

The Journey Begins


metabolic balance



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Welcome

Welcome to the beginning of a more balanced you!

I'm so pleased that you've started your health journey with Metabolic Balance. It's an amazing program and I'm really looking forward to supporting you over the coming weeks and months with recipes to keep you inspired and satisfied.

This book is aimed to help guide you through Phase I and II of your Metabolic Balance plan, with tips and tricks to make your program a success!

Remember all 8 rules of Metabolic Balance matter, and the closer you stick to them, especially in the first 2 weeks, the better your results will be.

Food is amazingly adaptable, so play with the recipes to suit your specific plan and tastes.

Cheers to good health

x



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01 Why we Love Metabolic Balance

It is based on scientific research

Metabolic Balance was created in Germany by Dr. Wolf Funck M.D, a physician who specialized in nutritional medicine and dedicated his life to researching and treating obesity and diet-related diseases. Metabolic Balance is backed by more than 25 years of research and has helped hundreds of thousands of clients across the world. It is continually developed and improved by a team of medical and nutritional experts.

It is real food based

Metabolic Balance is based on real food only. There's no diet pills, drops or meal replacement shakes – just real, whole foods.

As you would now know, having been presented with your program, you really are going to make the most of what Mother Nature has to offer. This can be a real process for everyone who embarks on a Metabolic Balance program. But it's the process that makes it 'stick'. The journey will see you appreciating simple, natural foods again for their colours, their textures, their flavours and even their smells. It's likely you may need to shop in a different manner and what you put in your basket could be quite different to what you're used to. Go forth and enjoy a sensory overload each week when you buy all of the fresh goodies you will need for your simple, yet delicious recipes the following week.

It teaches you to how to cook

Metabolic Balance teaches you the art of putting together simple, delicious meals. Perhaps you will be cooking for the first time ever, or maybe it's a skill you have forgotten for some time as you have been too busy with other things. Or maybe, your idea of cooking was a little bit more convenience based, like a microwave dinner. Cooking the Metabolic Balance way is still fairly quick, because simple, real food is the hero, prepared as naturally as possible.

The key to your success...

The key to your Metabolic Balance success is planning and organisation. Meal planning is your friend! Once you master the art of meal planning, this habit will take you beyond your Metabolic Balance journey.

There is no single more important habit to get into for your health than planning your week ahead from a meal perspective. Each week, seriously, put aside half an hour with a coffee or tea and jot down your meals for the following week.

This habit will set you up for success.

Meal planning helps to minimise waste, save money and keeps you on track with your health goals. And, taking it one step further to schedule in some exercise and even some down time... well that's got to be a recipe for longevity!

Each week, you should find that you are virtually emptying out your fridge of all the fresh produce you purchased at the beginning of the week. Staples like legumes, spices, dried herbs, and even some cheeses can be purchased in bulk, so you only have to shop for these items every couple of weeks. The rest of your food will be fresh perishables, preferably from places like the green grocer, farmer's market and butchers, as opposed to the big supermarkets.

There are lots of different ways to meal plan, and how you meal plan will depend on you. You can use the built-in meal planner in your MB App, or write it out on a scrap of paper each week then pop it on the fridge. There is also a simple meal planning template at the back of this book which you may find useful.

So don't wait any longer - get planning now!



02 Tips for a Successful Phase I

It is important to follow Phase 1 'by the book'.

A successful cleanse will set you up for success in the next phases of the program. The way you feel during Phase 1 is very individual – you may be a bit hungry or experience some detox like symptoms, such as headaches, general body aches, fatigue, and nausea. The cleanse is like ripping off a band aid! It gives you a really good clean out and, whilst it can be a bit of a shock for the system, the body adjusts quickly. Once you have done the cleanse, phase 2 will be easier than you think!

