



RESET
YOUR BODY

metabolic balance

The Journey Continues

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Welcome to the next stage of your Metabolic Balance journey! This is when things start to get a bit more interesting, as you add fats and oils into your food list, which makes your food a little bit tastier and gives you more ways to prepare meals.

Now that you're in the swing of eating the Metabolic Balance way, it's a great time to start experimenting with your food – trying foods on your list that you haven't eaten yet, cooking different recipes, and maybe even taking some of your old favourite recipes and adapting them to your Metabolic Balance plan. This eBook gives you heaps of recipes and inspiration to started.

Using this recipe book

Your Metabolic Balance plan is unique, with specific quantities (and foods) tailored to your nutrition requirements. This means that your protein, vegetable/salad and fruit quantities will be different from another person's on Metabolic Balance. So, this eBook is 'fluid' in the way that it can be used.... you need to use your own unique 'quantities' in each recipe. You may also need to substitute different ingredients if the ones suggested are not on your list.

Not every recipe in this book will suit your Metabolic Balance plan, so pick and choose the recipes relevant to you and your plan. What this eBook will do is give you:

- Clarity on how simple it is to throw together meals that fit the Metabolic Balance way of eating.
- Ideas on how to use herbs and spices to flavour your food, instead of packets and sauces. This is a skill that will serve you for life because nothing good comes from a packet!
- Some basic meal ideas you can use as is or adjust to suit your unique Metabolic Balance plan. If there is an ingredient listed in a recipe that's not on your food list, think outside the box. What foods are on your list that would be a suitable replacement? We have provided substitution ideas as often as possible, but it's important that you start to feel comfortable putting together meals in the kitchen. Long term this will help you to continue to plan, prepare and cook most of your food to stay healthy.
- Recipes that can be prepared in bulk, giving you 3-4 portions, which will save you time and ensure that you always have a Metabolic Balance meal pre-prepped and ready to go for those days when you just don't have time or can't be bothered. If you don't want to make a large batch, simply divide the ingredients so you have a single serve equivalent.

- The inspiration to find and try your own recipes. Firstly, google 'Metabolic Balance recipes' and you'll find lots of recipes from around the world. Choose the ones you like and build these into your weekly plan.

Beyond that, consider some dishes you really like or old favourite recipes that you've been making for years. How can you adapt these recipes to make them Metabolic Balance friendly? It's easier than you think! As you will see, most of the recipes in this eBook are just simple versions of everyday favourites.

We also suggest you follow @metabolic_balance and @metabolicbalanceanz on instagram / facebook as these accounts often post great meal ideas!

A healthy kitchen

One of the keys to eating healthily and sticking to your Metabolic Balance plan is setting your kitchen up for success with the right tools and ingredients on hand.

This means ensuring that you have a good selection of dried herbs, quality salt and pepper, and stocks on hand for adding flavour to your dishes. Fresh herbs can either be grown yourself or purchased weekly.

You simply won't be able to sustain a Metabolic Balance program for any length of time if you aren't willing to get in the kitchen and start adding flavour to your meals with herbs and spices, as opposed to adding flavours with sauces and packets. Long term, this is an important skill that you will take away with you as you move beyond the Metabolic Balance program and remain healthy for life.

Research tells us that packaged/processed foods contain harmful metabolic, hormonal and even carcinogenic components. This includes the sauces and packets we sometimes fall back on when we are too busy to cook from scratch. Moreover, these packets generally have too much sugar, trans fats, refined salt and junk, in general – ingredients that don't support a healthy body and mind.

Sometimes it's the simplest food that tastes the best – this is what Metabolic Balance is all about.

Plan, plan, plan.... or fail

Another key skill you will learn from Metabolic Balance is meal planning. So, if you haven't already, now's the time to start planning your meals! Meal planning and shopping should be a skill taught in school – it's that important. We talked about food planning at length in The Journey Begins.

Every week, write yourself a list. Know what you are going to cook, and shop to that list – don't randomly purchase things on the go. Meal planning will help you save money, keep you on track and ensure you don't eat the same thing over and over again. Eating the same thing all the time inevitably results in you feeling bored and giving up.

Planning your meals is especially important if you are cooking for a family.

Putting time aside each week to decide how you are going to fuel your body is essential from now on until forever if you want to be well for life. In the very back of this book, you will find a meal planning template to get you started; however, use whatever system works for you – whether it's a list in your phone, an app or just a scrap paper. Bottom line: Find a method that works for you and use it.

BREAKFASTS

Breakfast is often the biggest change for people on Metabolic Balance. The options are usually pretty simple:

- Yoghurt with fruit
- Oats with milk
- Nuts and/or seeds with vegetables and fruit
- Poultry or meat with vegetables
- Cheese with salad or vegetables

Please remember that nothing nutritious comes out of a box! Before you start thinking ‘it’s weird having vegetables for breakfast’, instead consider how strange we are to eat things from a packet, that we can’t pronounce, made in a laboratory!

Remember: Breakfast is just another meal of the day and another opportunity to nourish your body.

Here are some ideas for breakfast. Note: these recipes were in The Journey Begins except many now include oil which can be used after the first 14 days on Metabolic Balance.

OAT RECIPES

Basic porridge

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of oats as wholegrain oats (not quick)		
Your allowance of milk		
Water		
1 apple		
Cinnamon, to taste		

METHOD

1. Measure the oats and finely chop or grate the apple.
2. Place oats and apple in a saucepan and cover with water. Bring to the boil, adding more water if needed to prevent sticking.

- Once the mixture has boiled, reduce to simmer and begin adding your milk as the mixture continues to cook and thicken.
 - Stir in the cinnamon to taste. Serve.
 - Remember to take a mouthful of milk first as your protein.
- Notes:
- Serves one.
 - Chopped pear or dried prunes also work well in this recipe and can be cooked with the oats. Other fruits that also work include blueberries, raspberries and strawberries – but add these fruits *AFTER* cooking the oats on their own. These fruits do not need stewing!
 - Other spices that may be suitable include nutmeg or allspice, although only a pinch!

Basic overnight oats

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of oats as wholegrain oats (not quick)		
Your allowance of milk		
Your fruit of choice		
Boiling water		
Cinnamon, to taste		

METHOD

- Measure the oats and just cover with boiling water. Allow to sit on the bench about 15 minutes.
- Place in the fridge overnight.
- Just before serving, mix through your desired fruit and cinnamon to taste and most of the milk until it's at your desired consistency. Leftover milk is drunk first as the protein.

- Notes:
- Serves one.
 - Overnight oat recipes generally include yoghurt as an ingredient to thicken the mixture. However, we cannot mix proteins on Metabolic Balance. Adding the fruit may thicken things substantially. You could also stir through some psyllium husks (about 1 tablespoon) a few minutes before serving for a thicker consistency, but check with your practitioner before including psyllium. Psyllium is great for bowel health.

Oat shake

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of oats as wholegrain oats (not quick)		
Your allowance of milk, less 10ml		
Your fruit of choice, preferably frozen		
Cinnamon, to taste		

METHOD

1. Measure the oats and add the milk in a sealed container and pop in the fridge for the evening.
2. The following day, empty the contents of the container into a blender, add the frozen fruit and cinnamon to taste and then blend until smooth.
3. Keep the extra 10 ml of milk on the side to have as your first mouthful of protein.

Notes:

- Serves one.
- Oats add a level of creaminess to this shake that is similar to including yoghurt or cream.
- Fruits that work include blueberries, papaya, rockmelon, strawberries, raspberries and mangoes.

Toasted cereal

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
5 x your allowance of oats as wholegrain oats (not quick)		
A few tablespoons of your allowed oil		
1 tablespoon cinnamon		
Pinch of nutmeg		

METHOD

1. Preheat the oven to 180 degrees Celsius. Measure the oats into a large bowl. Mix through the spices evenly and stir through the oil. (if using coconut oil, you may need to melt it prior to mixing).
2. Spread the oats out evenly on a flat baking tray and put in the oven. Bake for about 10 minutes until just starting to brown. Keep a CLOSE eye on them as cooking times will vary depending on quantities used and your oven.

- Once toasted, place the oats back into the jar and weigh the cooked contents. Divide this by how many serves you have prepared (recipe suggests cooking at least five serves at a time) so you can weigh out your allocated portion each day.
- When ready to serve, simply weigh out your oats for the morning, then add fruit and milk. Remember to reserve a sip of milk as your first mouthful of protein.

Notes:

- We suggest you make enough for at least 5 breakfasts, but you could make a much larger batch if this is working well for you.*
- Toasted oats keep well in a sealed glass jar or plastic container.*

French toast

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 – 2 portions bread		
2 eggs	1 beaten with a fork, other prepared to your liking	
1 TBS water		
Pinch salt and pepper		
A few generous pinches of your favourite herbs	Finely chopped	
2 tsp ghee or olive oil		
½ portion pumpkin	Roasted	
½ portion salad or avocado	Chopped	

METHOD

- Mix together 1 beaten egg, water, herbs and salt and pepper with a fork.
- Soak bread in egg mixture until all is absorbed.
- Fry bread in ghee or oil until browned, flip over and continue on the other side until cooked through.
- Top the toast with pumpkin and salad or avocado plus the additional egg cooked to your liking.

Notes:

- Remember to think outside the square; if you don't have pumpkin and / or avocado on your list then substitute other vegetables instead.*

YOGHURT RECIPES

Yoghurt smoothie

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of yoghurt		
Your allowance of fruit, fresh or frozen		
Cinnamon, to taste (optional)		
Water too thin to desired consistency		

METHOD

1. Reserve a mouthful of your allowance of yoghurt, as your first bite of protein.
2. Combine all ingredients in a blender and blend until smooth.
3. Begin with 1/2 of a cup of water and add more until you reached your desired consistency.

Bircher Muesli

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion rye flakes		
1 portion yoghurt or milk		
1 portion fruit	Finely chopped or grated	
½ tsp cinnamon		
2 tsp flax oil		

METHOD

1. Soak rye flakes in the yoghurt or milk and spices for a few hours or ideally overnight in the fridge.
2. Before eating, thin with a little water if needed. Stir through the flax oil and fruit and enjoy.

Herb and Yoghurt dip with crudites

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion yoghurt		
1/3 bunch chives	Roughly chopped	
½ green chilli	Seeds removed, sliced	
1/3 bunch coriander	Roughly chopped	
¼ bunch mint	Leaves picked	
Rind of ¼ lemon	Grated finely	
Pinch of sea salt		

1 portion raw, crunchy veg – like cucumber, capsicum, carrot, broccoli, romaine etc.	Sliced into batons	
1-2 portions rye bread or crackers	Broken into chunks	

METHOD

1. Blend together yoghurt, herbs and salt until a smooth 'dip' is formed.
2. Serve yoghurt in a bowl and use the bread and crunchy vegetables to dip into the yoghurt.

