

the
METABOLIC
FEMALE

BALANCED MACRO MEAL PLAN

1800 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.

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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



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



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Tracking your daily calories



Please read this before you start.

Each main meal is approximately **500 calories** per serving.

Each snack is approximately **300 calories** per serving.

Please ensure you consume the following meals each day, to ensure you hit your daily calorie target of **1800 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 tbsp = 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)

Mango & coconut porridge



180g oats (use gluten free if preferred)

200ml cold water

200ml unsweetened almond milk,

or use milk of your choice

2 tbsps desiccated coconut

for the toppings:

1 tbsp pumpkin or sunflower seeds

100g ripe mango, chopped or sliced

15g nut butter of your choice

SERVES 2

PER SERVING:

511 Calories **60g** Carbs

16g Protein **23g** Fat

Place the oats, water and milk in a large saucepan and stir well. Place over a low heat and cook for 5 minutes, stirring frequently.

When the porridge has thickened, stir in half of the coconut and heat through for 30 seconds.

Transfer to two serving bowls.

Add the remaining coconut and toppings. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Peanut butter & raspberry overnight oats



SERVES 1

PER SERVING:

491 Calories **47g** Carbs

33g Protein **19g** Fat

60g fresh raspberries
15g crunchy peanut butter
50g oats (use gluten free if preferred)
175ml unsweetened almond milk (or use milk of your choice)
½ tsp chia seeds
25g vanilla or raspberry flavour whey or rice protein powder
7g shelled hempseed
1 tsp maple syrup

Place all of the ingredients in an airtight container. Stir well with a fork, mashing the raspberries up into the mixture.

Cover and refrigerate for several hours or overnight.

Stir well and add more milk if required, to achieve desired consistency.

Transfer to a serving bowl.

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

Serving suggestion: Serve topped with fresh berries and a sprinkle of chia seeds.



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)
15g cashew or almond butter
50g ripe banana, mashed
½ tsp chia seeds
30g vanilla flavour whey or rice protein powder
for the topping:
25g fresh berries of your choice

SERVES 1

PER SERVING:

505 Calories **26g** Carbs
44g Protein **25g** 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 required.

Remove from the heat and allow to stand for 5 minutes. Add the protein powder and stir rapidly, until combined.

Serve topped with fresh berries.

Consume immediately.



Tahini choc chip porridge



80g oats (use gluten free if preferred)

150ml unsweetened almond milk

15g tahini

10g dark chocolate (minimum 75% cocoa solids), cut into chunks

10g pecans or walnuts

40g banana, sliced

a sprinkle of chia seeds

5g shelled hempseed or flaxseed

SERVES 1

PER SERVING:

517 Calories **58g** Carbs

15g Protein **25g** Fat

Place the oats and milk in a saucepan over a medium heat and stir.

Cook for 4-5 minutes, stirring frequently until thick. Add more milk during cooking time, if required.

Remove the saucepan from the heat and stir in the tahini. Transfer to a serving bowl.

Top with the dark chocolate, nuts, banana, chia seeds and hempseed. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Chickpea breakfast hash



1 tsp coconut oil
½ a small white onion, finely sliced
1 red bell-pepper, diced
150g tinned chickpeas (drained weight), rinsed
1 tsp cumin seeds
½ tsp sea salt
½ tsp ground black pepper
3 eggs
1 tbsp fresh parsley, finely chopped
1 tbsp fresh coriander, finely chopped
25g feta cheese, crumbled
juice of ½ a lemon

SERVES 1

PER SERVING:

500 Calories **37g** Carbs

34g Protein **24g** Fat

Heat the oil in a frying pan over a medium heat. Add the onion and bell-pepper and fry for 8-10 minutes, stirring occasionally until the onion starts to caramelise.

Add the chickpeas, cumin seeds, salt and pepper and stir well.

Using a wooden spoon make three wells in the mixture. Crack an egg into each well and fry for 3 minutes, or until the egg is cooked to your liking.

Sprinkle the parsley, coriander and feta cheese over the hash.

Transfer to a plate, drizzle the lemon juice over the top and serve.

