stalks and leaves separated, chopped
- 10 black peppercorns
- 2 bay leaves
- 2-3 fresh thyme sprigs
- 1 litre vegetable stock (made with one organic stock cube)
- 100g (dry weight) plain or tri-colour quinoa

SERVES 5

PER SERVING:

461 Calories **30g** Carbs

47g Protein **17g** Fat

Place the chicken in a large saucepan. Add the carrots, onions, celery, leek, parsnips, parsley stalks, peppercorns, bay leaves and thyme. Add the stock plus extra cold water, so that the chicken is almost covered. Bring to a simmer, cover and cook for 40 minutes.

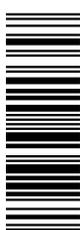
Add the quinoa, stir and simmer gently for 25 minutes, or until the quinoa is cooked.

Remove the chicken carefully from the saucepan and transfer to a large bowl. Discard the peppercorns, bay leaves, thyme and parsley stalks, as well as any small chicken bones.

Use a fork to remove the chicken meat. Shred well, then add back into the broth with the parsley leaves.

Taste and add more seasoning if required. Serve.

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



Green lentil & pesto soup



SERVES 4

PER SERVING:

450 Calories **18g** Carbs

54g Protein **18g** Fat

2½ tpsps coconut oil
1 large red onion, finely diced
2 garlic cloves, finely chopped
600g chicken breast, diced
100g cherry tomatoes, left whole
150g green beans, ends trimmed and cut into bite-sized pieces
300ml recently boiled water
300g tinned chopped tomatoes
400g tinned green lentils, drained
60g 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 flame. 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

Veggie buddha bowl



30g (dry weight) wholegrain or wild rice

1 tsp coconut oil

½ a small red onion, finely chopped

40g tinned black or mixed beans
(drained weight), rinsed and drained

½ tsp ground cumin

½ tsp chilli powder

½ tsp garlic granules

a pinch of sea salt and black pepper

for the dressing:

15g tahini

2 tsps lemon juice

1 garlic clove, minced

1 tsp extra virgin olive oil

a small pinch of sea salt

for the salad:

5g walnuts

30g fresh spinach leaves, chopped

30g carrot, grated

4 small radishes, sliced

40g avocado, sliced

SERVES 1

PER SERVING:

452 Calories 48g Carbs

11g Protein 24g Fat

Bring a small saucepan of water to a boil. Reduce to a simmer. Add the rice, stir and cook according to packet instructions. Drain well.

While the rice is cooking, melt the oil in a frying pan over a medium heat. Add the onion and fry for 3 minutes, stirring occasionally.

Add the beans and spices. Fry for 3-4 minutes, stirring occasionally. Remove the pan from the heat.

Mix the dressing ingredients in a jug. Add a splash of cold water, if the dressing is too thick.

Transfer the cooked beans and rice to a serving bowl. Add the walnuts, spinach, carrot, radishes and avocado. Drizzle around one sixth of the dressing over the top. Serve.

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



Bacon, maple & pecan salad



- ½ tsp ghee or coconut oil*
- 2 unsmoked bacon rashers, cut into small pieces*
- 5g pecan halves*
- a large handful of mixed lettuce leaves*
- 3 cherry tomatoes, halved*
- ½ a yellow bell-pepper, sliced*
- for the dressing:**
- 2 tsps balsamic vinegar*
- 2 tsps maple syrup*
- ½ tsp brown mustard seeds, ground*
- a pinch of sea salt and ground black pepper*
- a drizzle of extra-virgin olive oil*

SERVES 1

PER SERVING:

443 Calories **22g** Carbs

19g Protein **31g** Fat

Melt the ghee/oil in a large frying pan over a medium heat. Add the bacon and fry on both sides until crispy.

Assemble the remaining salad ingredients in a bowl and top with the bacon.

Mix the dressing ingredients in a jug. Drizzle over the salad. Serve.

Store any leftover salad and dressing in separate airtight containers and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Sun-dried tomato chicken salad



SERVES 3

PER SERVING:

455 Calories **9g** Carbs

53g Protein **23g** Fat

575g chicken mini fillets
100g sun-dried tomato pesto
3 handfuls mixed baby leaf salad
6 vine-ripened tomatoes, sliced
100g red onion, finely sliced
1-2 tbsps balsamic vinegar
90g feta cheese (use dairy free cheese if preferred), cut into cubes
75g pitted black olives
a pinch of ground black pepper

Place the chicken fillets in a bowl and coat evenly with the pesto. Allow to marinate for one hour, or longer if you have time.