Notes:

- *Alternatively, you could use half the yoghurt dip with your vegetables and use the remaining half mixed with your fruit for dessert. Herbs, yoghurt and apple make a lovely fresh combination!*

NUT AND SEED RECIPES

Tip: Often the nut and seed option on the program is ignored because people aren’t sure what to do with it and they also see it as a time-consuming option when it’s not. Here are some tips to save time and enjoy the nut and seed option:

- Measure out 3–4 (minimum) portions of nuts and seeds when you are food prepping and combine these in a food processor or mortar and pestle to chop to desired consistency. (Note: If you don’t mind your nuts and seeds whole, skip this step!). Make sure, after grinding, that the mixture is consistent i.e. the nuts and seeds are mixed evenly.
- Then, measure out your quantity of nuts and seeds to use in recipes that follow.

Another way to use the nut/seed option, is to simply roast the nuts and seeds in a little balsamic vinegar. They take on a sweet, nutty flavour. Then simply pair with your favourite vegetables from your list and enjoy.

Nutty mushroom and asparagus stir fry

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of nuts and seeds prepared as above or left whole		
Your allowance of vegetables such as a combination of mushrooms and asparagus	woody ends removed	

A pinch of fresh or dried thyme, to taste		
Allowed oil for cooking		

METHOD

- 1.Heat a wok over medium heat and add the oil. Meanwhile, roughly chop the mushrooms and asparagus spears.
- 2.Add mushroom and asparagus to the hot pan along with nuts and seeds.
- 3.Stir-fry for a few minutes until mushrooms are cooked through and asparagus is vibrant green. Turn off the heat.
- 4.Add a couple of pinches of fresh or dried thyme/oregano and season well with salt and pepper. Toss to combine.
- 5.Plate up and enjoy and don’t forget your fruit on the side, if it’s on your plan.

Nutty mango and Brussels sprout stir- fry

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of nuts and seeds prepared as above or left whole		
Your allowance of mango	chopped into bite-sized pieces	
Your allowance of vegetables as Brussel sprouts	quartered	
A dash of balsamic vinegar		
Allowed oil for cooking		

METHOD

- 1.Heat a little oil in your wok over medium/high heat.
- 2.Add the nuts, seeds and the Brussel sprouts. Continue cooking for 4–5 minutes until the Brussel sprouts have turned a vibrant green colour.
- 3.Add the mango and the dash of balsamic vinegar.
- 4.Toss for a further 1–2 minutes until everything is well combined. Season to taste and serve.

Notes:

- *Suitable substitutions for Brussel sprouts include green beans and asparagus.*

Nutty red cabbage and apple stir-fry

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of nuts and seeds prepared as above or left whole		
1/2 apple	chopped into bite-sized pieces	
Your allowance of vegetables as red cabbage	finely chopped	
Dash of balsamic vinegar		
Allowed oil for cooking		

METHOD

1. Heat a little oil in your wok over medium/high heat.
2. Add nuts, seeds and red cabbage. Cook, tossing often for 4 minutes.
3. Add the apple and continue cooking for another 3–4 minutes. The red cabbage should take on a darker shade, almost a purple colour when it’s almost ready.
4. Just before removing from the stove, add the splash of balsamic vinegar and season to taste.
5. Eat the remainder of your apple on the side.

Nutty apricot and red cabbage stir-fry

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of nuts and seeds prepared as above or left whole		
1/4 fresh apricot	chopped finely	
Your allowance of vegetables such as red cabbage	finely chopped	
1/8 tsp all spice powder		
1/8 tsp ground nutmeg		
1 1/2 tbsp of balsamic vinegar		
Allowed oil for cooking		

METHOD

- 1.Heat a little oil in your wok over medium/high heat.
- 2.Add all the ingredients to the wok except for the vinegar and toss well to combine, cooking for 2–3 minutes.
- 3.Add the vinegar and continue cooking and tossing for a further 6 minutes or so until the liquid has reduced to a glaze and the red cabbage is cooked.
- 4.Enjoy the remaining apricot on the side.

Ryvita with seed butter

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Seed butter:		
4 portions of nuts and seeds	Toasted	
Pinch flaked sea salt		
½ small clove garlic	Crushed	
2 Ryvita	Mashed	
1 portion veg (avocado or roasted pumpkin or roasted capsicum)		
1 TBS chives	Finely chopped	
1 TBS Dill	Chopped	
Sprinkling sea salt and pepper		

METHOD

Seed Butter:

- 1.Put toasted nuts and seeds in a food processor with salt and garlic. Blend until it becomes a paste.
2. Use 1 portion of seed butter at a time - store the remaining 3 portions in a glass jar as you would any other spread.

Vegetables:

- 1.Mash the avocado/pumpkin with a small pinch of salt and peppe and the herbs until combined.
- 2.Spread ½ portion of seed butter on each Ryvita. Top with the avocado/pumpkin mixture and enjoy.

Nuts and seeds – as a smoothie

Another really easy way to use the nut and seed option is to create a smoothie. Soaking your nuts and seeds overnight will soften them a little and once blended, you will be left with a creamy smoothie.

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of nuts and seed soaked overnight in 1 cup of water		
1 serve of vegetables; choose vegetables with a high water content such as spinach, cucumber and even cold steamed pumpkin		
1 serve of fruit (mango, berries, papaya or rockmelon work well)		
Ice (optional) and water		

METHOD

1. Place your nuts and seeds into a small bowl or container. Cover with water and refrigerate overnight.
2. The next morning, rinse the nuts and seeds before using. Eat a teaspoon of your nut mixture before blending the smoothie, as your protein.
3. Put the remaining nut and seed mixture and some fresh water into your blender, along with your choice of of vegetables and fruit.
4. Add more water and blend until you reach your desired consistency.

Notes:

- *Strawberries and zucchini are a good combination if these are on your list.*
- *Make your own convenient frozen ‘smoothie packs’ with pre-weighed fruit and vegetables, ready to grab from the freezer. Then all you have to do is add your seeds/nuts and blend and go!*

Nut Milk Smoothie

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion oil seeds or nuts		
1 portion fruit	Roughly chopped	
1 pinch cinnamon		
200-300mL water		
1 portion of vegetables	Chopped	

METHOD

1. Process the seeds/nuts until they resemble flour.
2. Add water to the food process. You can choose to use lots of water or less for a thicker consistency.
3. Add fruit and vegetables, cinnamon and any other spices you choose and blend again until smooth and creamy. Serve topped with a few whole seeds so you can start with a bite of protein.

Notes:

- *For your vegetable portion, a combination of leafy greens (such as spinach) and a heavier vegetable (like cauliflower or cucumber) works well. Avocado and spinach is also a good combination.*
- *If you fill up quite quickly, use less water.*
- *You may be able to add a little vanilla flavour in the form of vanilla powder to this recipe, but please check with your practitioner.*

Waldorf Salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
SALAD		
1/3 portion red cabbage	Finely shredded	
1/3 portion green cabbage, spinach or other leafy green	Finely shredded	
1/3 portion celery or asparagus	Finely sliced	
1 apple	Finely sliced or grated	
1 TBS dill	Finely chopped	
1 TBS chives	Finely chopped	
DRESSING		
1 portion nuts and seeds	Toasted and roughly chopped	
½ - 1 tsp Dijon mustard		
1 tsp vinegar		
2 tsp Olive oil		
Pinch salt and pepper		
2 TBS water		

METHOD

1. Place vegetables, herbs and fruit into a bowl.
2. Add dressing ingredients into a blender. Blend until emulsified, adding more water if needed to form a 'mayonnaise like' consistency.
3. Top the salad with the dressing and serve.

Notes:

- Double check that your practitioner is happy for you to include mustard.

CHEESE

Feta and mushroom stir-fry

If you have never enjoyed the combination of feta cheese (particularly goat’s feta cheese) and mushroom, you are in for a treat. This recipe is especially divine if you can cook it with a little butter or ghee.

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of feta cheese		
Your allowance of vegetables as a combination of mushrooms and asparagus or spinach		
Fresh or dried thyme or oregano, to taste		
Allowed oil for cooking		

METHOD

- 1.Heat a wok over medium heat and add the oil.
- 2.Meanwhile, roughly chop the mushrooms, remove the woody end of the asparagus and chop the asparagus spears into three portions.
- 3.Add mushrooms and asparagus to the hot pan and toss every few moments. (Note: If using spinach and not asparagus, do not add the spinach until you have removed the mushrooms from heat– spinach simply needs to wilt through the mushrooms.)
- 4.Meanwhile, measure out your portion of cheese.
- 5.Stir-fry the mushrooms and asparagus until just cooked through.
- 6.Remove from heat and add a pinch of the fresh or dried herbs and crumble the feta through the vegetables.
- 7.Season well with salt and pepper and toss to combine.
- 8.Plate up and enjoy and don’t forget your fruit on the side, if it’s on your plan.

Quick tip: Do you really enjoy this type of food first thing in the morning? To save time, chop up your veg and store in portions in a container at the beginning of the week. Then, all you have to do is grab your veg from the fridge, pre-cut and pre-measured and pop them in a wok before work. Easy!

Fattoush

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion feta or ricotta	Crumbled	
½ portion tomatoes	Sliced or roughly chopped	
¼ portion cucumber	Sliced or roughly chopped	
¼ portion spring onion	Sliced	
Handful parsley	Roughly chopped	
2 tsp capers	Roughly chopped	
Pinch allspice or sumac		
Pinch salt and pepper		
1 tsp vinegar		
2 tsp Olive oil		
1 portion bread	Torn into pieces	

METHOD

1. Mix all ingredients together except feta/ricotta.
2. Sit for 30-60 minutes to marinate.
3. Top with cheese and enjoy.

Note:

- *Check that your practitioner is happy for you to include capers at this point in your journey. Otherwise, omit the capers.*

POULTRY

Carrot and chicken breakfast muffins

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 X your allowance of chicken breast or thigh		
5 cloves garlic		
1 tsp salt		
1 celery stick	diced roughly	
2 spring onions/scallions	finely chopped	
Remainder of your allowance x 2 of vegetables as carrots or squash	peeled and grated	
1 tsp cinnamon		
1 tsp olive oil		
1 bay leaf		

METHOD

1. Preheat the oven to 190 degrees Celsius and boil a kettle of water.
2. Place chicken in a small saucepan together with garlic, salt, celery and bay leaf. Cover with boiling hot water and place over medium-low heat to simmer for 15 minutes. You can cover with a lid but allow some steam to escape so it doesn't come to a full boil. Reduce the heat if needed.
3. In the meantime, grate the carrots / squash.
4. Once the chicken is done, strain the meat and the garlic through a sieve into a pot. You can re-use the broth in a soup. Cool the chicken slightly, then shred into strips and chop into small pieces. Chop the cooked garlic as well.
5. Combine the shredded and chopped chicken and garlic in a bowl. Add cinnamon, salt, onions and olive oil. When adding the grated carrot, squeeze it tightly over the chicken mixture to allow some of the juices out. This juice will help to bind the mixture and make it easier to mould into balls.
6. Using a pastry brush or your fingers, grease the bottom of a muffin/cupcake tin and place a muffin liner in each hole.
7. Shape 1–2 tablespoons of the mixture into a small ball/patty using your hands and add it to the muffin liner. Press the patty down slightly. Continue with the rest of the mixture.