Consume immediately.



Strawberry smoothie bowl



180g Greek yoghurt (use dairy free if preferred)

100g fresh strawberries, chopped plus a few extra for topping

50g frozen avocado

60g frozen banana slices

20g vanilla flavour whey or rice protein powder

1 tsp vanilla extract

15g oats (use gluten free if preferred)

½ tsp ground cinnamon

3g unsweetened coconut flakes

5g sunflower seeds

Note: Allow the frozen avocado to stand at room temperature for 5 minutes before blending, as it may damage the blade if frozen solid.

SERVES 1

PER SERVING:

502 Calories **29g** Carbs

38g Protein **26g** Fat

Place the yoghurt, strawberries, avocado, banana, protein powder and vanilla extract in a blender and blend until smooth. Pour the contents into a serving bowl.

Place a frying pan over a medium heat and add the oats and cinnamon. Stir well to combine and toast gently, stirring continuously for 2-3 minutes, until lightly toasted. Transfer oats to a plate.

Place the coconut flakes in the pan and toast gently, stirring continuously until the flakes are a light brown around the edges. Remove from heat.

Top with the sunflower seeds, additional strawberries, toasted oats and coconut. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Sweetcorn fritters topped with a poached egg



SERVES 3

PER SERVING (1/3 of the fritters, 1/4 avocado & 1 egg):

501 Calories **29g** Carbs

22g Protein **33g** Fat

2 tbsps coconut oil

3 eggs

1/4 of a medium-sized ripe avocado
(per person), sliced

1 tbsp fresh coriander, chopped

for the fritters:

65g rice flour or chickpea flour

80ml whole milk or unsweetened
almond milk

180g tinned sweetcorn, drained

3 spring onions, finely chopped

65g Cheddar cheese, grated
a pinch of sea salt and ground black
pepper

3 eggs

3/4 tsp medium curry powder

Mix the flour and milk in a large bowl with a balloon whisk, until thoroughly combined. Add the eggs and whisk lightly. Add the remaining fritter ingredients and mix well.

Melt half of the oil in a frying pan over a medium heat. Place spoonfuls of the mixture into the pan, 1 tbsp at a time, leaving a gap between each one.

Fry gently for 2-4 minutes, or until the underside is golden. Turn and cook for 3 minutes on the other side, or until golden.

Transfer the fritters to a plate. Repeat with the remaining oil and batter.

Bring a small saucepan of water to a boil. Reduce heat and simmer gently. Carefully crack each egg into the water. Cook for 3-4 minutes then remove with a slotted spoon, draining off any excess water.

Divide the fritters between 3 plates. Top with the avocado and eggs.

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



SCAN TO MYFITNESSPAL

Burrito bowl



- 1 tsp sea salt
- $\frac{3}{4}$ tsp ground black pepper
- $\frac{1}{2}$ tsp dried red chilli flakes
- 2 garlic cloves, minced
- 1 tsp ground coriander
- 120g chicken breast, sliced
- 1 tsp olive oil or coconut oil
- 60g red onion, finely sliced
- 50g tinned black beans, rinsed and drained
- 70g tinned sweetcorn, rinsed and drained
- 90g avocado, peeled and sliced
- 70g lettuce (any variety), shredded or chopped

SERVES 1

PER SERVING:

510 Calories **42g** Carbs
36g Protein **22g** Fat

Place the salt, black pepper, chilli flakes, garlic and coriander in a bowl and stir well. Add the chicken and stir well to coat.

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

Add the chicken and cook for 6-8 minutes, stirring occasionally until thoroughly cooked.

While the chicken is cooking, arrange the black beans, sweetcorn, avocado, lettuce and chicken in a bowl. Serve.

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



Spinach carbonara chickpea fusilli



SERVES 2

PER SERVING:

503 Calories **40g** Carbs

34g Protein **23g** Fat

120g chickpea fusilli
100g fresh spinach leaves, chopped
40g cashew nuts, soaked overnight and drained
100ml unsweetened almond milk
30g nutritional yeast
1 garlic clove, peeled
juice of ½ a lemon
1 tsp onion granules
½ tsp sea salt
½ tsp Dijon mustard
25g pine nuts
a pinch of ground black pepper
1 tsp grated lemon zest

Bring a saucepan of water to a boil. Add the chickpea fusilli and cook according to pack instructions. When the pasta is almost cooked, add the spinach and cook for 2 minutes. Drain the pasta and spinach.