Preheat oven to 160°C/325°F. Line an oven tray with foil. Place the chicken onto the tray and bake for 20 minutes, or until thoroughly cooked.

Meanwhile, divide the salad leaves between three serving bowls. Add the tomatoes, onion, feta and olives and top with the balsamic vinegar.

Arrange the chicken over the salad. Season with black pepper and serve.

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



Jerk salmon



SERVES 2

PER SERVING:

449 Calories **17g** Carbs

39g Protein **25g** Fat

*50g white or red onion, chopped
2 garlic cloves, chopped
a small bunch of fresh coriander,
chopped*

3 tbsps Worcester sauce

2 tbsps white vinegar

1 tsp molasses sugar or honey

1 tsp cayenne pepper

1 tsp sea salt

1 tsp ground black pepper

2 tsps olive oil

300g salmon fillet

Optional:

50g red onion, sliced

1 tsp oil

In a bowl, combine the onion, garlic, coriander, Worcester sauce, malt vinegar, molasses sugar, cayenne pepper, salt and black pepper. Using a stick blender, blend the ingredients to form a marinade.

Place the salmon in a shallow bowl and top with the marinade. Spread to cover well.

Heat the oil in a frying pan over a medium heat. Add the salmon, skin side down, and fry for 4 minutes.

Gently turn using a fish slice and fry for 5 minutes, or until the fish is cooked and the marinade has darkened.

Remove the fish from the pan.

Optional: Heat 1 tsp olive oil in the same frying pan. Add the sliced onion and sauté for 4-5 minutes, stirring occasionally.

Serve the onion topped with the salmon and garnished with a sprinkle of coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



Almond chicken curry



SERVES 3

PER SERVING:

464 Calories **14g** Carbs

57g Protein **20g** Fat

600g fresh chicken breast, diced
1 tsp ground black pepper
a pinch of saffron threads
150g plain yoghurt (use dairy free if preferred)
1 tbsp ghee or coconut oil
150g white onion, sliced
4 garlic cloves, finely chopped
20g fresh ginger, finely chopped
5 green cardamom pods
1 tsp ground coriander
½ tsp cayenne pepper
½ tsp ground turmeric
½ tsp sea salt
4 cloves
60g ground almonds

Place the chicken in a bowl. Sprinkle the black pepper and saffron over the top. Stir well to coat. Add the yoghurt and stir well. Refrigerate for at least 30 minutes.

Melt the ghee/oil in a large saucepan over a medium/low heat. Add the onion and fry for 4-5 minutes, stirring occasionally.

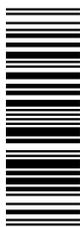
Add the ginger and garlic and fry for 3 minutes, stirring occasionally.

Add the spices, chicken and 400ml cold water and bring to a boil. Reduce to a gentle simmer and stir well. Cover and cook for 5 minutes, stirring occasionally.

Stir in the ground almonds. Cover and cook for 4-5 minutes. Serve.

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

Serving suggestion: Serve with steamed vegetables of your choice.



SCAN TO MYFITNESSPAL

Asian inspired quick beef noodles



*the grated zest and juice of 1 lime
a small handful of fresh basil leaves,
roughly chopped*

*a small handful of fresh mint leaves,
roughly chopped*

1 tbsp fish sauce (nam pla)

1 tbsp soy sauce or tamari

1 inch piece fresh ginger, grated

1 tsp honey

*60g (dry weight) vermicelli noodles,
or use noodles of your choice*

1 tsp ghee or coconut oil

350g lean stir fry beef strips

2 spring onions, finely sliced

8-10 small asparagus spears

½ - 1 red chilli pepper, finely sliced

100g sugar snap peas

to garnish:

1 tsp unsalted peanuts (optional)

½ tsp sesame seeds

SERVES 2

PER SERVING:

456 Calories 41g Carbs

46g Protein 12g Fat

In a bowl, mix the lime juice and zest, mint, basil, ginger, fish sauce, soy sauce and honey.

Bring a small saucepan of water to a boil. Add the noodles, stir well and cook for 3 minutes, or until tender. Drain.

