



Reboot

PERI-MENOPAUSE SUPPORT GUIDE

RECIPES

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Welcome

...to my Perimenopause Support Guide.

Below we have included the key nutritional principles for maintaining good health and fat loss. If anything you read, see or hear deviates from any of the six principles below, 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. You see, this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that this recipe book will show you how quick, easy and tasty, this way of eating is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. 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)
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 and artificial sweeteners and preservatives

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

About the Perimenopause

The perimenopausal phase is a stage in a woman's life that marks the transition from reproductive fertility to menopause. This period typically occurs between 45 and 55, although it can start as early as age 35 or as late as 60. During this time, the ovaries gradually reduce the production of oestrogen and progesterone, hormones that regulate the menstrual cycle and maintain fertility.

The duration and symptoms of the perimenopausal phase can vary significantly from woman to woman, but commonly reported symptoms include the following:

Irregular periods: As the ovaries reduce hormone production, the menstrual cycle can become irregular and unpredictable.

Hot flashes: Hot flashes are sudden feelings of intense heat that can cause sweating, flushing, and rapid heartbeat.

Night sweats: These are similar to hot flashes but occur at night and can disrupt sleep.

Mood changes: Hormonal fluctuations can cause mood swings, irritability, and depression.

Vaginal dryness: As oestrogen levels decrease, vaginal tissue can become thin and dry, leading to discomfort during intercourse.

Decreased libido: A decrease in oestrogen and testosterone levels can lead to a reduction in sexual desire.

It's important to remember that these symptoms can be managed with lifestyle changes, such as exercise, stress management, and hormone therapy. Some women may also use alternative treatments, such as herbal remedies, to relieve their symptoms.

Let's look at some of the challenges women may face during the perimenopausal stage and some lifestyle strategies we can employ to help alleviate some of these issues.

Weight gain

As oestrogen levels decline, women may experience a shift in body fat from the hips and thighs to the abdominal area, making it more challenging to maintain a healthy weight.

What can we do about this?

Regular exercise and eating healthily are important at all stages of life, but if there is ever a time when they become even more important, it is now. Low to moderate-intensity cardiovascular exercise, such as brisk walking, jogging, cycling, or swimming, can help boost energy levels, relieve stress, improve cardiovascular health, and regulate weight. Aim for at least 150 minutes of cardiovascular exercise per week. Resistance training is also essential because it helps maintain muscle tissue, which is a factor in our metabolic rate. Regular resistance training also helps with maintaining insulin sensitivity.



Muscle and bone density loss

The decline in oestrogen can also lead to a decrease in muscle mass and bone density, making it more challenging to build and maintain muscle strength.

What can we do about this?

Resistance training has been shown to reduce age-related muscle and bone density loss. Resistance training should be performed 2-3 times a week, targeting all major muscle groups. Eating enough protein will help maintain muscle and bone tissue, while adequate vitamin and mineral intake can help maintain bone mineral density. We will look at the nutrients specific to bone health in more depth later in this guide.

Sleep disturbances

Hot flashes and night sweats can disrupt sleep, making it harder to feel rested and refreshed for exercise. Sleep disturbances can also increase our drive to eat high-calorie foods and impact our cognition and memory.

What can we do about this?

It's important to practice good sleep hygiene, limiting exposure to blue light from screens at least 2 hours before bed, going to bed and waking up at the same time each day (if your schedule allows for this).

Caffeine and alcohol are major sleep disruptors.

Limiting total caffeine intake and having a cut-off time can help prevent sleep disruption. Although alcohol can help some people fall asleep quicker, it heavily disrupts the rapid eye movement (REM) stage of sleep, a critical stage for regulating emotions, learning and memory consolidation.



Drinking alcohol before bedtime harms sleep quality and quantity, leading to daytime fatigue, decreased productivity, and other negative health effects. It is recommended to limit alcohol consumption and avoid consuming alcohol before bedtime.

Black cohosh is a common natural remedy which can help reduce hot flashes and night sweats, and therefore aid a better night's sleep.

Nutrition

Eating a balanced diet that includes a variety of nutrient-dense foods can help you meet your nutritional needs and support overall health and wellness during this stage of life.

Here are some key nutritional needs to consider during the perimenopausal phase:

Adequate protein: Consuming enough protein is essential for maintaining muscle mass and supporting overall health. A protein intake of around 0.7-1.3g/lb of body weight is recommended. For example, for a 150lb person consuming 0.9g per lb of body weight, this would amount to 135g of protein per day. We've included plenty of high-protein recipes in this guide.