Place the cashews, almond milk, nutritional yeast, garlic, lemon juice, onion granules, salt, mustard and half of the pine nuts in a blender or food processor and blend until smooth.

Return the pasta to the saucepan. Add the sauce and heat through over a low/medium heat for 3 minutes, stirring. Add the lemon zest and black pepper.

Serve with the remaining pine nuts sprinkled on top.

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



SCAN TO MYFITNESSPAL

Vietnamese salmon noodle soup



1 tsp coconut oil
2 garlic cloves, finely chopped
1 medium-sized white onion, diced
800ml fish or vegetable stock (made with one organic stock cube)
1 portobello mushroom, finely sliced
2 medium-sized ripe tomatoes, cut into wedges
2 lemongrass stalks, minced
1 star anise
1 tsp coriander seeds
1 tsp red chilli flakes
1-2 tsps sea salt, to taste
a large pinch of ground black pepper
150g ramen noodles or vermicelli rice noodles
560g salmon fillets, cut into bite-sized chunks
3 spring onions, finely sliced

SERVES 4

PER SERVING:

500 Calories **42g** Carbs
38g Protein **20g** Fat

Heat the oil in a large saucepan over a medium/low heat. Stir in the garlic and onion and fry gently, stirring frequently for 5 minutes, or until the onion has softened and turned translucent.

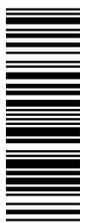
Add the stock, mushroom, tomatoes, lemongrass, star anise, coriander seeds, chilli flakes, salt and pepper. Bring to a boil then reduce heat to a gentle simmer. Cook for 15 minutes.

Meanwhile, cook the noodles according to packet instructions. Drain well.

Add the salmon chunks and bring to a boil, then reduce heat to simmer. When the salmon is cooked, it will be a light pink colour throughout.

Serve garnished with spring onions.

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



SCAN TO MYFITNESSPAL

Vietnamese salmon noodle soup



for the chickpeas:

250g tinned chickpeas, drained, rinsed, and patted dry

1 tbsp olive oil

a pinch of sea salt and black pepper

1 tsp chilli powder

for the dip:

80g Greek yoghurt (use dairy free if preferred)

juice of ½ a lemon

1 sprig fresh dill, finely chopped

for the chicken:

2 tbsps olive oil

1 tsp dried oregano

a few sprigs fresh basil, chopped

1 garlic clove, finely chopped

a pinch of sea salt and black pepper

2 x 210g chicken breasts

for the salad:

180g cucumber, diced

150g cherry tomatoes, halved

a few sprigs of fresh basil, chopped

SERVES 2

PER SERVING:

492 Calories 31g Carbs

56g Protein 16g Fat

Preheat oven to 200° C/400° F.

Place the chickpeas, olive oil, salt, pepper and chilli powder in a bowl and stir well. Arrange in a single layer onto a baking tray and bake for 40 minutes. Shake the tray gently halfway through cooking time. Remove from oven and allow to cool.

Mix the dip ingredients in a bowl. Taste and season with salt and pepper, if required. Cover and refrigerate.

Mix the oil, oregano, basil, garlic, salt and pepper in a large bowl. Add the chicken and turn to coat both sides. Place on a foil lined tray. Bake for 25 minutes, or until cooked. Slice the cooked chicken.

Stir the salad ingredients in a bowl. Serve.

Store any leftovers in separate airtight containers and refrigerate for up to 1 day.



SCAN TO MYFITNESSPAL

Chipotle chicken & veggie bowl



50g (dry weight) quinoa
300g chicken breast, cut into strips
2 tpsps chipotle spice blend
1 tsp paprika
a pinch of 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

SERVES 2

PER SERVING:

494 Calories **42g** Carbs

41g Protein **18g** Fat

Place the quinoa 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 baking tray. Drizzle over the olive oil and season with salt and pepper, if desired. Roast for 25 minutes, or until the vegetables are cooked.