Melt the ghee/oil in a frying pan over a medium/high heat. Add the beef and fry for 2-3 minutes, stirring to brown all over. Transfer to a plate and set aside.

Reduce heat to medium/low. Add the spring onions, asparagus, red chilli pepper and sugar snap peas. Fry for 3 minutes, stirring.

Add the sauce and stir well. Cook for 2-3 minutes, stirring occasionally. Add the cooked noodles and stir well.

Serve topped with peanuts (if using) and a sprinkle of sesame seeds.

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



Oriental beef satay



SERVES 2

PER SERVING:

452 Calories **23g** Carbs

54g Protein **16g** Fat

1 tsp ghee or coconut oil
400g minute beef steaks, cut into strips
1 orange or red bell-pepper, sliced
4 ripe salad tomatoes, chopped
40g closed-cup or button mushrooms, sliced
5 spring onions, finely sliced
3 cloves garlic, finely chopped
1 tbsp soy sauce or tamari
a pinch of sea salt
a pinch of ground black pepper
120g Savoy cabbage, shredded
30g smooth or crunchy peanut butter
250g cauliflower, grated

Melt the ghee/oil in a frying pan over a medium heat. Add the beef and fry for 2-3 minutes on each side. Remove from the pan and set aside.

Add the bell-pepper to the pan and fry gently for 3-4 minutes, stirring until soft.

Add the tomatoes, mushrooms and spring onions and fry gently for 2-3 minutes, stirring until soft.

Add the garlic, reduce heat to medium/low and fry for 2 minutes, stirring.

Add the beef back into the pan with the salt, pepper, soy sauce and cabbage. Stir and cook for 3 minutes, or until the cabbage is tender.

Stir in the peanut butter and cook for 3 minutes, stirring. Meanwhile, steam the cauliflower for 2-3 minutes, until tender.

Serve the beef satay on a bed of cauliflower rice.

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



SCAN TO MYFITNESSPAL

Fish masala



- 300g unsmoked haddock fillets (fresh or frozen)
- 1 tsp ghee or coconut oil
- 150g white onion, finely chopped
- 2 garlic cloves, finely chopped
- 10g fresh ginger, finely chopped
- ½ a yellow bell-pepper, chopped
- 2 green chillis, finely chopped
- 200g tinned chopped tomatoes
- 50ml boiled water
- 2 tsps fish masala spice mix
- a pinch of sea salt
- 60g Greek yoghurt (use dairy free yoghurt if preferred)
- 1 tsp nutritional yeast
- 100g (dry weight) white basmati rice, rinsed
- a small handful of fresh coriander, finely chopped

SERVES 2

PER SERVING:

461 Calories 57g Carbs

47g Protein 5g Fat

Cook the haddock fillets according to packet instructions. Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring occasionally until soft.

Add the garlic, ginger, bell-pepper and green chillis and fry for 3 minutes, stirring occasionally.

Add the chopped tomatoes, boiled water, fish masala spice mix and salt and stir well. Add the haddock and stir gently to avoid breaking the fish up too much. Cook for 5 minutes, stirring occasionally.

Meanwhile, bring a small saucepan of water to a boil. Add the rice, stir briefly then reduce heat and simmer gently for 15 minutes or until tender. Drain well.

Stir the yoghurt and nutritional yeast into the curry. Add the chopped coriander and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



Mediterranean salmon & cod bake



300g courgette, chopped
150g red onion, chopped
2 garlic cloves, finely chopped
150g cherry tomatoes, halved
2 bell-peppers (any colour), chopped
1 Tbsp. olive oil
2 Tbsps. balsamic vinegar
250g salmon fillets
250g cod loin
1 tsp dried Italian herbs
a pinch of sea salt and ground black pepper

SERVES 3

PER SERVING:

456 Calories 22g Carbs

38g Protein 24g Fat

Preheat oven to 180° C/350° F.

Place the courgette, garlic, onion, bell-peppers and cherry tomatoes on a large baking tray and spread them out evenly.

Sprinkle the olive oil and balsamic vinegar over the vegetables. Bake for 10 minutes.

Remove from the oven and nestle the salmon and cod amongst the vegetables. **Note:** If the salmon fillets are a much thicker cut than the cod, cut the salmon into chunks so that it cooks at around the same rate as the cod.