Healthy fats: Include healthy fats in your diet, such as those found in nuts, seeds, and fatty fish, as these can help regulate hormone levels and reduce inflammation.

Fruits and vegetables: Eating a variety of fruits and vegetables can provide important nutrients, such as vitamins, minerals, and fibre, all of which are important for overall health and wellness.

Limit processed foods and added sugars: Processed foods and added sugars can contribute to weight gain and inflammation, so aim to limit these in your diet.

Hydration: Staying hydrated is vital for overall health and can help regulate hormone levels and relieve symptoms of hot flashes and night sweats. Aim to drink at least 8 glasses of water a day.

Nutrients specific to bone health

Here are some of the key vitamins and minerals for bone health:

Calcium is the most abundant mineral in the body and is essential for building and maintaining strong bones. Good sources of calcium include dairy products, leafy green vegetables, fortified dairy alternatives, and calcium-fortified foods.

Vitamin D helps the body absorb calcium and is essential for bone health. Good sources of vitamin D include fortified dairy products, fatty fish, and exposure to sunlight.

Vitamin K is important for bone health as it helps form bone proteins. Good sources of vitamin K include leafy green vegetables, soybeans, and fermented dairy products.

Magnesium is important for bone health as it helps regulate calcium metabolism and supports proper bone formation. Good sources of magnesium include leafy green vegetables, nuts, seeds, and whole grains.

Boron is a trace mineral that helps with calcium metabolism and has been shown to affect bone health positively. Good sources of boron include leafy green vegetables, nuts, and dried fruits.

Phosphorus is a mineral that works together with calcium to support strong bones. Good sources of phosphorus include dairy products, meats, poultry, fish, and whole grains.



A balanced diet that includes a variety of nutrient-rich foods can ensure adequate intake of these nutrients and support overall bone health. A range of bone health-related products are available on the market if you suspect you are not obtaining sufficient nutrients from your food.

Feta & sun-dried tomato frittata

the
METABOLIC
FEMALE

1 tsp coconut oil, to grease dish
4 eggs
40g red onion, chopped
100g courgette, grated
2 spring onions, chopped
40g red bell-pepper, diced
30g sun-dried tomatoes in oil, drained and chopped
30g feta cheese, crumbled
1 tsp fresh parsley, chopped
½ tsp sea salt
½ tsp ground black pepper

Preheat oven to 180°C/350°F. Grease an 8 inch baking dish with coconut oil.

Crack the eggs into a large bowl. Add the remaining ingredients and stir well.

Pour the mixture into the baking dish and cook for 20 minutes, or until firm in the centre.

Cut in half and remove from the dish with a spatula. Serve.

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

SERVES 2



PER SERVING:
252 Calories
11g Carbs
16g Protein
16g Fat



Chai smoothie bowl

the
METABOLIC
FEMALE

130ml unsweetened almond milk
1 chai teabag
30g oats (use gluten free if preferred)
50g Greek yoghurt (use dairy free if preferred)
80g frozen banana slices
25g vanilla flavour whey or plant-based protein powder
¼ tsp ground cinnamon

for the toppings:
¼ tsp chia seeds
10g blueberries and/or strawberries
5g chopped hazelnuts or almonds

Pour the milk into a saucepan and place over a medium flame. Heat gently until just bubbling.

Remove the pan from the heat and add the teabag. Stir gently and set aside for 10 minutes.

Squeeze out the teabag and discard.

Place the oats, infused milk, yoghurt, protein powder, cinnamon and banana into a food processor. Blend until smooth.

Transfer to a bowl. Add the toppings and serve.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.

SERVES 1



PER SERVING:
395 Calories
43g Carbs
31g Protein
11g Fat



SCAN TO MYFITNESSPAL

Easy breakfast oat bars

the
METABOLIC
FEMALE

100g oats (use gluten free if preferred)
30g hazelnuts or almonds, chopped
25g dark chocolate chips
20g dried cranberries or sultanas
1 tbsp honey
30g coconut oil or butter, melted
90g peanut or almond butter

Line the base of a loaf tin with baking paper. Mix all of the ingredients in a bowl.

Transfer to the tin and press down firmly.

Cover and refrigerate for 2 hours, or until firm.

Cut into 7 bars. Serve.

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

MAKES 7 BARS



PER SERVING:
240 Calories
19g Carbs
5g Protein
16g Fat



Buckwheat & apple porridge

70g buckwheat groats

60g mixed seeds

160g oats (use gluten free if preferred) ½ tsp ground cinnamon

150ml (per person) milk of your choice)

5g (per person) raisins

to serve:

½ a small sweet apple (per person), sliced

1/2 tsp (per person) flaked almonds

1 tsp (per person) honey or maple syrup

SERVES 5

the
METABOLIC
FEMALE

Preheat oven to 180°C/375°F.