Meanwhile, melt 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 quinoa between two serving bowls. Top with the remaining ingredients and serve.

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



SCAN TO MYFITNESSPAL

Spicy quinoa salad



- 50g (dry weight) quinoa
- 50g feta cheese (use dairy free cheese if preferred), diced
- 100g cucumber, chopped
- 80g red bell-pepper, diced
- 50g rocket leaves
- 1-2 spring onions, sliced
- 15g pumpkin seeds
- 6 baby plum tomatoes, halved
- 1 red chilli, sliced
- 1 tsp balsamic vinegar
- a pinch of ground black pepper

SERVES 1

PER SERVING:

491 Calories **48g** Carbs

23g Protein **23g** Fat

Bring a small saucepan of water to a boil. Add the quinoa and cook according to pack instructions. Drain the quinoa and rinse under cold running water to cool.

Assemble all of the ingredients in a bowl, except for the balsamic vinegar and black pepper.

Sprinkle on the balsamic vinegar and season with black pepper.

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



SCAN TO MYFITNESSPAL

Fiery baked haddock with crushed potatoes



SERVES 2

PER SERVING:

499 Calories **45g** Carbs

55g Protein **11g** Fat

400g baby potatoes
1 red chilli pepper, chopped
2 cloves garlic, finely chopped
juice of 1 lemon
1 tsp olive oil
360g fresh haddock loin
5g fresh chives, finely chopped
10g butter
5g fresh parsley, finely chopped
a pinch of sea salt and ground black pepper
160g frozen peas
2 sprigs fresh mint, finely chopped
2 lemon wedges, to serve

Bring a saucepan of water to a boil. Add the potatoes and reduce heat to simmer gently. Cook for 20 minutes, or until tender. Drain well then return to the saucepan and cover.

Preheat oven to 170°C/350°F. Line a baking tray with foil. Add the haddock. Brush the chilli mixture onto the fish. Sprinkle on the chives. Bake for 20 minutes, or until cooked.

Mix the chilli, olive oil, half of the garlic, and half of the lemon juice in a bowl.

Melt the butter and remaining garlic in a saucepan over a low heat. Add the potatoes and heat for 2-3 minutes, stirring frequently. Remove the pan from the heat and add the parsley. Cover with a lid and gently shake the pan from side to side. Season with salt and pepper.

Bring a small saucepan of water to a boil. Add the peas and reduce heat to simmer gently. Cook for 2 minutes. Drain. Serve garnished with mint and wedges of lemon.

Consume immediately.



Fragrant cod curry



- 1 tsp coconut oil or ghee
- 1 small white onion, finely chopped
- 1 small cinnamon stick
- 2 tsps fresh ginger, finely grated
- 1 green chilli pepper, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp red curry paste
- 300ml unsweetened tinned coconut milk
- 1 tsp ground turmeric
- 1 tsp ground coriander
- 350g fresh cod fillets, skin on
- 1 tbsp fish sauce (nam pla)
- 2 tsps soy sauce or tamari
- 140g baby corn
- 1 red bell-pepper, sliced
- 100g button mushrooms, sliced
- juice of ½ a lime
- 5g fresh coriander, finely chopped

Serving suggestion: Enjoy on its own or serve on a bed of steamed rice.

SERVES 2

PER SERVING:

503 Calories **26g** Carbs

39g Protein **27g** Fat

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

Add the cinnamon stick, ginger, chilli pepper and garlic and cook for 2 minutes, stirring frequently.

Add the red curry paste and a splash of coconut milk. Stir well and cook for 1 minute. Stir in the turmeric and coriander.

Add the remaining coconut milk plus 100ml recently boiled water and bring to a gentle simmer. Add the cod, cover and simmer for 5 minutes.

Add the fish sauce, soy sauce, baby corn, bell-pepper and mushrooms. Stir, cover and cook for 3 minutes or until the vegetables are tender. Remove the saucepan from the heat. Stir in the lime juice. Serve garnished with coriander.