- 8. Place the tray with the muffins in the oven, middle shelf and bake for 20 minutes. If your oven's heat is slightly uneven, rotate the tray half way through.
- 9. Once cooked, remove and allow to cool slightly. Store in an airtight container for up to 3 days in the fridge.

Notes:

- *Recipe adapted from Irena Macri, Eat Drink Paleo*
- *If you enjoy these breakfast muffins, make a bigger serve and freeze some.*



MAINS

There are two ways to approach lunches and dinner on Metabolic Balance. The first is to consider your protein as a standalone, adding some flavour by coating it with spices and seasoning and then accompanying this with a fresh salad or vegetables. The second is to prepare an ‘all in one’ dish like a stir-fry, casserole or curry. The latter is easier to do when items like pumpkin and / or tomato are allowed on your list, but realistically you will be surprised what you can do with whatever is on your personal food list.

Now you can include fats and oils in your cooking, it’s easier to prepare more interesting meals. Spice rubs will stick to proteins better now that you can use a little oil.

The spice rubs below are paired with suggested proteins, but do experiment with different combinations (for example a rub for pork can also be used on lamb and chicken.)

Quick tip: Want to be super organised? Portion out multiple lots of proteins on the weekend and make up a few spice rubs, then coat your proteins with the rubs and freeze them, labelled, ready to use over the coming weeks. Or, you can make extra spice rub and store in an airtight jar and use it as you like.

LAMB

Lamb with crunchy rosemary crust

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 portions of lamb fillet (or allowed lamb cut)		
¼ cup rosemary leaves	roughly chopped	
2 garlic cloves	crushed or finely chopped	
Pinch of salt		
2 tbsp of olive oil		

METHOD:

1. Combine rosemary, garlic, salt and oil in a small, shallow dish.
2. Using a brush or your hands coat the lamb with the rosemary mixture.
3. Place in the fridge for at least 30 minutes. Even better, prepare this in the morning or the night before and allow to marinade for longer.
4. Place a frying pan over medium to high heat, allowing the pan to heat up for 2-3 minutes. Then, place the marinated lamb into the frying pan, cooking for 5-7 minutes until the meat is cooked through about 70%. Flip over and finish on the other side.
5. Serve with a fresh salad. Also works well paired with the apple and red cabbage stir fry.

Notes:

- *Have your second portion for lunch!*
- *The simple, pungent flavours of rosemary will really make you appreciate good Australian lamb.*
- *Don't overcook the lamb...Overcooked lamb is tough. Slightly pink is generally best. Remember when you remove from a hot pan, it continues to cook – that's why chefs 'rest meat' for a few minutes before plating it up.*



Warm spiced lamb

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 portions of lamb fillet (or allowed lamb cut)		
1 tsp dried thyme		
½ tsp ground coriander		
½ tsp salt		
½ tsp ground cumin		
1/4 tsp paprika		
Ground pepper to taste		
1 tablespoon of allowed oil		

METHOD:

1. Combine all ingredients (except meat) in a small, shallow dish and mix well until combined.
2. Using a brush or your hands coat the lamb with the spice rub.
3. Allow to stand at least 10 minutes.
4. Bake or cook in a fry pan (depending on cut and preference) until cooked through.
5. Serve with your choice of allowed vegetables / salad.

Moroccan lamb stew

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
4 portions of lamb	diced into bite-sized pieces	
4 cloves garlic	crushed	
2 tsp ground turmeric		
2 tsp sweet paprika		
2 tsp ground cumin		
1 cinnamon stick		
1 tsp ground chilli		
4 cups stock		
1 tbsp olive oil		
Salt and pepper to taste		

METHOD:

1. Preheat oven to 170 degrees Celsius.
2. Heat the oil in a large flame proof, oven proof dish OR a large frypan and then brown off the meat. Once the meat is browned add in the garlic and spices, stirring until the meat is coated well.
3. Add stock and bring to the boil, reducing to a simmer.
4. Remove from heat and transfer to an oven proof casserole dish if necessary. Pop foil over the top to seal tightly, place in the oven for 90 minutes.
5. Remove from the oven, season with salt and pepper. Test the meat; it should be tender. If not return to the oven for a further 30 minutes.
6. Remove cinnamon stick before serving.
7. Serve with cauliflower rice and fresh mint leaves or on a bed of spinach, or rocket or steamed vegetables.

Notes:

- Cook at least 4 portions as suggested otherwise the cooking time will be too long..
- Lamb shoulder is recommended for this recipe, however, use whatever cut is specified on your personal food list EXCEPT lamb fillet. Lamb fillet is not suitable for slow cooking.
- If you have prunes on your plan, you can include them in this dish. Add with the stock.
- If you have lemon on your plan, you can add a small lemon, also when you add the stock.

PORK

Pork with spicy cardamom rub

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 portions of pork fillet (or allowed pork cut)		
¼ tsp chilli powder (see note below)		
¼ tsp cardamom powder		
¼ tsp cumin powder		
Pinch of salt		
1 tablespoon of allowed oil		

METHOD

1. Preheat oven to 220 degrees Celsius.
2. Combine all spices, oil and salt in a small bowl. Rub the spices onto the pork, covering all the meat.
3. Wrap the pork in alfoil ‘parcel’ style. Bake in the oven at 220 degrees for 10 minutes. Then turn the oven down to 190 degrees and bake for a further 10 minutes.
4. Remove the meat from the oven and check if it is cooked through. If not, simply place it back in the oven until finished. Cooking times will vary depending on the thickness of your meat.
5. Serve with Fennel and apple salad or any of your allowed vegetables / salad.

Notes:

- Use the second fillet for lunch! Or freeze it already coated in spice for another meal.
- Pork can be cooked in a frypan instead of the oven with allowed fat/oil.
- Add less chilli powder if you use a hot chilli powder or don’t like things too spicy.

Pork, apple and capsicum skewers

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 portions of pork fillet	cut into cubes	
1/4 cup stock		
2 cloves garlic	crushed	
1 tbsp fresh oregano or 1/2 tbsp dried oregano	chopped	
1 tbsp fresh mint leaves	chopped	
1 tbsp lemon juice if allowed		
2 tbsp olive oil		
1 green apple		
1 x your allowance of capsicum	cut into chunks	

METHOD:

1. Combine stock, garlic, mint, oregano and lemon juice (if allowed) in a bowl.
2. Add pork and mix well to combine. Set aside in fridge , allow to marinade for a minimum of 20 minutes, up to 12 hours.
3. Thread marinated pork onto skewers, alternating with apple and capsicum.
4. Heat a frying pan over medium to high heat and cook the skewers in batches for 3 minutes each side or until pork cooked through and tender.
5. Serve with a basic salad of leafy greens (up to your allowed portion size of salad/vegetables).
6. Enjoy the other half of the apple for dessert.

Notes:

- *Omit capsicum if not on your plan. Ensure you still get your full portion of vegetables / salad.*

MINCE

Basic rissole recipe

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
5 x your allowance of meat	minced	
3 cloves garlic	crushed	
2 tbsp dried herbs		
2 tbsp fresh herbs		
1 x Ryvita biscuit, to be used if needed for binding (see note below)	crushed in a food processor	
Dash of stock, if needed		
Salt and pepper, to season		

METHOD

1. Combine all ingredients except stock and Ryvita in a large bowl and mix well. Check the consistency. If you feel things are ‘binding’ nicely, you won’t need anything extra. If you are using a lean mince, such as goat mince, you may need to add a little stock to wet the mixture and allow it to stick together. On the other hand, a fattier mince (like lamb), may need a crushed Ryvita to help it bind.
2. Once mixed well, divide into 5 patties or 15 smaller meatballs. Rest for at least 20 minutes in the fridge to allow the mixture to set.
3. Oven bake in hot oven (200 degrees Celsius) or fry in a frypan with a little oil until cooked through.

Notes:

- *Extra rissoles can be frozen raw or frozen after they are cooked.*
- *Chicken, goat, turkey, lamb, veal and pork mince all work well in this recipe.*
- *This is a great recipe for the whole family. Make up a big batch to enjoy. Your family could have these as ‘healthy homemade burgers’ or with some pasta and vegetable sauce.*
- *Some good herb combinations are:*
 - *Beef mince with mixed herbs and fresh parsley or fresh basil*
 - *Turkey mince with mixed herbs and basil*
 - *Lamb mince with dried thyme and fresh rosemary*
- *This recipe purposely omits onion and all other vegetables, so this will only count as a protein portion. Use your full vegetable allowance on the side.*

Sweet lamb and eggplant mince

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
3 x your allocated weight of lamb	minced	
2 tbsp cumin powder		
1 tsp cinnamon powder		
240g eggplant	peeled and chopped into small squares	
1/3 cup water		
1 apple		
Salt and pepper, to taste		
Fresh parsley or coriander, to serve		

METHOD

1. Heat a medium sized frypan over high heat with a dash of your allocated oil. Once hot, add the lamb mince and stir-fry for a few minutes until it starts to brown.
2. Add spices and stir until well combined, then immediately add the eggplant. Stir well and continue stirring until meat is completely browned.
3. Add the water, which should come to the boil quickly then reduce the heat to a strong simmer (medium heat). Cook covered for 5 minutes.
4. Add apple to the pan and season with salt and pepper. Take a little mouthful of lamb mince (this can be your first bite of protein) and check the seasoning, adding a little more cinnamon if desired.
5. Stir the mixture well and add a dash more water if it's becoming dry. Replace the lid and cook a further 5 minutes over medium heat until the apple is soft.
6. In the final stages of cooking the lamb, prepare some extra vegetables.
7. To serve, remove the lamb from heat and stir through some fresh herbs – such as parsley.
8. Serve with a simple side salad or steamed vegetables.

Notes:

- Serves three as written. Leftovers are delicious for lunch the next day.
- Eggplant can be replaced with zucchini or yellow squash or okra.
- This recipe uses 80g of your allocated vegetable weight as eggplant (the recipe is for three serves – you have used 240g of eggplant across three serves).
- The picture below shows this recipe served with steamed broccoli.
- Remember, you still need to eat a whole apple each day and this recipe only uses 1/3 of an apple per serve.