Sprinkle the Italian herbs, salt and pepper over the fish and vegetables. Bake for 25 minutes, or until the fish is thoroughly cooked.

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



Lime & ginger pork meatballs



SERVES 2

PER SERVING:

461 Calories **29g** Carbs

39g Protein **21g** Fat

- 350g 10% fat pork mince*
- a small handful of fresh coriander, finely chopped*
- 1 tbsp soy sauce or tamari*
- 1 tsp Chinese 5 spice*
- 10g fresh ginger, grated*
- grated zest of ½ a lime*
- 1 tsp coconut oil*
- 150g Tenderstem broccoli, chopped*
- 1 red bell-pepper, roughly chopped*
- 2 cloves garlic, finely sliced*
- 1 small red onion, sliced*
- 150g carrot, sliced*

Preheat oven to 210° C/425° F.

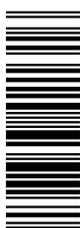
Place the pork mince in a large bowl. Add the coriander, soy sauce, Chinese 5 spice, ginger and lime zest.

Using your hands, mix the ingredients together and form 10 meatballs.

Place the meatballs on an oven tray and bake for 20 minutes, or until cooked.

Melt the coconut oil in a wok over a high heat. Add the vegetables and garlic and stir fry for 4-5 minutes, or until the vegetables are tender. Serve.

Store any leftover meatballs in an airtight container and refrigerate for up to 3 days or freeze on same day. Store any leftover vegetables in an airtight container and refrigerate for up to 2 days.



Sesame bars



MAKES 5 BARS

PER BAR:

243 Calories **12g** Carbs

6g Protein **19g** Fat

- 50g pitted Medjool dates
- 40g desiccated coconut
- 50g sesame seeds
- 50g pumpkin seeds
- 1 tbsp tahini
- ½ tbsp coconut oil
- 2 tsps honey or maple syrup

Line the base of a small baking tin with baking paper.

Place the ingredients in a food processor and blend well into a firm dough.

Add a small amount of cold water if the mixture is too crumbly.

Transfer the mixture onto the baking paper. Shape into a thick, compacted rectangle.

Cover and refrigerate for one hour, or until firm.

Cut into 5 bars. Serve.

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



SCAN TO MYFITNESSPAL

Chocolate & hazelnut nests



MAKES 6 NESTS

PER NEST:

245 Calories **9g** Carbs

5g Protein **21g** Fat

60g hazelnuts

1 tbsp cocoa powder

a small pinch of sea salt

50g desiccated coconut

2 pitted Medjool dates

for the filling:

50g dark chocolate (minimum 70% cocoa)

½ tbsp coconut oil

35g hazelnuts

25g Medjool dates, pitted

½ tbsp nut butter of your choice

2 tbsp unsweetened almond milk

for the topping:

6 hazelnuts

Line 6 compartments of a cupcake tin with paper cake cases.

Blend the hazelnuts for 4 minutes, until finely ground. Add the cocoa powder, salt and desiccated coconut and blend well. Add the dates and blend until the mixture forms a dough. Add a drop of cold water if the mixture is too crumbly.

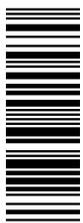
Carefully press the mixture into the base and part way up the sides of each paper case, to create a nest. Freeze for 15 minutes.

Place the chocolate and coconut oil in a small bowl and stand in a shallow basin of boiling water. Stir well until melted.

Place the remaining ingredients in food processor and blend well until smooth. Add the chocolate and process until a thick paste has formed. Add more milk if required.

Spoon the mixture into each nest. Top each nest with a hazelnut. Freeze for 1 hour, or until set. Remove from freezer and leave at room temperature for 10 minutes before serving.

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



Dreamy chocolate protein mousse



for the mousse:

60g ripe banana, mashed well
200g Greek yoghurt (use dairy free if preferred)

40ml tinned unsweetened coconut milk

30g chocolate or vanilla flavour whey or rice protein powder

2 heaped tpsps cocoa powder

for the topping:

½ tsp dark chocolate (minimum 70% cocoa), finely grated

30g fresh blueberries, raspberries or strawberries

SERVES 2

PER SERVING:

246 Calories **18g** Carbs
21g Protein **10g** Fat

Place the mousse ingredients in a large bowl. Mix well using an electric hand blender, until smooth and creamy.