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



Mexican beef stew



SERVES 2

PER SERVING:

494 Calories **39g** Carbs

53g Protein **14g** Fat

- 1 tbsp olive oil
- 100g red onion, chopped
- 4 garlic cloves, finely chopped
- ½ tsp dried red chilli flakes
- ½ tbsp ground cumin
- ½ tsp sea salt
- ½ tsp ground black pepper
- 400g diced beef
- 700ml vegetable stock (made with one organic stock cube)
- 400g tinned chopped tomatoes
- 80g carrot, peeled and chopped
- 100g tinned sweetcorn, drained
- 80g tinned black beans, drained

Heat the oil in a large saucepan over a medium flame. Add the onion and fry for 5 minutes, or until softened.

Add the garlic, red chilli flakes, cumin, salt, and black pepper. Cook for 2 minutes, stirring continuously. Add the beef and cook for 3 minutes, stirring to brown on all sides.

Add the stock and tinned tomatoes. Stir well and bring to a boil. Reduce heat and simmer for 1 hour, stirring occasionally. Add more stock or water if the mixture becomes too dry.

Add the carrots, sweetcorn, and black beans and cook for 10 minutes, or until the carrots are tender. Serve.

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

Serving suggestion: Serve with steamed vegetables of your choice.



Anchovy pasta bake



1 tbsp olive oil
½ a medium-sized white onion,
chopped
½ a red or yellow bell-pepper, diced
3 garlic cloves, minced
½ tsp sea salt
½ tsp ground black pepper
1 tbsp dried mixed herbs
200ml vegetable stock (made with
one organic stock cube)
200g tinned chopped tomatoes
210g wholewheat fusilli pasta
(use gluten free pasta if preferred)
120g aubergine, chopped
125g tinned anchovies, drained
50g mozzarella cheese, grated

SERVES 3

PER SERVING:

503 Calories **56g** Carbs

27g Protein **19g** Fat

Preheat oven to 200°C/400°F.

Heat the oil in a frying pan over a medium flame. Add the onion and bell-pepper and fry gently for 4 minutes, stirring occasionally until soft.

Add the garlic and stir for 1 minute. Add the salt, pepper and mixed herbs and stir well.

Add the stock and tinned tomatoes and stir well. Bring to a boil then reduce heat and simmer for 15 minutes. Using a stick blender, blend the mixture until smooth.

Place the pasta into a saucepan and cover with recently boiled water. Stir and bring to a boil then reduce heat and simmer for 15 minutes, or until al dente. Drain well.

Place the pasta, sauce, aubergine, anchovies and cheese in a baking dish and stir well. Bake for 10 minutes. Serve.

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



Chicken & vegetable pizza



9g instant yeast
1 tsp honey
420g all purpose flour (use gluten free if preferred)
2½ tsps xanthan gum
½ tsp sea salt
70ml olive oil
250ml cold water
1 tbsp olive oil
150g cooked chicken breast, diced
1 tbsp tomato purée
60g mozzarella cheese, grated
1 bell-pepper (any colour), chopped
100g button mushrooms, chopped
2 tsps dried mixed herbs
a pinch of salt and ground black pepper
50g pitted olives (any colour), sliced

In a small bowl mix together the yeast and honey. In a separate large bowl mix the flour, xanthan gum and salt. Make a well in the centre. Pour 70ml olive oil, cold water and yeast mixture into the well.

SERVES 4

PER SERVING:

500 Calories **78g** Carbs
29g Protein **8g** Fat

Mix well and knead for 5 minutes.

Lightly grease the base of a baking tin. Transfer the dough into the tin. Cover with cling film and place a tea towel on top. Allow to sit for 1 hour in a warm environment. Refrigerate the dough for 20 minutes.

Preheat oven to 200°C/400°F. Lightly flour a clean surface and roll out the dough into a large circle, moving the dough occasionally so that it doesn't stick to the surface. Using your fingertips, press in the dough 1 inch from the edge, to create a crust. Brush with olive oil.