Lamb mince and zucchini ‘stack’

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 x your allowance of lamb	minced	
½ tsp allspice		
½ tsp cumin		
½ tsp cinnamon		
2 x your vegetable allowance as zucchini		
1 tbsp parsley		
1 tbsp mint		
Your allocated oil		

METHOD

1. Preheat your oven to 200 degrees Celsius. Cut zucchini lengthwise into long, thin pieces. Brush zucchini with oil and season well with salt and pepper.
2. Place zucchini on lined baking trays and put into the oven. Bake until the zucchini is cooked and starting to brown, approximately .10–15 minutes.
3. Alternatively, you can grill your zucchini in a fry pan or on the BBQ, if preferred.
4. In the meantime, heat a medium sized frypan over high heat with a dash of your allocated oil. Brown the mince off over high heat.
5. Add spices, stir until well combined, turn heat down and cook for a further 8-10 minutes until the meat is completely cooked through and the smell is fragrant. If the mixture starts to become dry, simply put a lid on the pan.
6. To serve, stack half of the zucchini on top of one another. Then add half the mince over the top and sprinkle over some of the fresh herbs.
7. Season further to taste with salt and pepper.

Notes:

- Serves two as written. Plate the other half up for your partner or for your lunch the following day.
- Make little ‘croutons’ out of your rye bread and throw these on top!

HAM
Ham and pumpkin 'fritters'

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of ham		
100g pumpkin		
Remainder of your allocated vegetable weight as 'other' allowed vegetables (such as mushroom and zucchini)	finely chopped or grated	
Fresh herbs		
25g rye bread	chopped, processed finely into crumbs	
Oil for cooking		
Salt and pepper, to taste		

METHOD

1. Dice the pumpkin and steam or microwave until tender.
2. Meanwhile, finely chop ham and put in a medium sized mixing bowl. Add remaining vegetables and fresh herbs, and season with salt and pepper. Tip: Shortcut by blitzing your vegetables in a food processor with bread instead of grating them by hand.
3. Once the pumpkin is well cooked, mash roughly and add it to the mixing bowl. Combine everything well.
4. Roll the mixture into 'balls' and place on a plate in the fridge for at least 15 minutes (this will help everything stick together).
5. Heat up a shallow fry pan over medium to high heat and add some oil. Add the fritters to fry pan, flattening them with the back of a fork.
6. Fry well on one side until almost fully cooked through. Then flip carefully and cook for a further 1-2 minutes on the other side to finish off. Remember: These are flour-free, so handle carefully, as they may not hold together as well as traditional fritters
7. Serve and enjoy.

Notes:

- Serves one.
- *These fritters don't have any binding agents, like flour and egg, so they will need to be served on a plate with a knife and fork as they do break apart quite easily.*
- *These are a delicious way to use up any leftovers, particularly towards the end of the week, when the fridge is getting empty! .*
- *Pumpkin in this recipe is essential to bring the fritters together. If pumpkin is not on your plan this recipe is not for you.*



GOAT
Jamaican goat curry

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
4 x your allowance of goat meat	diced	
2 tbsp Jamaican curry powder		
1 chilli		
2 garlic cloves		
1 tsp fresh ginger	grated	
600ml stock or bone broth		
2 tsp rosemary or thyme	chopped	
1 onion	diced	
1/2 a portion of vegetables as fresh tomatoes	diced	
remaining vegetables of your choice, to serve		
Oil for frying		
Salt and pepper, to taste		

- METHOD:**
1. Coat the goat meat in the Jamaican curry powder (see next page) and refrigerate for 15-30 minutes.
 2. Heat a generous dash of oil in a medium to large saucepan over medium to high heat. Add ginger, garlic and chilli, cooking until fragrant.
 3. Add goat meat, tossing in the garlic mixture, cooking a few minutes until browned off.
 4. Add rosemary or thyme and broth. Bring the mixture to the boil, then reduce to a simmer. Cover with a lid and and continue cooking over low heat for 2 hours.
 5. Add diced tomatoes and continue cooking over low heat for a further 30–45 minutes. Note: You may need to add more stock at this point.
 6. Dish is ready when goat is tender. Serve with other vegies.

Notes:

- Serves four as written.
- You could make an even larger batch for 5 - 6 meals. Ensure you extend the cooking time so the meat tenderises.
- Be generous with the salt in this recipe to balance the flavour of the Jamaican spice mix.
- When working out how many tomatoes to use, you will need 1/2 x 4 portions worth... i.e. if 1 portion of vegetables is 150g for you then you will need 4 x 75g worth of tomatoes = 300g.
- This recipe also works without tomatoes. Use green beans and pumpkin instead (as pictured)
- Recipe adapted from Pete Evan's Jamaican Goat Curry.
- Leftover Jamaican curry powder is great as a rub on any meat. Or store in a jar and make this recipe again.



Jamaican curry power

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1½ tbsp coriander seeds		
1 tbsp each cumin seeds, yellow mustard seeds, fenugreek seeds and whole allspice		
2 whole star anise		
2½ tbsp ground turmeric		

METHOD

1. Place all ingredients except the turmeric into a small, hot, non-stick fry pan.
2. Allow the spices to 'dry roast' for about 2–3 minutes, tossing the spices every few seconds.
3. Once things start 'popping' consistently, remove from heat. (The popping is the yellow mustard seeds.)
4. Transfer the roasted spices into your mortar and pestle or spice grinder and grind until you have achieved a fine powder.
5. Then mix through the already ground turmeric.
6. Store in an air tight, small glass jar in the cupboard with a label. This spice mix also works well with pork and dense fish like swordfish and tuna.

CHICKEN

Thai style mango chicken

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allocated portion of chicken (thigh or breast)	diced into small cubes	
Your allocated portion of vegetables (such as asparagus, carrot, mushroom, capsicum)		
1/4 mango		
1 clove garlic	minced	
6 fresh basil leaves	chopped	
2 tbsp stock		
Salt and pepper to taste		
Fresh coriander, to taste		
Oil		

METHOD

1. Heat frypan over medium to high heat with a dash of oil. Add chicken and cook until it's 'sealed'.
Remove the chicken and rest on a plate.
2. Add stock to the pan and allow to get hot over high heat.
3. Add remaining ingredients (except basil) and cook for 3-4 minutes.
4. Add chicken back into the pan. Cook for a further 2-3 minutes until chicken is cooked through.
Season to taste with salt and, pepper.
5. Top with basil leaves to serve.
6. Enjoy the rest of your mango for dessert.

Juicy baked chicken breast

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
4 chicken breasts		
1 tbsp oil		
4 tsp paprika		
1 tsp onion powder		
1 tsp garlic powder		
1 tsp black pepper		
1 tsp salt		

METHOD

1. Heat oven to 230 degrees Celsius.
2. Toss chicken in oil.
3. Mix the paprika, onion powder, garlic powder, pepper and salt in a small bowl. Then sprinkle over chicken breasts. Turn chicken breasts until completely coated in rub.
4. Place on sturdy baking sheet, leaving space between the chicken breasts.
5. Bake for 10 minutes. Flip and return to the oven. Bake chicken for total time according to size of chicken breast: 140g breasts (12–15 min), 200g breasts (15–20 min), 280g breasts (20–25 min), or until the internal temperature of the chicken breast reaches 74 degrees Celsius.
6. Remove from oven and cover with alfoil or a baking dish for 5–10 minutes.
7. Cut against the grain to serve.

Notes:

- *Weigh the chicken breasts before cooking, so you know how much is 1 serve.*
- *You may need a meat thermometer for this recipe.*
- *Resting chicken after cooking is important because it allows the juices to settle.*
- *Baked chicken breast may be stored in the fridge for up to four days, or in the freezer for one month.*
- *Recipe adapted from: <https://sweetpeasandsaffron.com/>*

Chicken Meatballs

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
for meatballs:		
olive oil spray		
800 g lean chicken	minced	
1 onion	finely chopped	
2 cloves garlic	crushed	
3 tbsp coriander (cilantro)	chopped	
3 tbsp flat-leaf (Italian) parsley	chopped	
2 tsp ground cumin		
for tomato sauce:		
1 tbsp extra virgin olive oil		
1 onion	finely chopped	
2 cloves garlic	crushed	
2 tsp ground cumin		
2 tsp paprika		
2 x 400g tins tomatoes	chopped	
2 tbsp coriander (cilantro)	chopped	
2 tbsp (Italian) parsley	chopped flat-leaf	

METHOD

1. Preheat the oven to 200 degrees Celsius. Spray a large baking tray with olive oil.
2. Place the chicken, onion, garlic, herbs, cumin in a large mixing bowl. Using your hands, mix all the ingredients until well combined. Roll tablespoons of the mixture into balls, then place them on the baking tray. Bake for 15 minutes or until the meatballs are cooked through and lightly golden.
3. Meanwhile, to prepare the tomato sauce, heat the olive oil in a large frying pan over medium heat and fry the onion for 4-5 minutes or until softened. Add the garlic and spices and cook for a further 30 seconds. Stir in the tomatoes and 1 cup (250 ml) water and bring to the boil, then reduce the heat and simmer for 10 minutes.
4. Add the baked meatballs to the sauce and simmer for an extra 10-15 minutes or until the sauce has thickened. Stir in the coriander and parsley and season to taste. Serve with rice, couscous or bread from your daily allowance, with a crisp salad to the side.

Notes:

- If you don't have tomatoes on your personalised food list, don't worry. You can simply make the meatballs up and toss them through other veggies or use them as your protein portion atop a nice salad in summer.

FISH AND SEAFOOD

Fresh fish tastes best when prepared simply. Fresh salmon, in particular, needs little done to it besides cooking and serving with a beautiful side of salad or steamed vegetables. Similarly, fresh tuna seared on both sides is delicious. Denser fish, such as swordfish and tuna, can be rubbed in some spices, such as the Jamaican spice mix or those below and then cooked in a hot pan with oil.

The best fish rub ever!

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
4 portions of fish, preferably a dense variety like tuna or swordfish		
RUB:		
1.5 tbsp fresh ginger	grated	
1 tbsp ground turmeric		
1 tbsp garlic	finely chopped	
2 tsp mustard powder		
2 tsp sweet paprika		
2 tsp dried basil leaves (or mixed dried herbs)		
2 tsp of ground fennel		
Pinch of cayenne pepper		
Pinch of chilli powder		
1 heaped tsp of salt		
2 tbsp olive oil		

METHOD:

1. Combine the rub ingredients in a medium bowl and mix well.
2. Add fish. Use your hands to coat the fish in rub, press into both sides.
3. Allow to marinate for at least 20 minutes, up to 6 hours.
4. Fry in a hot frypan over medium / high heat until almost cooked through. Flip and fry until cooked.
5. Serve with a simple side salad.

One ‘foil’ fish wonder

This 10-minute recipe is an example of how fish can taste amazing with minimal effort. It works especially well with Barramundi, Snapper and Salmon.