Place the groats onto a baking tray and spread evenly. Bake for 5 minutes. Gently shake the tray from side to side.

Add the seeds and bake for 5 minutes. Gently shake the tray from side to side.

Add the oats and bake for 5 minutes. Leave to cool on the tray then store in an airtight container until ready to serve.

Place 1/5 (60g) of the mixture into a saucepan and stir in the cinnamon and milk. Place over a medium/low heat and cook for around 5 minutes, stirring until thick. Add more milk if required.

Stir in the raisins and leave to stand for 2 minutes.

Serve topped with apple, almonds and honey.

Consume immediately.



PER SERVING:
341 Calories
46g Carbs
10g Protein
13g Fat



SCAN TO MYFITNESSPAL

Sun-dried tomato, feta & olive muffins

the
METABOLIC
FEMALE

1 tsp coconut oil, to grease tin
40g sun-dried tomatoes, chopped
30g pitted olives, sliced or chopped
65g feta cheese (use dairy free if preferred)
4 eggs
2 egg whites
a pinch of ground black pepper

Preheat oven to 180°C/350°F. Lightly grease 6 compartments of a muffin tin with coconut oil or prepare a silicon muffin tray.

Mix the ingredients in a jug. Divide the mixture between the 6 compartments. Bake for 20-25 minutes, or until cooked.

Serve warm or cold.

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

MAKES 6 MUFFINS



PER MUFFIN:
106 Calories
5g Carbs
8g Protein
6g Fat



SCAN TO MYFITNESSPAL

Peach breakfast blend

the
METABOLIC
FEMALE

35g oats (use gluten free if preferred) 150ml recently boiled water

100g fresh or tinned peach in juice, drained

60g Greek yoghurt (use dairy free if preferred)

1 tsp vanilla extract

15g vanilla flavour whey or plant-based protein powder

1 tsp chia seeds

for the crunchy topping:

10g oats

5g honey or maple syrup

½ tsp coconut sugar

SERVES 1

To make the topping, preheat oven to 160°C/325°F. Line an oven tray with baking paper.

Mix the oats, honey and coconut sugar in a bowl. Spoon onto the oven tray and spread evenly.

Bake for 10 minutes. Allow to cool completely on the tray. Store in an airtight container until ready to use.

Place the oats in a bowl. Add the boiled water and stir. Leave to stand for 10 minutes.

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

Pour into a dessert glass or bowl. Refrigerate for one hour or overnight.

Serve topped with the crunchy topping.

Refrigerate any leftover breakfast blend for up to 1 day.



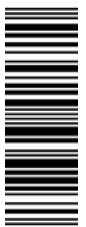
PER SERVING:

342 Calories

47g Carbs

25g Protein

6g Fat



SCAN TO MYFITNESSPAL



Gingerbread pancakes

the
METABOLIC
FEMALE

1 tbsp avocado or coconut oil

for the pancakes:

8 egg whites

1 tsp ground cinnamon

1 tsp ground ginger

1/4 tsp ground nutmeg

75g oats (use gluten free if preferred)

40g vanilla flavour whey or
plant-based protein powder (optional)

100ml unsweetened almond milk

1/4 tsp xanthan gum (optional)

MAKES 6 PANCAKES

Place the pancake ingredients in a blender jug. Blend well until smooth.

Pour the batter into a measuring jug. This will help you divide into 6 servings.

Place a small frying pan over a medium flame. Add 1/2 tsp oil.

When the oil is hot, pour in around 1/6 of the batter. Gently tilt the pan so that the mixture forms a circle. Cook for 2 minutes. When bubbles appear in the surface of the batter, turn and cook for 2 minutes, or until golden.

Transfer to a plate.

Repeat steps with the remaining oil and batter. Serve.

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

Serving suggestion:

Serve with a drizzle of maple syrup.



PER PANCAKE:

120 Calories

9g Carbs

12g Protein

4g Fat



SCAN TO MYFITNESSPAL



Chicken quesadilla

the
METABOLIC
FEMALE

¼ tsp sea salt
1 tsp paprika
½ tsp ground cumin
½ tsp dried mixed herbs
½ tsp ground black pepper
1 tsp olive oil
125g chicken breast, sliced
1 plain or wholemeal tortilla wrap
½ a green chilli pepper, chopped (optional)
30g red onion, finely chopped
40g avocado, sliced
20g mozzarella cheese (use dairy free if preferred)
15g sour cream or crème fraîche (use dairy free if preferred)

Place the salt and dried spices in a bowl and mix well.