Place a frying pan over a medium heat and add 1 tbsp olive oil. Add the diced chicken breast, toss and cook for 2 minutes.

Bake the pizza dough for 3 minutes. Spread the tomato purée over the base. Add the remaining toppings. Bake for 5-10 minutes, or until lightly browned. Cut into 4 pieces.

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



SCAN TO MYFITNESSPAL

Enchilada-inspired chicken



1 tsp coconut oil
350g chicken mini fillets, diced
½ a small red onion, sliced
½ a bell-pepper (any colour), diced
1 tsp ground cumin
1 tsp ground coriander
120g tinned refried beans
50g (drained weight) tinned sweetcorn, rinsed and drained
a small bunch of fresh coriander, finely chopped
200g tinned tomatoes, blended
½ tsp hot chilli powder
½ tsp garlic powder
2 tsps brown sauce (optional)
20g Cheddar cheese, grated (use dairy free if preferred)
60g ripe avocado, sliced

SERVES 2

PER SERVING:

501 Calories **29g** Carbs

66g Protein **14g** Fat

Heat the oil in a frying pan over a medium heat. Add the chicken and fry for 6-8 minutes, stirring occasionally until cooked. Transfer to a plate and set aside.

Add the onion, bell-pepper, ground cumin and ground coriander to the frying pan. Stir well and cook for 2 minutes.

Add the chicken back into the pan. Add the refried beans, sweetcorn, fresh coriander, tinned tomatoes, chilli powder, garlic powder and brown sauce (if using). Cover and cook for 3-4 minutes, stirring occasionally.

Serve topped with cheese and avocado.

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



Fragrant tofu & quinoa curry



70g (dry weight) quinoa, rinsed
2 tps coconut oil
250g firm tofu, cut into cubes
1 small white onion, finely chopped
300g cauliflower, cut into small florets
3 garlic cloves, finely chopped
1 green chilli pepper, finely chopped
20g fresh ginger, finely chopped
2 tps ground turmeric
1 tsp ground cumin
1 tsp ground coriander
1 tsp sea salt
250ml vegetable stock (made with one organic vegetable stock cube)
150ml unsweetened tinned coconut milk
40g kale, washed
juice of ½ a lime
a sprinkle of fresh coriander, finely chopped

SERVES 2

PER SERVING:

500 Calories **49g** Carbs

22g Protein **24g** Fat

Bring a saucepan of water to a boil. Add the quinoa, stir and cook according to packet instructions. Rinse and drain well.

Melt half of the oil in a frying pan over a medium/high heat. Add the tofu and cook until golden on the underside. Turn and cook until golden on all sides. Transfer to a plate lined with kitchen roll.

Melt the remaining oil in a large saucepan over a medium heat. Add the onion and fry for 3 minutes, stirring occasionally. Add the cauliflower and fry for 3 minutes, stirring occasionally.

Add the garlic, chilli pepper and ginger and fry for 2 minutes, stirring occasionally. Stir in the dried spices, salt and stock. Bring to a simmer and cook for 5 minutes.

Add the coconut milk and kale. Cook for 4 minutes. Add the cooked quinoa, and cook for 2 minutes. Stir in the lime juice. Serve topped with tofu and garnished with fresh coriander.

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



SCAN TO MYFITNESSPAL

Chicken tagine with squash



SERVES 4

PER SERVING:

507 Calories **24g** Carbs

51g Protein **23g** Fat

- 1 tbsp coconut oil or ghee*
- 2 small white onions, peeled and quartered*
- 4 garlic cloves, minced*
- 10g fresh ginger, minced*
- ½ tbsp ground coriander*
- 1 tbsp allspice or barahat*
- 1 tsp sea salt*
- 1 tsp ground black pepper*
- 1kg skinless bone-in chicken thighs*
- 500ml vegetable stock (made with one organic stock cube)*
- 1 tsp honey*
- 450g butternut squash, peeled, seeds removed and diced*
- 1 tsp cumin seeds*

Preheat oven to 180° C/350° F.

Melt half of the oil/ghee in a large saucepan over a medium heat. Add the onions and sauté for 3-5 minutes, or until soft and translucent.