Here are a few things to focus on during Phase I:

- **Chill out.** Phase 1 is a good excuse to enjoy some downtime. It's best done on days when you are not at work or don't have any social/family commitments, so that you can relax on the couch or potter around the house. Don't exercise during the cleanse.
- **Water water water.** Do NOT drink anything BUT water during Phase 1. No coffee, no tea, no herbal tea – just pure water please. It's a good opportunity to start aiming for your recommended water allocation. Keeping hydrated will help cleanse your body during this phase.
- **Make a double batch of soup.** Make one big batch of soup on day one and split it into two. You will then have leftovers for the second day.
- **Flavour your soup.** Since your soup should be made on water (not stock), do use lots of fresh and dried herbs, as well as salt and pepper to add flavour. Remember, you can also use garlic, ginger, turmeric, etc. You can dry roast vegetables like pumpkin or potato for the soup, but do not add any oil. Also remember, that you do NOT need to stick to your ideal vegetable list at this point – you can use any vegetables you like. This is a great opportunity to use up veggies that you have in the fridge. A basic recipe for the soup can be found below, but you can of course do it your own way too!

PHASE I

Cleansing Vegetable Soup

SERVES 2

DIRECTIONS

1. Add the onion and garlic to a large, deep saucepan over medium heat and fry in a splash of water for about 5 minutes. (Remember for this initial phase on Metabolic Balance, there is no oil so use a non stick pan).
2. Whilst the onion and garlic are frying off, roughly chop your pumpkin and add this to the pan with the rosemary leaves. Season the mixture well at this point with salt and pepper.
3. Add 500ml of water, turn the heat down and simmer for 15 minutes.
4. By now your pumpkin should be fairly soft. Add the chopped zucchini, stir well, add another 250ml of water and return to a simmer for a further 15 minutes until the zucchini is cooked through.
5. Add the spinach leaves and stir. Add a little more water to cover the leaves if needed and stir until leaves have wilted.
6. Turn the heat off and allow to cool for 5–10 minutes before placing in your food processor. Process until the soup reaches the desired consistency. Return to the pan and heat up again to a simmer, seasoning further with salt and pepper as desired and adding more water if you wish for a thinner consistency.
7. Divide into two bowls and top with finely chopped garlic chives or shallots (optional). Enjoy.

INGREDIENTS

4 cups pumpkin, roughly chopped
1 lrg onion, diced
2 cloves garlic, crushed
2 lrg zucchini, roughly chopped
4 lrg handfuls spinach
2 tbsp rosemary leaves
S&P to taste
Handful of shallots or chives, diced

Changing the way you shop

Depending on your age, you may remember you or your parents shopping differently in the past. Life wasn't about going to the supermarket every week and buying stuff in packets. It was about picking things out of the garden, buying fruit and veg from the greengrocer, and visiting the local butcher. If you want to be successful on Metabolic Balance and continue to be healthy long-term, this is the attitude and mindset you need to take to shopping. Here are some tips for making things easier and more convenient:

- **Buy pantry staples in bulk.** Make sure you have lots of tins (or jars if dried) of legumes, allowable starches (such as wild rice, oats) and a good rack of spices and dried herbs. Many types of cheese can also be purchased in larger portions, depending on their shelf life. It will also be less expensive if you purchase larger quantities.
- **Buy the best quality meat and seafood you can afford.** Buy in bulk and freeze in your allocated portion sizes – this will save you time and money in the long run. If you purchase a 150 g pork fillet you will pay a lot more than if you purchase a kilo and divide it up. Your friendly butcher may also be willing to package meat and fish in the right portion sizes for you.

If you follow the advice above, you should have a few weeks' worth of staples on hand at all times. Then you will only need to buy your fresh fruit and vegetables and maybe a bit of dairy on a weekly basis.

Herbs and spices

Herbs and spices are now your best friend! On Metabolic Balance you can't reach for the tomato sauce or the mayonnaise to add flavour to your dishes. Even soy sauce and lemon juice are out for most people. So, adding fresh and dried herbs and spices to your meals will really boost the flavour.

If you are just starting to build up your collection of herbs and spices, here are the key ones you will find in many recipes, so invest in these first:

- **Ground herbs:** coriander, cumin, garam masala, yellow mustard powder, smoked paprika, turmeric, cinnamon and chilli. Garlic and ginger can also be bought as ground powder, but you may prefer to use fresh
- **Dried herbs:** oregano, mixed Italian herbs
- **Fresh herbs:** basil, coriander, mint, parsley, dill
- **Other:** fresh garlic, ginger, chilli, turmeric



When choosing ready-made spice mixes, do not use ones that have added oils, fillers or preservatives. Provided that ALL of the ingredients are just herbs/spices, they are fine to use. The 'Mingle' brand from the supermarket are great.