Add the chicken and stir well. Cover and refrigerate for 20 minutes then rest at room temperature for 10 minutes.

Heat 1 tsp olive oil in a frying pan or skillet over a medium flame. Add the chicken and fry gently for 5 minutes, or until cooked.

Place the tortilla wrap onto a flat surface.

Place the chicken, green chilli, onion, avocado, mozzarella and sour cream onto one half of the wrap. Fold in half.

Place the frying pan over a medium flame. Add the quesadilla and heat through for 1 minute on each side, or until golden.

Slice in half and serve.

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

SERVES 1



PER SERVING:
529 Calories
42g Carbs
43g Protein
21g Fat



Tuna avocado salad

the
METABOLIC
FEMALE

juice of 1 lemon

20g plain yoghurt (use dairy free if preferred)

$\frac{3}{4}$ tsp sea salt

$\frac{1}{2}$ tsp ground black pepper

$\frac{1}{4}$ tsp chilli powder

2 tsps fresh coriander, finely chopped (plus extra to serve)

100g tinned tuna in spring water, drained

150g cucumber, chopped

30g red onion, chopped

60g avocado, chopped

Place the lemon juice, yoghurt, salt, black pepper, chilli powder and coriander in a jug and mix well.

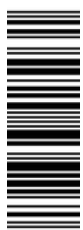
Place the tuna, cucumber, onion and avocado in a bowl. Top with the yoghurt mixture and stir. Serve garnished with coriander.

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

SERVES 1



PER SERVING:
294 Calories
21g Carbs
30g Protein
10g Fat



SCAN TO MYFITNESSPAL



Satay chicken skewers

the
METABOLIC
FEMALE

4 bamboo or metal skewers
1 tsp soy sauce or tamari
1 tsp medium curry powder
25ml unsweetened canned coconut milk
½ tsp ground turmeric
½ tbsp garlic, minced
½ tbsp fresh ginger, grated
½ tsp ground black pepper
1 tsp sea salt
1 tbsp honey
1 tsp ground coriander
1 tsp ground cumin
1 tsp lemon juice
350g chicken thigh fillets, diced
1 tsp olive oil

Soak 4 bamboo skewers in cold water for 30 minutes or prepare 4 metal skewers.

Place the soy sauce, curry powder, coconut milk, turmeric, garlic, ginger, black pepper, salt, honey, coriander, cumin and lemon juice in a large bowl. Stir well.

Add the chicken and stir well. Cover and refrigerate for 30 minutes.

Remove the chicken from the fridge and sit at room temperature for 15 minutes.

Thread the chicken onto the skewers.

Heat the olive oil in a large frying pan over a medium flame.

Add the chicken skewers and cook for 8 minutes, turning every 2-3 minutes until thoroughly cooked.

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

MAKES 4 SKEWERS



PER 2 SKEWERS:
369 Calories
12g Carbs
33g Protein
21g Fat



SCAN TO MYFITNESSPAL

Middle Eastern chicken salad

the
METABOLIC
FEMALE

- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 small garlic clove, minced
- ¼ tsp sea salt
- 120g skinless boneless chicken thighs, diced
- 1 tsp olive oil

for the dressing:

- 2 tbsps plain yoghurt (use dairy free if preferred)
- 1 tsp tahini
- ¼ tsp ground black pepper
- ¼ tsp sea salt
- juice of ½ a lemon
- 1 tsp sumac or finely grated lemon zest (use an unwaxed lemon)

for the salad:

- 100g cucumber, chopped
- 60g carrot, grated or spiralised
- 30g red cabbage, shredded
- 8g almonds, chopped
- 5g fresh coriander, chopped

SERVES 1

PER SERVING:
397 Calories
23g Carbs
29g Protein
21g Fat



Place the ground cumin, ground coriander, garlic and salt into a large bowl and stir. Add the chicken and stir well. Cover and refrigerate for 15 minutes.

Heat the olive oil in a frying pan over a medium flame. Add the chicken and fry for 3 minutes, then turn and fry until thoroughly cooked.

Turn off the heat and rest the chicken for 3 minutes, then slice.

Place the dressing ingredients in a bowl and stir well.

Assemble the salad ingredients in a bowl.

Top with the chicken and dressing. Serve.