Add the garlic and ginger, stir and fry for 2 minutes, then remove from heat.

Mix the coriander, allspice, salt and pepper in a bowl. Rub the spices over the chicken.

Heat the remaining oil or ghee in a medium-sized ovenproof casserole dish. Add the chicken and cook for five minutes, stirring to seal on all sides. Cook in batches if preferred.

Turn off the heat. Using tongs, arrange the chicken skin side up in the base of the dish.

Stir in the onion mixture, stock, honey, squash and cumin seeds. Bring to a gentle simmer. Bake for 45 minutes. Serve.

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



SCAN TO MYFITNESSPAL

Peanut crackle bars



MAKES 6 BARS

PER BAR:

147 Calories **13g** Carbs

8g Protein **7g** Fat

60g buckwheat groats
35g vanilla flavour whey or rice
protein powder
20ml maple syrup
25ml cold water
75g crunchy peanut butter (or use
nut butter of your choice)

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

Pour the buckwheat groats onto an oven tray and spread to distribute into a fine, even layer. Bake for 20 minutes. Leave to cool on the tray.

Place all of the ingredients in a bowl and stir until thoroughly combined. Transfer the mixture to the tin. Use a spatula to shape the mixture into a square and level the surface.

Refrigerate for 1 hour. Cut into 6 bars.

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



Tahini & buckwheat bars



MAKES 9 BARS

PER BAR:

151 Calories **17g** Carbs

5g Protein **7g** Fat

90g oats (use gluten free if preferred)

90g pitted Medjool dates

10g cocoa powder

15g shelled hempseed

10g flaxseed

70g tahini

½ tsp sea salt

35g maple syrup

40g buckwheat groats

Ensure you consume 2 bars in order to hit your daily target of 1800 calories

Preheat oven to 160°C/325°F. Line the base of a 15x15cm baking tin with baking paper.

Place the oats in a food processor and blend until finely ground. Transfer to a large bowl.

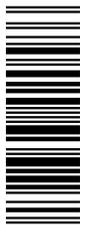
Place the dates in the blender and blend into a paste. Transfer to the bowl. Add the remaining ingredients to the bowl, except the groats and maple syrup. Using your hands, combine the mixture until crumbly.

Add the maple syrup and groats and combine into a thick paste. Add a splash of cold water if the mixture is too dry.

Transfer the mixture to the tin. Press down firmly with your hands, until the mixture is compact.

Bake for 25- 30 minutes, or until firm. Cut into 9 bars and serve.

Store in an airtight container and refrigerate for up to 5 days or freeze on same day.



Chocolate trail mix energy discs



SERVES 4

PER SERVING:

153 Calories **16g** Carbs

2g Protein **9g** Fat

70g dark chocolate (minimum 70% cocoa)

30g nuts e.g. walnuts, brazil nuts, roughly chopped

10g dried fruit e.g. cranberries, raisins

3g unsweetened coconut flakes (optional)

Ensure you consume 1 serving (3 discs) in order to hit your daily target of 1800 calories

Bring a shallow dish of water to a boil then reduce to a low heat. Place the chocolate in a heatproof bowl and place in the water. Stir the chocolate until melted. Remove from heat.

Line 2 baking trays with baking paper.

Spoon the chocolate into 12 disc shapes onto the paper.

Place a few pieces of chopped nuts, a few pieces of dried fruit and a piece of coconut on each chocolate disc.

Refrigerate until set (around 15 minutes).

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



Salted caramel energy balls



MAKES 8 ENERGY BALLS

PER ENERGY BALL:

145 Calories **9g** Carbs

5g Protein **11g** Fat

100g cashews
60g Medjool dates, pitted
30g nut butter of your choice
a pinch of sea salt
1 tsp vanilla extract
30g ground almonds
to coat:
10g desiccated coconut

Ensure you consume 2 energy balls in order to hit your daily target of 1800 calories

Place the cashews in a food processor or blender and blend until crumbly.

Add the remaining ingredients and blend until thoroughly combined. Compact the mixture with your hands to form a dough.

Roll the mixture into 8 balls.