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of fish		
Your allowance of vegetables (such as green beans, pumpkin, savoy cabbage, broccoli, cauliflower, fennel),	cut into bite-sized pieces	
Dried oregano		
Salt and pepper, to taste		
Fresh herbs, such as parsley or dill		
Oil		

METHOD

- 1.Preheat the oven to 180 degrees Celsius.
- 2.Lay out a rectangular piece of alfoil. Place your vegetables in the middle of the foil. Then place your piece of fish on top.
- 3.Season generously with dried herbs, salt and pepper. Add a generous drizzle of allowed oil. Wrap everything up like a parcel.
- 4.Place the parcel on a tray in the oven. Bake for 15 minutes, then remove and open the foil carefully (use oven mitts, as- the steam and liquid that escapes will be hot) and pierce the flesh of the skin to see if it is cooked through. If not, replace for another few minutes until ready to eat.
- 5.Serve either on a plate in the alfoil basket or remove the foil

Notes:

- *Use the cooking time as a guide only. You should check fish regularly to make sure its cooked through but not overcooked, as it will go rubbery quickly. The thicker the piece, the longer the cooking time.*



Fish and ‘chips’

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of fish		
Your allowance of vegetables (zucchini, carrot, pumpkin, onion, fennel, capsicum work well)	sliced into ‘chips’	
Salt, pepper and dried herbs		
1 clove garlic(optional)	chopped	
Oil		

METHOD

1. Preheat oven to 200 degrees Celsius.
2. Cut vegetables into ‘chips’.’ Brush with oil and season with salt, pepper and dried herbs. If you are using the crushed garlic, scatter it over the vegetables.
3. Place vegetables on a baking tray and bake for 15-20 minutes until starting to brown.
4. Meanwhile, wrap your fish in alfoil and bake in the oven or pan fry it on the stove in a little more of your allowed oil.



Notes:

- Pictured is pan-fried salmon with onion, pumpkin, zucchini and red onlon 'chips.'

Thai-style mango prawns

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of prawns		
Your allowance of vegetables (assorted: asparagus, carrot, mushroom,capsicum work well)		
1 clove garlic	finely chopped	
6 fresh basil leaves		
2 tbsp stock or broth		
¼ mango (eat the rest for dessert)		
Salt and pepper, to taste		
Fresh coriander leaves (optional)		

METHOD

1. Heat a fry pan on medium-high heat. Add stock.
2. Add garlic, vegetables, mango and herbs. Cook for approx. 3 mins; the vegetables should be vibrant in colour but still crisp.
3. Add prawns and salt and pepper to taste. Continue cooking a few minutes until prawns are just cooked through.

Baked salmon with dill and lemon

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of fish as salmon		
2 thin slices of lemon		
1 heaped tsp dill		
Salt and pepper, to taste		
Oil		

METHOD

1. Preheat oven to 200 degrees Celsius.
2. Place salmon into a small casserole dish or on a sheet of alfoil.
3. Rub salmon with oil, then rub dill all over the top of the salmon and place the slices of lemon on top. Season with salt and pepper.
4. Bake for about 10 minutes until cooked through. Salmon should still be a little pink in the middle.
5. Serve with a simple side salad.

Notes:

- *Good quality salmon should have lots of natural oils and, therefore, can be baked uncovered. However if you prefer you can wrap your salmon up in the foil like a parcel and it will be really juicy.*

Mini Prawn Cocktails

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion prawns/shrimp	Cooked	
1/3 portion veg – lettuce	Shredded	
2/3 portion veg – avocado		
1 tsp vinegar		
2 tsp EVOO		
Pinch salt and pepper		
½ tsp tomato paste (if allowed tomatoes)		
Sliver of garlic		
Handful fresh herbs to serve	Chopped	
1-2 serves Ryvita	Broken in ½ or 1/3	

METHOD:

1. Dressing: Blend together avocado, tomato paste, garlic, vinegar, EVOO, salt and pepper and a sprig of the fresh herbs, using a small amount of water to thin to the consistency of mayonnaise.
2. Place some dressing on each portion of Ryvita. Top with shredded lettuce, prawn, some herbs and another blob of dressing.

EGGS

Egg and potato salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 eggs	hard boiled	
1 portion of potatoes	chopped into bite sized pieces	
Vegetables of your choice; crunchy ones work well such as capsicum, cabbage etc.	all thinly sliced	
A splash of apple cider vinegar		
Allowed oil for dressing		
Fresh dill to taste		
Salt and pepper		

METHOD

1. Hard boil your eggs on the stove.
2. Chop your potato into bite sized pieces and steam in a steamer or microwave until just tender.
This is best done a couple of hours before eating or the night before - this recipe is best served cold.
3. To assemble, peel and chop your hard boiled eggs roughly. Combine with the cooked potato and thinly sliced vegetables.
4. Dress with apple cider vinegar and oil and add chopped dill, salt and pepper to taste.

Notes:

- *Leaving the skin on the potatoes will increase the fibre content and lower the GI of the potato - preferred.*
- *For eggs, an easy way to hard boil is to place them in a saucepan, cover them with cold water and bring them to the boil. Once gently boiling, reduce heat and cook for a further 6 minutes on a gentle simmer. Remove from heat. Rinse under cold, running water and peel the shells off.*
- *If you are permitted to have 'egg and potato' twice weekly or more, you could easily double or triple this recipe. Potato salad will keep in the fridge for a few days especially if you dress it immediately before serving.*

Vegetable frittata

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion of vegetables of your choice (such as pumpkin, zucchini, capsicum, etc.)		
1 clove garlic	minced finely	
2 eggs		
Sea salt and pepper, to taste		
Freshly ground black pepper		
1 tbsp fresh parsley	chopped, to garnish	
1/8 cup of filtered water		

METHOD

1. Grate vegetables or dice finely.
2. Add garlic, sliced spring onion and water to small heavy based frypan.
3. Sauté gently for about 3–5 minutes.
4. Add other vegetables, simmer gently, stirring until al dente. keep mixture moist by adding some water but not too wet otherwise the frittata won't set.
5. Beat eggs, season with sea salt.
6. Pour eggs over vegetables, stir gently.
7. Cover, turn heat to low, cook for 2 minutes on hot plate/gas burner.
8. Uncover and place under heated grill in over for 2–3 minutes until lightly brown. Be careful not to over-brown it (don't have your griller turned up too high).
9. Crack over some black pepper and garnish with chopped parsley to serve.

Notes:

- *You could do this entire recipe on the stove - but finishing it off under the grill may assist it to cook more evenly.*

CHEESE

Cheese of silverbeet and zucchini soup

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of goat's or sheep's cream cheese		
$\frac{3}{4}$ your vegetable allowance as silverbeet	leaves removed from stems	
$\frac{1}{4}$ your vegetable allowance as zucchini	diced and sliced small	
1 small garlic clove	crushed	
$\frac{1}{2}$ – $\frac{3}{4}$ cup of broth, stock or boiling water		
Salt and pepper, to taste		
Oil		

METHOD:

1. Heat a wok or saucepan on medium heat.
2. Prepare the vegetables, whilst waiting for your wok or saucepan to heat up.
3. Fry the garlic in a little oil until fragrant. Add silverbeet and zucchini, stir- frying well until just starting to wilt.
4. Add liquid (stock, broth or water). Start with only $\frac{1}{2}$ cup, adding more at the end, if needed. For a stronger, saltier flavour, use stock. For a cleaner soup, water works well.
5. Simmer for a few minutes, then break up cream cheese and stir through the soup. Remember to leave a mouthful aside to have separately as your first mouthful of protein.
6. The soup will become creamy. Add more liquid, if desired.
7. Remove from heat and process using food processor or a bar mix. Place back over heat and season to taste.
8. Serve immediately with or without rye bread.

Notes:

- *This soup also works well with a silky feta cheese.*
- *This recipe is not suitable for freezing, but will keep in the fridge for 1–2 days.*
- *Silverbeet may be substituted for spinach or kale.*
- *You could easily do a double or triple batch of this soup.*

'Cheese of' mushroom and zucchini soup

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of goat's or sheep's cream cheese or feta cheese		
1/3 your allowance of vegetables as mushrooms	sliced thinly	
2/3 your allowance of vegetables as zucchini	diced	
1 small garlic clove	crushed	
½ – ¾ cup of broth or stock or boiling water		
Salt and pepper, to taste		
Oil or fat		

METHOD:

1. Heat a wok or saucepan on medium heat.
2. Prepare the vegetables, whilst waiting for your wok or saucepan to heat up.
3. Fry garlic in a little oil until fragrant, then stir- fry vegetables, tossing well until the zucchini is bright green and the mushrooms are starting to appear cooked.
4. Add liquid (stock, broth or water). Start with ½ cup, adding more at the end, if needed. For a stronger, saltier flavour, use stock. For a cleaner soup, water works well.
5. Simmer for a few minutes, then break up cream cheese and stir through the soup. Remember to leave a mouthful aside to have separately as your first mouthful of protein.
6. The soup will become creamy. Add more liquid, if desired.
7. Remove from heat and process in a food processor or use a bar mix. Place back over heat and season to taste.
8. Serve immediately with or without rye bread.

Notes:

- *You could double or triple this recipe and make more.*
- *This recipe is not suitable for freezing, but will keep in the fridge for 1–2 days.*

Goat Cheese Crunch

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 Portion Goat/Other cream cheese		
Cucumber/Capsicum		
Carrot		
Ryvita		
Apple		

METHOD

1. Deseed Cucumber or Capsicum.
2. Weigh your Cucumber or Capsicum to have enough to make three good sized 'boats'.
3. Weigh your cheese portion and place in a bowl.
4. Grate your apple.
5. Crumble one or two Ryvita by popping them in a small snack zip lock bag and crushing with a rolling pin.
6. Mix the Cheese, apple and Ryvita together.
7. Spoon onto the Cucumber or Capsicum boats.
8. Decorate with Carrot sticks to make up 1 vegetable portion.
9. Enjoy this deliciously fresh and crunchy lunch.



‘Cheese of’ cauliflower and leek soup

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
3 x your allowance of cheese, cream cheese, goat’s cheese or feta		
3 x your allowance of vegetables as leak and cauliflower	roughly chopped	
2–3 small garlic cloves	crushed	
2 cups of stock or broth		
Oil		

METHOD:

- 1.Heat a wok or saucepan on medium heat.
- 2.Prepare the vegetables, whilst waiting for your wok or saucepan to heat up. Add a dash of oil to the pan, allow to heat up and then fry off garlic until fragrant.
- 3.Add vegetables and toss well until combined.
- 4.Reduce the heat to medium. Cook for about 10 minutes, tossing and stirring regularly.
- 5.Add stock, reduce heat again and cook for another 10 minutes until cauliflower is tender.
- 6.Pour the mixture into a food processor and blend until smooth.
- 7.Break up the cheese (remember to leave mouthfuls aside to have separately as your first bite of protein). Restart your food processor on low, slowly adding chunks of cheese in as you go. . Continue blending until soup is smooth and cheese is melted.
- 8.The soup will become creamy. Add more liquid, if desired.
- 9.Return to pan, season with salt and pepper and divide into three bowls.