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



SCAN TO MYFITNESSPAL

Chicken, basil & avocado wrap

the
METABOLIC
FEMALE

10g mayonnaise (use dairy free if preferred)
a pinch of sea salt and ground black pepper
a small handful of basil leaves, finely chopped
2 tsps grated lemon zest (use an unwaxed lemon)
2 tsps fresh lemon juice
1 x 60g wholemeal or seeded wrap
100g roast chicken breast, shredded
60g avocado, chopped
3-4 large basil leaves
50g cucumber, sliced into half-moons

SERVES 1

In a small bowl, mix the mayonnaise with the salt, pepper, basil, lemon zest and lemon juice. Season to taste with salt and pepper.

Spread the mayonnaise down the centre of the wrap. Top with the chicken, avocado, basil and cucumber.

Wrap tightly. Cut in half and serve.

Wrap any leftovers in foil and refrigerate for up to 2 days.



PER SERVING:
533 Calories
32g Carbs
36g Protein
29g Fat



SCAN TO MYFITNESSPAL



Rich tomato & smashed bean soup

the
METABOLIC
FEMALE

400g tinned white cannellini beans
2 tsps avocado oil
10 garlic cloves, peeled and crushed with the back of a metal spoon
1/2-1 tsp dried red chilli flakes
30g tomato purée
400g tinned chopped tomatoes
400g vine-ripened tomatoes
250ml vegetable stock (made with one organic stock cube)
½ tsp sea salt
a sprinkle of fresh parsley, to serve

SERVES 3

Drain and discard around half of the liquid from the tin of cannellini beans.

Heat the oil in a large saucepan over a medium flame. Add the garlic cloves and fry for 2 minutes, or until they turn a light golden brown.

Add the chilli flakes and tomato purée and stir well. Cook for 3 minutes, stirring occasionally.

Stir in the partially drained beans, tinned tomatoes, vine-ripened tomatoes, vegetable stock and salt. Cover and simmer gently for 25 minutes, stirring occasionally.

Using a potato masher, gently mash some of the beans. Taste and add more seasoning, if required.

Serve garnished with fresh parsley.

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



PER SERVING:
173 Calories
23g Carbs
9g Protein
5g Fat



SCAN TO MYFITNESSPAL



Colourful beef salad

the
METABOLIC
FEMALE

½ tsp sea salt
¼ tsp ground black pepper
220g sirloin steak, trimmed of fat
1 tsp olive oil
40g (dry weight) vermicelli rice
noodles 10g fresh ginger, grated
1 garlic clove, minced
¼ tsp dried red chilli flakes
1 tsp Worcester sauce
2 tsps honey
2 tsps fresh lemon juice
100g carrot, peeled
350g courgette
80g spinach leaves, roughly chopped
3g fresh coriander, chopped
3g fresh flat-leaf parsley, chopped
30g red or white onion, finely sliced
10g cashews

SERVES 2

Season the steak with salt and pepper.

Heat the oil in a frying pan over a medium flame. Add the steak and fry for 4 minutes on each side.

Transfer to a warm plate and rest for 5 minutes, then slice.

Place the noodles in a large bowl. Cover with boiling water and set aside for 5 minutes. Drain well.

Place the ginger, garlic, chilli flakes, Worcester sauce, honey and lemon juice in a jug. Stir well.

Using a potato peeler, shave the courgette and carrot into thin ribbons.

Arrange the carrot, courgette, spinach, coriander, parsley and onion in two serving bowls.

Drizzle the salad dressing over each salad and toss well. Top with the beef slices and garnish with cashews. Serve.

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



PER SERVING:
435 Calories
37g Carbs
29g Protein
19g Fat



SCAN TO MYFITNESSPAL

Thai red prawn curry

the
METABOLIC
FEMALE

2 tps olive oil
½ tbsp fresh ginger, minced
1 tbsp garlic, finely chopped
30g Thai red curry paste
1 tbsp fresh lemongrass, minced
1 red bell-pepper, diced
200ml unsweetened tinned coconut milk
300g prawns
140g sugar snap peas
1 tsp fish sauce or Worcestershire sauce
2 tbsps fresh lime juice
a handful of fresh coriander, chopped
a few fresh basil leaves

Heat the oil in a saucepan over a medium flame. Add the ginger and garlic and fry for 30 seconds.

Add the red curry paste and lemongrass, and stir for 1 minute.

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

Add the coconut milk, stir and simmer for 3 minutes.

Add the prawns, and sugar snap peas and cook for 3-4 minutes.

Add in the fish sauce, lime juice and coriander and cook for 3 minutes.

Serve garnished with basil.

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

SERVES 2

Serving suggestion:

Serve on a bed of steamed rice.