Refrigerate for 1 hour or more.

Serve topped with dark chocolate and fresh berries.

Cover any leftovers and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

Apple oaty bars



MAKES 18 BARS

PER BAR:

126 Calories **16g** Carbs

2g Protein **6g** Fat

10g coconut oil, to grease tins
3 apples, peeled, cored and grated
120ml fresh orange or apple juice
90g pitted Medjool dates, chopped
4 Tbsps. coconut oil, melted
1 tbsp maple syrup or honey
160g oats (use gluten free if preferred)
50g buckwheat flour (or use flour of your choice)
1 tsp ground cinnamon
25g pecans or walnuts, chopped
10g sunflower seeds

Ensure you consume 2 bars in order to hit your daily target of 1600 calories.

Preheat oven to 180°C/350°F. Lightly grease the base and sides of two 15x15cm baking tins. Line the base of each tin with baking paper.

Place the apples in a large bowl. Add the remaining ingredients and stir well.

Allow to stand for 5 minutes.

Transfer to the tins and spread evenly to cover the base.

Bake for 30 minutes, or until golden.

Allow to cool in the tins then cut into 18 bars.

Store any leftovers in an airtight container for up to 5 days.



SCAN TO MYFITNESSPAL

Lemon chia overnight pudding



250ml unsweetened almond milk
50g chia seeds
40g vanilla flavour whey or rice protein powder
the grated zest and juice of $\frac{1}{2}$ a lemon
 $\frac{1}{2}$ tsp vanilla extract (optional)
100g raspberries (fresh or frozen)
plus a few extra to serve
1 tsp honey or maple syrup

SERVES 2

PER SERVING:

254 Calories **20g** Carbs
21g Protein **10g** Fat

Place all of the ingredients in a sealable container and mix thoroughly. Refrigerate overnight.

Stir well. Serve topped with a few raspberries.

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



SCAN TO MYFITNESSPAL

Indulgent brownies



MAKES 7 BROWNIES

PER BROWNIE:

254 Calories **24g** Carbs

8g Protein **14g** Fat

- 20g ground flaxseed
- 6 tbsps cold water
- 35g Medjool dates, pitted
- 50g almond or cashew butter
- 1 tsp vanilla extract
- 2 tbsps honey
- 50g coconut oil, melted
- 25g cocoa powder
- a pinch of sea salt
- 90g buckwheat flour
- 30g chocolate flavour whey or rice powder (optional)
- 30g dark chocolate chips (minimum 70% cocoa)

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

Mix the flaxseed and cold water in a jug and allow to stand for 15 minutes.

Place the dates in a blender or food processor and add 10ml cold water. Blend into a paste.

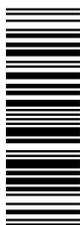
Place the almond butter, dates, vanilla extract, honey and coconut oil in a bowl and whisk well with an electric mixer.

Gradually add the cocoa and salt, whisking until smooth. Add the wet flax mixture and whisk well. Gradually add the flour and protein powder (if using) and fold in with a spatula. Mix well, ensuring no flour patches remain.

Fold in the chocolate chips. Transfer the mixture to the tin. Using a spatula, gently spread the mixture to evenly cover the base of the tin.

Bake for 25-30 minutes or until a toothpick inserted comes out clean. Allow to cool then cut into 7 brownies.

Store any leftovers in an airtight container for up to 3 days.



SCAN TO MYFITNESSPAL

Fruit, nut & seed bars



MAKES 6 BARS

PER BAR:

245 Calories **25g** Carbs

7g Protein **13g** Fat

- 150g ripe banana
- 100g oats (use gluten free if preferred)
- 1 tsp vanilla extract
- 40g dried cranberries or raisins
- 30g pistachios, chopped
- 30g pumpkin seeds
- 50g almond butter
- 20g cashews or hazelnuts, chopped

Preheat oven to 150°C/300°F. Line the base of a 15x15cm baking tin with baking paper.

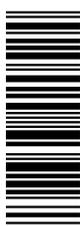
Mash the banana in a large bowl. Add the remaining ingredients and stir well.

Transfer to the baking tin and spread evenly to cover the base.

Bake for 25-30 minutes, or until thoroughly cooked.

Allow to cool in the tin then cut into 6 bars.

Store any leftovers in an airtight container for up to 3 days.



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**