Notes:

- Serves three as written but you could make a smaller or larger batch depending on your food plan for the week.
- Use a ratio of 1 part leak to 4 parts cauliflower. Therefore, if 3 x your allowance of vegetables is 400g, use about 80g leak and 320g cauliflower.

MUSHROOM (PROTEIN)

Wild rice and shitake mushroom fried rice

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of ‘protein’ mushrooms (shitake or oyster)		
Your allowance of wild rice		
Your allowance of vegetables (pumpkin, carrot, cabbage, capsicum,leek, onion, beans, broccoli, etc.)	cut into small pieces	
1 clove garlic	crushed	
½ - 1 whole chilli	finely chopped	
½ tsp dried herbs (thyme or garam masala work well)		
1 cup stock or broth		
Oil and Water		
Fresh herbs (coriander, parsley, basil), to garnish		
Salt and pepper, to taste		

METHOD

1. Cook wild rice in a rice cooker or in a saucepan in the stock/broth. Be aware that wild rice requires more liquid and more time to cook than normal rice. For example, a serve of wild rice may take up to 45 minutes to cook through.
2. While the rice is cooking, weigh and chop mushrooms and vegetables. Note: Vegetables like pumpkin and carrot should to be diced quite small, so that they cook in the same time as other vegetables, like zucchini.
3. Place mushrooms into a wok or deep saucepan with some oil. Add ½ – 1 cup of water (enough to cover half the mushrooms), add garlic, chili, salt and pepper. Cook mushrooms until soft.
4. Add vegetables and extra water, if needed.
5. Add dried herbs.
6. Cook on high heat, stirring well until vegetables are ‘al dente’.
7. Add cooked rice and stir through.
8. Garnish with fresh herbs and serve.

- Notes:
- Serves one.
 - This recipe works well when doubled or quadrupled. It also freezes well, and is easy to reheat.
 - Including onion or leak, if on your plan will boost the flavour of this dish.

Wild Rice Mushroom Risotto

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion of wild rice		
1 portion of 'protein mushrooms' (i.e. oyster or shitake)		
1 portion of vegetables as other allowed mushrooms		
1 tbsp onion	diced	
1–2 cloves garlic	crushed	
Ground spices (coriander, cumin, ginger)		
Fresh herbs (coriander/ parsley/cilantro), to garnish		
1/2 cup stock, broth or water		
Oil		

METHOD

1. Cook wild rice for 30–45 mins or according to packet.
2. Steam or lightly fry crushed spices followed by onions, until tender in a little oil.
3. Add vegetable mushrooms followed by protein mushrooms and stir fry.
4. Add stock followed by cooked rice and cook for a further 3–5 mins or until everything is tender, properly cooked through and liquid is absorbed.
5. Garnish with fresh herbs.



PULSES

Pulses, including lentils, beans and peas, are an incredibly nutritious and affordable protein option that can be used to create lots of delicious meals. Pulses are also power houses of fibre – great for keeping things regular and highly beneficial for your gut microbiome.

Pulses typically come either tinned in a brine (which are already precooked) or dry. Remember the pulse allowance listed on your Metabolic Balance meal plan is the dry weight. If you are using tinned pulses, you must double the weight in your meal plan. E.g. if your allowed pulse portion is 80g then you would actually use 160g if using tinned pulses.

Using tinned pulses is perfectly acceptable on Metabolic Balance, and can save you a lot of time and effort. All the recipes below assume you are either using tinned pulses OR that you have pre-soaked your dry pulses (as instructed below).

The following pulses are readily found in supermarkets and delis already precooked and tinned: chickpeas, black beans, red kidney beans, lentils, pinto beans, cannelloni beans and butter beans (lima beans). You will find a larger variety of pulses (adzuki beans, black beans, lima beans, chickpeas and navy/white kidney beans) dried, especially in health food and bulk bin stores.

Using dried pulses

Generally, lentils and peas be used in recipes without pre-soaking, as they have a smaller surface area than other pulses. This includes red, black and brown lentils. Other dried pulses (like chickpeas and beans, etc.) will require pre-soaking.

How to prepare dried pulses

- The day PRIOR to preparing your dish, measure out your allocated quantity pulses into a heat proof, solid dish or bowl. Allow plenty of room as the pulses will double in size.
- Cover generously with cold water and allow to sit overnight.
- The next morning, drain the water and place in a large saucepan. Cover with water, add a pinch of salt and bring to the boil.
- Allow to simmer for a minimum of 2 hours, scooping off any foam that appears on top. They should be just tender by the time you have finished simmering.
- Once cooked, drain and rinse, then place in a container for up to 3 days before using. Pre-soaked pulses can also be frozen for later use.

Roast pumpkin and lentil soup

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
4 x your allowance of vegetable as pumpkin	roughly chopped	
4 x your allowance of DRIED lentils (red, yellow or brown)		
4 cloves garlic	roughly chopped	
2 tsp Garam masala		
2 tsp ground turmeric		
1 tsp cumin		
½ tsp chilli powder (optional)		
5cm knob ginger (optional)	grated	
750ml boiling water		
750ml broth or stock		
Fresh coriander, to season (optional)		
Oil		
Salt and pepper		

METHOD

- 1.Preheat oven to 220 degrees Celsius.
- 2.Chop pumpkin into chunks. Lay the pumpkin out on a baking tray lined with paper (you may need 2 trays) and brush with oil. Season with salt and pepper and roast in the over for around 20 minutes.
- 3.In the meantime, place a deep frypan over medium heat and add a tablespoon of oil.
- 4.Add garlic and spices. Fry for a minute until fragrant.
- 5.Add lentils and broth/stock. Turn the heat to high and bring to the boil. Then turn the heat down and allow to simmer covered for about 20 minutes.
- 6.Once the pumpkin is cooked, add to the frypan with about half the water. Replace the lid and simmer for a further 10–15 minutes until the lentils are completely soft. Add the remaining water slowly over this time.
- 7.Remove from heat and allow to cool for 15 minutes.
- 8.Spoon/pour into a food processor or use a bar mix and blend until smooth.
- 9.Divide into four portions and serve with fresh coriander.

- Notes:
- Serves four.
 - If you are permitted, you can use a chopped onion as part of your allowance of vegetables.
 - Any variety of pumpkin works well; however, seasonal is always best – when pumpkin is not fresh or out of season, it can taste ‘woody’.
 - Super organised? Roast your pumpkin ahead of time to make this soup super easy to throw together.
 - If you don’t have a food processor or bar mix, this soup can be enjoyed unblended, like a dahl.
 - Remember, presoaking of LENTILS is not required as they have a small surface area.

Easy lentil and tomato dahl

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
2 x your allowance of vegetable as tomatoes (whole or cherry)	diced	
2 x your allowance of DRIED lentils (red, yellow or brown)		
1 tsp turmeric		
1 tsp cumin		
½ tsp yellow mustard powder		
Pinch of chilli powder		
2 cloves garlic	crushed	
300ml stock		
Oil		
Fresh coriander, to season (optional)		

METHOD

1. Heat wok or frypan over medium/high heat with a splash of oil. Add garlic and spices. Cook until fragrant
2. Add lentils and stir until coated in the spices and garlic.
3. Add stock/broth, cover and bring to the boil.
4. Add tomatoes and reduce to low heat. For cherry tomatoes, apply pressure to each tomato, just a little until the skin pierces and some juice escapes.
5. Stir mixture well, replace the lid and allow to continue cooking for 30 minutes or until lentils are tender. Check regularly and add more stock or water, if needed.
6. Once cooked through, season well with salt and pepper and toss through a few handfuls of chopped, fresh coriander.
7. Divide into two portions and serve with rye bread (optional).

- Notes:
- Serves two.
 - This recipe can be easily doubled to make four portions.
 - Delicious topped with fresh chopped mango.
 - If you don't have tomatoes on your food list, simply replace with pumpkin or a combination of pumpkin and zucchini. Ensure you chop the pumpkin into small cubes.
 - Reminder; no presoaking of lentils required.

Cauliflower and lentil curry

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of DRIED lentils (red or yellow)		
2 spring onions, sliced		
Remainder of you allowance of vegetables as cauliflower, cut into bite sized florets		
1 clove garlic, crushed		
1 tsp fresh ginger, grated		
1¼ tsp each of turmeric, cumin seeds and mustard seeds		
1½ tsp curry powder		
1 cup broth or stock or water		
1/8 tsp garam masala, for garnish		
1 tbsp coriander (or parsley), chopped		
Sea salt and pepper, to taste		

METHOD

1. Add garlic, ginger and spices (excluding garam masala) to a heavy based saucepan.
2. Add ¼ cup filtered water to pan.
3. Sauté gently over low heat for 5 minutes, stirring occasionally.
4. Add lentils and vegetable broth or filtered water and mix well.
5. Cover and simmer gently for 15–30mins, stirring occasionally. Add more water if necessary.
6. When lentils are almost cooked, add cauliflower.
7. Simmer gently until cauliflower is ‘al dente’, about 5 minutes. Add more water if needed.
8. Season with sea salt and black pepper.
9. Stir in garam masala.
10. Serve in a warm bowl, sprinkled with coriander or parsley

Smoky roasted tomato and black bean soup

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of black beans		
Your allowance of vegetables as tomatoes		
1 cup stock or broth		
½ tsp smoked paprika		
¼ tsp dried oregano		
Pinch of chilli powder (optional)		
1 clove garlic	crushed	
Oil		
Salt and pepper, to taste		

METHOD

1. Preheat oven to 200 degrees Celsius.
2. Roast tomatoes on a baking tray for about 15 minutes, until they are a little wrinkled.
3. In the meantime, combine the beans and stock in a saucepan and bring to the boil. Then reduce to a simmer for 15 minutes.
4. While the beans are simmering and the tomatoes are roasting, in a frypan, cook off garlic in some oil until fragrant.
5. Add the dried oregano, chilli and smoked paprika, continuing to stir, releasing fragrance for a few minutes.
6. Add beans and hot stock to frypan with the roasted tomatoes, juices and all.
7. Reduce the heat and simmer for 5–10 minutes ensuring the beans are tender. Cook longer, if needed.
8. Remove from heat and allow to cool for 10 minutes (adding a dash of cold water will speed up this process).
9. Place in a food processor to blend (or use a stick blender) and process to a desired consistency.
10. Return to heat, adjust seasoning to taste and serve.

Notes:

- Serves one.
- This soup keeps well in the fridge for a few days, so double or triple the recipe and use leftovers for lunches.
- Black beans can be more challenging to find in a tin partially cooked, so if you are using them in their dried form ensure you soak them as per previous instructions.