PER SERVING:
435 Calories
18g Carbs
39g Protein
23g Fat



Loaded sweet potatoes

the
METABOLIC
FEMALE

2 x 200g sweet potatoes
1 tsp olive oil
1 garlic clove, minced
60g Cheddar cheese (use dairy free if preferred)
a handful fresh spinach leaves, chopped
1 tsp fresh parsley, finely chopped
30g salami, sliced
20g crème fraîche (use dairy free if preferred)
10g jalapeños

SERVES 2

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

Pierce the sweet potatoes with a fork.

Drizzle the oil over the potatoes. Bake for 30 minutes, or until cooked.

Make a deep incision down the centre of each sweet potato.

Scoop out most of the contents of the sweet potato. Transfer the contents to a bowl.

Add the garlic, cheese, spinach, parsley and salami to the bowl. Mix well.

Spoon the mixture back into the sweet potato skins. Bake for 5 minutes.

Serve the sweet potatoes topped with crème fraîche and jalapeños. Serve.

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



PER SERVING:
421 Calories
45g Carbs
13g Protein
21g Fat



SCAN TO MYFITNESSPAL

Sweet & spicy Asian chilli chicken

the
METABOLIC
FEMALE

1 tbsp sesame oil
100g honey
1 tsp dried red chilli flakes
125ml soy sauce or tamari
900g skinless boneless chicken thighs
2 tps olive oil
1 garlic clove, minced
1 tbsp cornstarch or rice flour mixed with 120ml cold water
a sprinkle of sesame seeds
2 spring onions, sliced

SERVES 5

Place the sesame oil, honey, chilli flakes and soy sauce in a bowl. Whisk well.

Place the chicken breast in a large bowl and add the marinade. Stir well to evenly coat.

Heat the olive oil in a large frying pan over a medium flame.

Add the chicken (without the marinade).

Cook for 5 minutes on each side, or until thoroughly cooked. Transfer the cooked chicken to a plate and set aside.

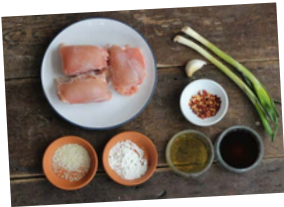
Add the garlic and cornstarch mixture to the bowl of marinade. Whisk well.

Pour into the frying pan and reduce heat to low. Simmer gently, stirring well for 1-2 minutes, until thickened.

Return the chicken to the pan and coat with the sauce. Cook for 4 minutes, or until the chicken is heated thoroughly.

Serve garnished with sesame seeds and spring onions.

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



PER SERVING:
406 Calories
19g Carbs
33g Protein
22g Fat



Lentil bolognese

the
METABOLIC
FEMALE

2 tsps olive oil
100g white onion, finely chopped
70g button mushrooms, chopped
2 tsps garlic, minced
1 tbsp tomato purée
300ml vegetable stock (made with one organic stock cube)
250g tinned chopped tomatoes, puréed
½ tsp dried thyme
1 tsp dried mixed herbs
1 tsp fresh parsley, finely chopped
1 tsp sea salt
¾ tsp ground black pepper
50g dried red lentils, rinsed
50g pistachios, roughly chopped
150ml cold water
a few fresh basil leaves

Heat the olive oil in a large saucepan over a medium flame. Add the onion and fry for 4-5 minutes, stirring occasionally until soft.

Add the mushrooms and fry for 3-4 minutes, stirring occasionally until soft.

Add the garlic and tomato purée. Stir and cook for 30 seconds.

Add the vegetable stock, tinned tomatoes, herbs and spices. Stir well.

Add the lentils, pistachios and water.

Stir well and cook for 25 minutes, stirring occasionally until thickened. Add more water during cooking time, if the sauce becomes too dry. Taste and add more seasoning, if required.

Serve garnished with basil leaves.

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

Serving suggestion:

Serve on a bed of pasta.

SERVES 2



PER SERVING

(Serving suggestion not included):

362 Calories
34g Carbs
16g Protein
18g Fat



Roast teriyaki salmon

the
METABOLIC
FEMALE

350g baby potatoes, scrubbed
1 tsp garlic granules
½ tsp ground ginger
2 tbsps soy sauce or tamari
1½ tbsps honey or maple syrup
250g asparagus spears
1 tsp olive oil
a pinch of sea salt and ground black pepper
2 x 160g wild salmon fillets
wedges of lemon, to serve

SERVES 2

Place the potatoes in a saucepan. Cover with boiling water and add a pinch of salt. Place over a high heat and bring to a boil. Reduce heat and simmer for 20 minutes, or until just tender. Drain well.