Coat each ball in the desiccated coconut and refrigerate for one hour or until firm.

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



SCAN TO MYFITNESSPAL

Rich chocolate truffles



MAKES 8 TRUFFLES

PER TRUFFLE:

152 Calories **17g** Carbs

3g Protein **8g** Fat

for the filling:

90g cashews

1 tbsp cocoa powder

a pinch of sea salt

½ tsp ground cinnamon

10 Medjool dates

1 tbsp coconut oil, melted

for the coating:

1 tsp coconut oil

30g dark chocolate (minimum 70% cocoa)

for the topping:

a sprinkle of sea salt

a sprinkle of cashews, chopped

Ensure you consume 2 truffles in order to hit your daily target of 1800 calories

Place the filling ingredients in a blender or food processor and blend until smooth.

Roll the mixture into 8 balls. Refrigerate for 20 minutes or until firm.

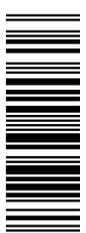
Place the coconut oil and dark chocolate in a saucepan. Place the saucepan in a shallow basin of boiling water. Stir the chocolate and oil until melted.

Carefully remove the saucepan from the water and set aside to allow the mixture to cool for 10 minutes.

Coat each ball in the dark chocolate. Sprinkle the sea salt over half of the truffles and the cashews over the remaining truffles.

Refrigerate for 15 minutes or until the chocolate has set.

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



Energy packed seed & nut bars



MAKES 16 BARS

PER BAR:

159 Calories **10g** Carbs

5g Protein **11g** Fat

- 100g oats (use gluten free if preferred)*
- 60g pitted dates*
- 30g coconut oil, melted*
- 160g nut butter of your choice*
- 25g maple syrup or honey*
- 50g pumpkin seeds or sunflower seeds*
- 30g flaxseed*
- 20g chia seeds*
- 30g almonds or pecans, finely chopped*
- 1 tsp ground cinnamon*

Ensure you consume 2 bars in order to hit your daily target of 1800 calories

Preheat oven to 150° C/300° F. Line the base of a 15x15 cm baking tin with baking paper.

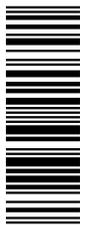
Pour the oats onto a large baking tray and spread into a fine even layer. Bake for 10 minutes, or until a light golden colour.

Place the dates, coconut oil and nut butter in a blender or food processor and blend into a paste. Transfer to a large bowl.

Add the oats and stir well. Add the seeds, almonds and cinnamon and stir well until thoroughly combined. Add a drop of cold water if the mixture is too crumbly.

Transfer the mixture to the baking tin. Press down firmly, ensuring no gaps remain. Refrigerate for 1 hour or until firm. Cut into 16 bars.

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



Chunky chocolate nut bars



MAKES 9 BARS

PER BAR:

146 Calories **18g** Carbs

5g Protein **6g** Fat

- 150g oats (use gluten free if preferred)*
- 5 dried dates, pitted and finely chopped*
- 125g peanut butter (or nut butter of your choice)*
- 1 tbsp honey (or use sweetener of your choice)*
- 2 tbsps ground flaxseed*
- 1 tbsp pumpkin seeds*
- 2 tbsps dark chocolate chips (minimum 70% cocoa)*
- 30ml unsweetened almond milk or cold water*

Ensure you consume 2 bars in order to hit your daily target of 1800 calories

Preheat oven to 175°C / 350°F. Line two oven trays with baking paper.

Sprinkle the oats onto one of the trays and bake for 12-15 minutes, or until golden brown. Set aside.

In a large bowl, mix the dates, peanut butter and honey until well combined. Add the toasted oats, flaxseed and pumpkin seeds and mix well.

Add the chocolate chips and almond milk. Using your hands mix well into a dough-like consistency. If the mixture is too dry, add more almond milk.

Transfer mixture onto the second baking tray. Shape into a square or rectangle so that it is an even thickness throughout. Refrigerate for one hour then cut into 9 bars.

Store in an airtight container and refrigerate for up to 4 days.



SCAN TO MYFITNESSPAL

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**