Hearty roasted lima beans

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of lentils as lima beans		
Your allowance of vegetables as a combination of brown or red onion, capsicum and tomatoes	roughly chopped	
1/3 cup stock or broth		
1 clove garlic	crushed	
1/2 tsp dried oregano		
Fresh parsley, to serve		
Salt and pepper ,to season		

METHOD

1. Preheat oven to 170 degrees Celsius.
2. Place beans into a casserole dish.
3. Add vegetables, oregano and crushed garlic and combine well.
4. Season with salt and pepper generously.
5. Pour over the stock. Cover the casserole dish with a lid or alfoil and place in the oven.
6. Cook for 30 minutes (or up to an hour if you have increased the number of serves).
7. Check after about 15 minutes and add more stock if needed. The beans will almost be mushy when cooked and the dish will be starting to brown a bit at the edges.
8. Serve as a complete meal as your protein and vegetables are all in this dish together.

Notes:

- *If you do not have tomatoes on your plan, use capsicums only. You could also use pumpkin in this recipe-dice it into small bite-sized pieces so it cooks well.*
- *Lima beans are hard to find precooked and tinned, so you will need to follow the soaking directions. When soaking lima beans, please note they look as though they have started peeling – this is normal. Use the whole bean, don't peel the skin off, even if it looks like there is a skin to remove.*
- *You could use a different type of bean if you prefer.*

Chickpea hash

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of lentils as chickpeas (tinned)	drained and rinsed	
1 spring onion	sliced	
1 cup spinach		
1 clove garlic	crushed	
1 chilli (optional)	sliced	
¼ tsp turmeric		
Sea salt and pepper, to taste		
1 tbsp coriander (or parsley)	chopped	

METHOD

1. Add garlic, chilli and spring onion to a heavy based saucepan.
2. Add ¼ cup filtered water to pan.
3. Sauté gently over low heat for 5 minutes, stirring occasionally.
4. Place chickpeas, sea salt and turmeric in a bowl, mix and partially mash the chickpeas, leaving some whole.
5. Add chickpeas to saucepan, mix well.
6. Simmer gently over low heat for 3–4 minutes to heat through.
7. Take off the heat, stir through spinach until wilted.
8. Sprinkle with coriander or parsley and season with pepper.
9. Serve with your remaining vegetable allowance.

Curried chickpeas (Chana Masala)

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion tinned chickpeas		
1–2 cloves garlic	peeled	
1/2 red chilli (optional)		
1cm piece of fresh ginger	cut into 2 chunks	
1/2 tsp cumin seeds		
1/2 tsp turmeric		
1/2 tsp paprika		
1/2 tsp garam masala		
Salt and pepper, to season		
½ – 1 cup stock or broth		
Fresh coriander		
Oil		

METHOD

1. Rinse and drain chickpeas (if using tinned), or soak as instructed above.
2. Heat a frypan over medium to high heat. Add a splash of oil or fat.
3. Finely chop/grate/pound ginger, garlic and chilli together, then add to frypan. Cook for a few minutes.
4. Add spices and stir for a few minutes until fragrant.
5. Add chickpeas and ½ cup of stock. Bring to the boil, then reduce heat to a simmer and cover for 10 minutes.
6. Check if the chickpeas are soft and tender. If not, add some extra stock and continue cooking another few minutes. Add extra stock any time you need if the dish is drying out.
7. Season well with salt, pepper and fresh coriander and then serve (as below).

Notes:

- You could use your vegetable portion to make cauliflower or broccoli rice on the side of this dish. Alternatively, use your allowed vegetable portion as chopped onion and fresh tomatoes, adding these in when you fry off the garlic, ginger and chilli at the start of the dish.
- Fresh curry leaves are a nice addition this dish if you can get your hands on them.

Curried chickpea and mango salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion cooked chickpeas or other legume	Drained	
1 portion mango	Diced	
20g spinach or other leafy green		
Remaining vegetable portion cauliflower or broccoli		
1 pinch each mustard seeds, ground coriander, ground cumin, curry powder, turmeric and chilli flakes		
1 tsp lemon rind	Finely grated	
2 tsp ghee		
2TBS coriander leaves and stems	Chopped	
1-2 ryvita	Coarsely crumbled	

METHOD

1. Fry mustard seeds in ghee until they pop.
2. Add cauliflower (or broccoli) florets and chickpeas. Fry until golden.
3. Add remaining spices and fry for another minute.
4. Remove from heat and mix together with remaining ingredients (apart from Ryvita). Serve topped with crumbled Ryvita (like croutons).

Baked pumpkin with white bean puree

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
PUMPKIN		
1 portion pumpkin	Cut into wedges	
½ head garlic (4-6 cloves in skin)	Gently bruised	
1 sprig thyme		
Pinch salt		
Pinch cumin		
1-2 tsp olive oil		
BEAN PUREE		
1 portion legumes eg cannellini beans or black-eyed beans		

Pinch oregano		
Pinch sage		
Pinch salt and pepper		
Chicken or vegetable stock		
1-2 tsp lemon zest		

METHOD

Pumpkin:

1. Rub the pumpkin and garlic with herbs, salt and oil. Bake on 180-200°C for approximately 30 minutes or until it is nicely browned.
2. Pull the garlic out early if it is soft and has browned up nicely.

Bean puree:

1. Puree all ingredients together, adding stock to thin to a consistency similar to mash or hummus.

To serve:

1. Place the puree in a serving bowl.
2. Top with pumpkin and roasted garlic.
3. Garnish with an abundance of fresh herbs and a sprinkling of salt flakes.

Baked beans on toast

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion legumes	Drained	
½ portion tomato	Chopped	
¼ portion onion or spring onion	Chopped	
¼ portion zucchini	Chopped	
1 clove garlic	Chopped	
½ tsp smoked paprika		
¼ tsp cumin		
½ tsp ground coriander		
Pinch allspice		
Pinch smoked sea salt and pepper		
2 tsp ghee or olive oil		
1 drop stevia if desired to sweeten		
1 portion bread	toasted	

METHOD

1. Fry onion, zucchini and spices in ghee or oil until onion is translucent.
2. Add tomatoes and ½ cup water and cook with lid on until reduced, approximately 20 minutes.
Add salt and pepper, herbs and legumes. Cook a further 2-5 minutes to heat through.
3. Add more water to tomato sauce to thin as necessary.
4. Serve on toast topped with fresh herbs and a fine grating of lemon rind (if permitted)

Lentil & Veggie Mash

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 Portion Lentils		
1 garlic clove		
Choice of Vegetables eg.		
Zucchini		
Carrot		
Eggplant		

METHOD

1. Use a garlic crusher or microplane to mince a medium/large garlic glove
2. Place in a small pot. Add the lentils and cover with water. Bring to the boil and watch carefully as they easily absorb water and can burn.
3. Keep adding more water and stir regularly until the lentils are well cooked.
4. Place to one side; all the water should be soaked up.
5. Weigh your combination of vegetables.
6. Grate vegetables of your choice. You can also add finely sliced cabbage or brussels sprouts
7. In a pan add your oil of choice. Add vegetables and lightly stir fry these.
8. Add in some Balsamic Vinegar to enhance the flavour.
9. Add in the lentils that have previously been cooked.
10. Mix well in the pan.
11. Serve in a bowl. Season well. Eat atop of Ryvita or bread of choice.



Warm Lentil and bean salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion brown, green or black lentils or Adzuki beans or black eyed beans	Cooked	
½ portion green beans	Halved	
½ portion tomatoes (cherry are best)		
1 clove garlic	Sliced	
½ tsp ginger	Grated	
Pinch salt and pepper or 1 tsp stock powder		
Handful parsley	Chopped	
Splash of water		

METHOD:

1. Drain your lentils and rinse (canned) and set aside.
2. Fry the beans in a splash of water until partially cooked.
3. Add tomatoes, garlic and ginger and fry until the tomatoes burst and release a small amount of juice and the beans are cooked al dente.
4. Add the lentils and parsley and season to taste.
5. Warm through, adding another splash of water during cooking if needed.
6. Serve warm.

SIDES

VEGETABLES (HOT)

Red cabbage and apple stir-fry

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of red cabbage	finely chopped	
½ apple	cut into bite-sized chunks	
1 tbsp fresh parsley	finely chopped	
Pinch of salt		
Splash of balsamic vinegar		
Dash of oil		

METHOD

- 1.Heat a wok or deep fry pan over medium to high heat.
- 2.Add oil and allow it to get quite hot.
- 3.Add cabbage. Toss the cabbage every 30 seconds or so and allow it to cook for 6 minutes.
Red cabbage will turn into a vibrant purple colour as it cooks.
- 4.After 6 minutes, add apple and a generous pinch of salt.
- 5.Continue tossing and cooking for a further 4–6 minutes (up to 8 minutes if you have doubled the recipe), until some of the cabbage does go quite dark.
- 6.Add a splash of balsamic vinegar and garnish with parsley just before removing from heat.
- 7.Enjoy the remaining ½ apple as dessert.

Notes: .

- *Pairs well with lamb with crunchy rosemary crust.*
- *Don't skip on the parsley, as it really makes the dish.*
- *Red or green apples work well.*

Pesto vegetables (roasted or steamed)

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of vegetables (such as broccoli, cauliflower, asparagus, carrots, spinach)		
½ bunch fresh basil leaves		
½ bunch fresh dill leaves		
1 generous dash of olive oil		
Salt and pepper, to taste		

METHOD

1. Cut the vegetables into bite-sized florets/pieces (spinach can be left raw and simply tossed through uncooked at the end).
2. To steam vegetables, place in a steam basket and cook until just tender.
3. To roast vegetables, place on a roasting tray, brush with oil and roast in a hot oven (200 degrees Celsius) for 15–20 minutes until starting to brown.
4. While vegetables are cooking, remove the leaves from the basil and place into a food processor with dill. Process, slowly adding oil until you reach a pesto consistency.
5. Season with a generous amount of salt and a little pepper.
6. Once the vegetables are cooked, coat with some of the pesto and serve with a protein.

Notes:

- Vegetables suitable for roasting include carrot, pumpkin, parsnip, turnip, broccoli, cauliflower, asparagus, capsicum, fennel, zucchini and tomato.
- Don't limit yourself to just basil and dill in the pesto. If you have other fresh herbs, such as coriander, you can include them as well.
- This pesto is very versatile... drizzle it over protein or vegetables, add as a garnish on soups.
- Leftover pesto can be stored in a small glass jar in the fridge for 1 -2 days or frozen.



Baked beetroot

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
You allowance of vegetables as beetroot		
A few sprigs of thyme		
Splash of balsamic vinegar		
Olive oil		
Sea salt and pepper, to taste		

METHOD

1. Pre-heat oven to 200 degrees Celsius.
2. Peel beetroot and dice into bite-sized pieces. Tip: Use gloves if you don't want the beetroot to stain your hands.
3. Toss beetroot in a splash of balsamic vinegar and olive oil.
4. Remove the leaves from the thyme sprigs and mix through beetroot.
5. Place beetroot into a small casserole dish and cover with a lid or alfoil.
6. Bake for about 30 minutes, until tender and cooked through.