Preheat oven to 180°C/350°F. Line a large oven tray with tin foil.

Place the garlic, ginger, soy sauce and honey in a small bowl and stir well.

Place the asparagus and potatoes onto the oven tray. Drizzle with olive oil and season with salt and pepper.

Place the salmon onto the tray. Brush most of the marinade onto the tops and sides of the salmon. Oven roast for 6 minutes.

Brush the salmon with the remaining sauce. Roast for 6 minutes, or until the salmon and vegetables are cooked.

Serve with lemon wedges.

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



PER SERVING:
483 Calories
49g Carbs
47g Protein
11g Fat



SCAN TO MYFITNESSPAL

Chicken & spinach curry

the
METABOLIC
FEMALE

2 tsps avocado oil
80g white onion, finely chopped
10g fresh ginger, grated
2 garlic cloves, minced
1 tbsp tomato purée
450g chicken legs, skin on
2 tsps ground cumin
1 tsp dried red chilli flakes
1 tsp fenugreek flakes
1 tbsp garam masala
1 tsp ground turmeric
200ml chicken stock (made with one organic stock cube)
200g tinned tomatoes, pureéd
200ml cold water
100g spinach leaves, chopped
a sprinkle of fresh parsley, chopped
a sprinkle of fresh coriander, chopped

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

Add the ginger, garlic, tomato purée, chicken and dried spices. Fry for 5 minutes, stirring occasionally.

Add the stock, tinned tomatoes and water. Stir well and simmer for 25 minutes, stirring occasionally.

Stir in the spinach, coriander and parsley. Cook for 1 minute. Serve.

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

Serving suggestion:

Serve on a bed of steamed rice.

SERVES 3



PER SERVING:
276 Calories
12g Carbs
21g Protein
16g Fat



SCAN TO MYFITNESSPAL

Thai yellow courgette curry

the
METABOLIC
FEMALE

2 tsps olive oil
1 red bell-pepper, diced
500g courgette, sliced
30g red onion, chopped
1 small garlic clove, minced
1 tsp soy sauce or tamari
1 tsp sea salt
½ tsp ground turmeric
1 tsp ground coriander
½ tsp chilli powder
½ tsp ground cinnamon
200ml vegetable stock (made with one organic stock cube)
200ml cold water
200ml unsweetened tinned coconut milk
½ a lemongrass stick, chopped
2 dried Kaffir lime leaves
1 tsp honey or maple syrup

SERVES 2



PER SERVING:
286 Calories
20g Carbs
2g Protein
22g Fat

Heat the oil in a saucepan over a medium flame. Add the bell-pepper, courgette and onion and fry for 4 minutes, or until softened.

Add the garlic, soy sauce, salt, turmeric, coriander powder, chilli powder and cinnamon. Cook for 1 minute, stirring.

Add the stock, water, coconut milk, lemongrass and lime leaves. Stir and simmer for 25 minutes.

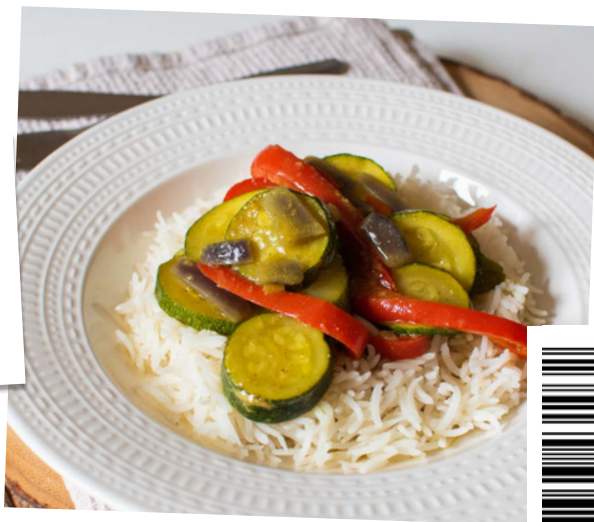
Remove the lime leaves and discard. Taste and add more seasoning if required.

Stir in the honey. Serve.

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

Serving suggestion:

Serve on a bed of steamed rice.



SCAN TO MYFITNESSPAL

Peach ice lollies

the
METABOLIC
FEMALE

50g ripe banana
150g fresh peaches (or use tinned in juice, drained)
175ml unsweetened almond milk or long life coconut drink
70g plain or Greek yoghurt (use dairy free if preferred)
1 tsp honey

Place the ingredients in a blender. Blend well until smooth.