Notes:

- Serves one.
- You can serve this as your full quantity of vegetables or make a salad by tossing with some spinach, rocket or lettuce leaves. If so, reduce the beetroot quantity by 10–20g and make up this amount in salad leaves.
- This recipe can be served hot or cold.
- Pairs well with mozzarella or feta cheese and as a side to a lamb dish.
- Pictured with rocket, feta cheese and toasted rye bread.



Steamed Eggplant

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion eggplant		
¼ bunch chives	Finely chopped	
1 clove garlic	Crushed	
1 handful coriander leaves	Roughly chopped	
2 tsp ghee or olive oil		
1 tsp vinegar		
Pinch smoked sea salt and pepper		
1 portion protein (nuts and seeds, eggs or cheese)	Nuts and seeds toasted	

METHOD

1. Steam eggplant for 30 minutes in a steamer basket over a pot of boiling water.
2. Remove from the steamer to cool slightly. Using a fork, shred the eggplant.
3. Mix in remaining ingredients (except protein) and sit to infuse for 10 minutes.
4. Top with protein and another sprinkling of herbs and smoked salt.

Wilted greens

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion protein legumes (edamame, broad beans, chickpeas etc)		
¼ portion asparagus	Sliced diagonally into 1 cm slices	
¼ portion green beans	Sliced diagonally into 1cm slices	
¼ portion spinach		
¼ portion onion or spring onion	Sliced diagonally into 1cm slices	
½ red chilli	Sliced finely	
1 tsp vinegar		
1 tsp lemon rind	Sliced finely	
1 tsp olive oil		
Pinch salt and pepper		
1 TBS chives	Chopped	

METHOD

- 1.Steam asparagus and beans in steamer for 5 minutes over boiling water until tender. Drain and allow to cool slightly.
- 2.Add all ingredients to a serving bowl and toss together. Serve and enjoy.

Curried vegetables

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1-2 tsp curry powder of choice depending on how hot you like your curry		
1 tsp ginger	Grated	
1 clove garlic	Crushed	
½ tsp mustard seeds		
¼ stick lemongrass	Finely chopped	
1 portion vegetables made up of eggplant, zucchini, onion/spring onion and capsicum	Roughly chopped	
2 tsp ghee / other oil		
1 portion protein	Cooked (raw if using protein mushrooms)	
Handful fresh parsley and coriander		
Pinch salt and pepper		
1 cup stock or water		

METHOD

- 1.Fry spices in ghee / oil.
- 2.Add vegetables and fry until they begin to brown slightly (add in raw protein mushrooms at this stage if using).
- 3.Add stock or water and simmer for 20 minutes or until vegetables are tender.
- 4.If using cooked legumes as protein, add at this stage.
- 5.Cook for a further 5 minutes to warm legumes.
- 6.Adjust seasoning.
- 7.Serve topped with cooked protein if you haven’t already added it to the dish. Optional: also top with toasted rye bread cubes (croutons).

Tofu Scramble

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion tofu	Roughly mashed	
¼ veg portion – leek/onion	Chopped	
¾ veg portion – capsicum, eggplant, zucchini, greens, tomato etc	Chopped	
½ - 1 clove garlic	Sliced	
¼ tsp turmeric		
½ tsp cumin		
¼ tsp smoked paprika		
Pinch salt and pepper		
¼ bunch parsley	Chopped	
1-2 serves rye bread	Toasted	

METHOD:

1. Fry the onion/leek for 5 minutes until transparent.
2. Use a small amount of water in the pan to keep from catching and burning.
3. Add the remaining vegetables and cook until soft, about 5-10 minutes.
4. Add the garlic, spices, salt and pepper and cook for 1 minute.
5. Add the tofu and mash roughly (to look like scrambled egg) and parsley.
6. Fry for 3 minutes, adding a small amount of water if needed to prevent burning.
7. Serve with rye toast and a sprinkle of salt and pepper.

SALADS (COLD)

Fresh green avocado salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
30g spinach or lettuce		
20g chopped shallots		
Remaining weight of your vegetable/ salad allowance as avocado		
Handful of fresh coriander	finely chopped	
Olive oil		
Balsamic vinegar, to dress		
Salt and pepper, to taste		

METHOD

1. Cut avocado into chunks.
2. Combine avocado with spinach or lettuce, shallots and coriander in a bowl.
3. Dress with oil and balsamic vinegar, then salt before serving.

Notes:

- *Pictured here as a side to lamb with rosemary crust.*



Fennel and apple salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
½ your allowance of vegetable as fennel	thinly sliced	
1/3 your allowance of vegetable as cucumber	thinly sliced or julienned	
remainder of vegetables as spinach/allowed lettuce		
½ apple	sliced matchstick style	
1 tbsp fresh coriander	chopped finely	
Salt and pepper, to taste		
Olive oil, to dress		

METHOD

1. Combine all the ingredients in a bowl
2. Dress with olive oil and salt. Serve.

Notes:

- *Example quantities: if your vegetable allowance was 150g, use 75g of fennel, 50g of cucumber and 25g of spinach.*
- *Pairs well with pork with spicy cardamom rub.*
- *Don't forget to eat the other half of your apple!*

Cabbage and apple slaw

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
Your allowance of vegetables as red or green cabbage	thinly sliced and grated carrot	
½ apple (red or green)	cut into matchsticks or grated	
8 mint leaves	chopped	
Apple cider vinegar		
Oil		
Salt and pepper, to taste		

METHOD

1. Combine cabbage, carrot, apple and mint leaves in a bowl and toss well.
2. Add a splash of oil, splash of apple cider vinegar and season well with salt and pepper.

Notes:

- *Serve with any protein, goes especially well with pork.*

Crunchy sweet radish salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
60g of your vegetable allowance as radishes (approx. 3)	finely chopped	
½ apple	chopped finely	
20g of your vegetable allowance as shallots	finely chopped	
Remainder of your vegetable allowance as fresh lettuce leaves		
Handful of fresh mint and parsley leaves		
Apple cider vinegar and oil, to dress		

METHOD

1. Prepare the vegetables as specified and toss together in a bowl.
2. Add chopped mint and parsley.
3. Dress with a splash of apple cider vinegar and oil.
4. Enjoy the remaining half of your apple for dessert.

Notes:

- *If shallots are not on your food list, use red onion, cucumber or more radish.*
- *Pairs well with seared fresh tuna steaks, swordfish or mozzarella cheese.*



Tomato Salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
20g capsicum	Roasted, peeled and finely chopped	
10g red onion/spring onion	Finely chopped	
Remainder of vegetable portion: mixed tomatoes	Finely chopped	
½ clove garlic	Crushed	
Pinch allspice		
Pinch salt and pepper		
1 tsp oregano	Chopped or leaves picked	
1 tsp chives	Finely chopped	
1 TBS parsley	Finely chopped	
1 tsp vinegar		
2 tsp olive oil		
1 portion fruit (eg, pomegranate, watermelon, apple)	Finely chopped	

METHOD

1. Mix all ingredients together and serve. Great with cheese as your protein or any meat.

Beetroot Salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
¾ portion beetroot	Grated	
¼ portion celery or cucumber	Finely sliced	
1 apple	Finely sliced	
10g basil	Chopped	
10g dill	Chopped	
10g coriander leaves	Chopped	
10g chives	Chopped	
¼ red chilli	Sliced or chopped finely	
1 tsp lemon zest	Finely grated	
Pinch salt and pepper		

METHOD

- 1. Mix together vegetables, herbs and fruit.
- 2. Mix through salt and pepper, vinegar and oil.
- 3. Serve with protein. Works really well paired with cheese.

Bean salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion legumes (eg cannellini, butter beans, chickpeas)		
1 portion dried fruit	Chopped	
½ portion asparagus	Thinly sliced	
½ portion celery, cucumber and spring onion	Thinly sliced	
1 tsp lemon rind (if allowed)	Finely grated	
Pinch sumac or allspice		
Pinch salt and pepper		
1 handful parsley	Chopped	
1 handful mint	Chopped	
1 handful dill	Chopped	
1 tsp vinegar	2 tsp olive oil	

METHOD

- 1.Mix all ingredients together.
- 2.Marinate for 30 minutes then serve.
- 3.Omit lemon if its not on your plan.
- 4.Replace dried fruit with chopped apple if dried fruit is not on your plan.

Sprout salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
½ tsp cumin seeds	Toasted	
1 portion sprouts		
¼ portion tomatoes	Roughly chopped	
¼ portion carrot	Grated	
¼ portion daikon (white) radish	Grated	
¼ portion spinach		
½ clove garlic	Crushed	
Handful parsley, coriander and dill	Chopped	
1 tsp vinegar		
2 tsp olive oil		
1 tsp lemon rind	Finely grated	
2 tsp olive oil		
Pinch salt and pepper		

METHOD

1.Mix everything together and serve with protein. Omit lemon if not allowed.

Caprese salad

INGREDIENTS	PROCESS	YOUR QUANTITIES HERE
1 portion fresh mozzarella	Halved if large balls	
½ veg portion tomato	Sliced	
½ portion asparagus	Woody ends removed	
½ bunch basil	Leaves removed	
¼ bunch parsley	Chopped	
Pinch salt and pepper		
½ clove garlic	Crushed	
1 tsp balsamic vinegar		
2 tsp extra virgin olive oil		

METHOD:

1. Grill the asparagus on the BBQ until charred and al dente. Lay on a plate.
2. Top with tomatoes, ¼ of the basil leaves (choose the baby ones) and mozzarella.
3. Season with flaky sea salt generously.
4. Top with the basil dressing (see below) and serve on Ryvita or toasted rye bread like bruschetta.

Basil dressing

1. Blend together the remaining basil, parsley, salt and pepper, garlic, vinegar, oil and a splash of water until it resembled a sauce/dressing.
2. Add a small amount of Dijon mustard if desired and allowed.

MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
LUNCH							
DINNER							

SHOPPING LIST:



metabolic balance

Metabolic Balance is a nutritional plan based on an individual's comprehensive blood test results, current health conditions and other personal data. This guide is designed to support the program transition, by providing hints, tips and ideas to make the diet changes and lifestyle easy and rewarding.



Amy is the founder and lead practitioner at AIM Natural Healthcare. At AIM we offer both Naturopathic and personal training services, face to face within the North Sydney region and online, worldwide. We use the power of natural medicine, herbs and nutrition to improve digestive, metabolic and hormonal health outcomes. With our guidance, knowledge and tools, we strive to reconnect you to your body's own innate wisdom and intelligence so you can feel empowered and in charge of your health journey.

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