Divide the mixture between 4 ice lolly moulds. Add a lolly stick to each one.

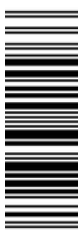
Freeze for 3 hours or until frozen.

Freeze for up to 2 weeks.

SERVES 4



PER SERVING:
120 Calories
27g Carbs
3g Protein
0g Fat



SCAN TO MYFITNESSPAL

Tropical fruit salad

the
METABOLIC
FEMALE

300g pineapple, cut into small chunks
170g strawberries, sliced or halved
170g mango or papaya, peeled and
chopped
juice of ½ a lime
juice of ½ a navel orange
a few fresh mint leaves

Place the fruit in a serving bowl. Drizzle
the lime and orange juice over the top and
garnish with mint leaves.

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

SERVES 5



PER
SERVING: 72
Calories
17g Carbs
1g Protein
0g Fat



SCAN TO MYFITNESSPAL

Chocolate banana brownies

the
METABOLIC
FEMALE

110g oats, blended until finely ground (use gluten free if preferred)
50g ground almonds
55g cocoa powder
40g coconut sugar
1 tsp baking powder
½ tsp salt
350g ripe bananas
80ml coconut oil, melted
1 tsp vanilla extract
35g peanut butter or almond butter
80ml unsweetened almond milk
80g dark or milk chocolate chips

MAKES 9 BROWNIES

Preheat oven to 180°C/350°F. Line the base of a medium-sized loaf tin with baking paper.

Place the oats, ground almonds, cocoa powder, coconut sugar, baking powder and salt in a bowl. Stir well to combine.

Mash the bananas well with a fork, then add to the bowl. Add the coconut oil, vanilla extract, peanut butter and almond milk. Stir well.

Stir in most of the chocolate chips.

Transfer the mixture to the tin. Top with the remaining chocolate chips.

Bake for 45 minutes, or until a toothpick inserted into the centre comes out clean. Transfer to a wire rack to cool. Cut into 9 brownies.

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



PER BROWNIE:
300 Calories
29g Carbs
6g Protein
17g Fat



SCAN TO MYFITNESSPAL

Passion fruit & peach parfait

the
METABOLIC
FEMALE

2 passion fruit
25g vanilla or coconut flavour whey
or plant-based protein powder (or
substitute with 1 tsp vanilla extract)
150g Greek yoghurt (use dairy free if
preferred)
a few fresh strawberries, sliced
70g fresh or frozen peach, puréed

Cut the passion fruit in half and scoop out
the seeds. Discard the peel.

Place the protein powder and yoghurt in a
bowl. Stir well until smooth.

Layer the yoghurt, strawberries, puréed
peach and passion fruit in a serving bowl.

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

SERVES 1



PER SERVING:
258 Calories
23g Carbs
37g Protein
2g Fat



SCAN TO MYFITNESSPAL

Fruity energy balls

the
METABOLIC
FEMALE

60g cashews
60g pecans or walnuts
70g pitted dates
the grated zest of ½ a lemon
the juice of ½ a lemon
1 tsp vanilla extract
30g nut butter of your choice
20g vanilla flavour whey or
plant-based protein powder
(optional) 30g freeze-dried or baked
strawberries

Place all of the ingredients in a food processor. Blend until well combined.

Add a drop more lemon juice or water if the mixture is too dry.

Roll into 8 balls and place onto a plate.

Refrigerate for 30 minutes.

Optional: Roll each energy ball lightly in desiccated coconut or cocoa powder. Serve.

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

MAKES 8 ENERGY BALLS



PER BALL:
171 Calories
13g Carbs
5g Protein
11g Fat



SCAN TO MYFITNESSPAL

Watermelon & strawberry smoothie

the
METABOLIC
FEMALE

180ml long-life coconut drink or milk of your choice

150g watermelon

120g frozen strawberries

25g vanilla flavour whey or plant-based protein powder

1 tsp chia seeds

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

Consume immediately.

SERVES 1



PER SERVING:
233 Calories
24g Carbs
23g Protein
5g Fat



SCAN TO MYFITNESSPAL

Indulgent cherry chocolate smoothie

the
METABOLIC
FEMALE

a handful of spinach leaves
120ml cold water
25g vanilla flavour whey or
plant-based protein
powder 60g ripe avocado
60g frozen cherries
5g almond butter
10g cocoa powder

Place all of the ingredients in a blender jug.
Blend well until thick and creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
324 Calories
19g Carbs
26g Protein
16g Fat



SCAN TO MYFITNESSPAL