Do you really want to connect with your food? Start a herb garden! There is nothing more satisfying than picking fresh herbs from your garden and throwing them in your dinner.

A Note About Stock

Sadly, stock is not stock these days. Turn over any stock packet or box and you may find a myriad of numbers, preservatives and claims such as 'chicken like stock.' Many stocks also have thickeners, gluten and wheat-based flours added – wheat is an absolute no-no on Metabolic Balance; therefore, choosing a good stock can be a challenge.

After Phase 1, you are permitted to use stock BUT it must be a clean stock. How do you know if it's clean? When shopping for stock, turn over the packet and look at the ingredients. Stock should come from the bones/carcasses of animal with added vegetables – that's it. In particular check there is no gluten, flours and fillers.



A reasonably good supermarket brand of clean stock is **Maggie Beer Natural Stocks**, which are sold in a soft pouch with the other stocks. The **Nutra Organics range of Bone Broths** are another great option, and I stock these in the clinic. If you own a thermomix, the homemade stock paste recipes are also suitable.

It's also easy to make your own stock, especially if you have a slow cooker. Simply add some beef or lamb bones, or chicken carcasses to your slow cooker, add some water and veggies and cook for 12-24 hours.

Tip: To avoid wastage, if you are using a liquid stock, you may want to divide your stock into smaller containers and freeze them. Good stock won't keep much longer than three days in the fridge once opened, but will keep for months in the freezer.

Homemade Chicken Stock

DIRECTIONS

1. Place all ingredients in your slow cooker. Then fill with filtered water until everything is covered.
2. Cook on low for 12-24 hours. **Note** you may need to top the water up.
3. Take off the heat and cool, then strain the broth through a colander or fine-mesh sieve.
4. Store in the fridge for a few hours, then scoop off any solidified fat before dividing into portions to freeze.

INGREDIENTS

- 1-2 chicken carcasses
- 1 tbsp apple cider vinegar
- 1 onion, quartered
- 1 lrg carrot, cut into chunks
- 2 celery stalks, cut in half
- 2 bay leaves
- 1 tsp sea salt
- 1/2 tsp cracked pepper

Kitchen Hacks

As well as shopping a little differently, you may need to start storing your food a little differently. Putting aside 30 mins each week after your weekly shop will really help to save time during the week. Here are some top kitchen 'hacks' for Metabolic Balance (and beyond):

- **Portion your meat immediately**, especially if you have bought it in bulk. Store it in small sandwich bags or reusable containers with a label showing what it is, how much it weighs, and the date packaged (i.e. Chicken Breast, 130g, 04/08/20). This way you can simply pull out what you need for meals throughout the week and there's no wastage. There's nothing worse than finding a 1kg tray of chicken in the fridge at the end of the week knowing that it's gone bad and you only used 130g of it, or getting home at 6pm and having to wait 2 hours for that 1kg tray to defrost before you can cook dinner! Most meats freeze well, including ham and turkey breast.
- **Pre-prepare wild rice**. Cooked wild rice is another item that freezes well. Wild rice take a long time to cook, so it can be easier to cook in bulk and freeze into portions for easy reheating.
- **Portion your cheeses and other proteins**, especially if these are simply going to accompany a side salad or vegetables throughout the week. If it's pre-measured, half the work is already done!
- **Pre-cut fruits and vegetables**. Cut up fruits and vegetables and keep in sealed containers in your fridge so that they are easy to quickly add to meals. Remember: Preparation is the key to not falling off the wagon!
- **Pre-prepare breakfast**. It can be really helpful to make up a few breakfasts on Sunday, ready for the week ahead. Why? Breakfast is the meal we tend to want to grab fast, and there's no cereal on Metabolic Balance! So, if it's already measured out and done, it will be easy to grab and go.

Think outside the cereal box! Think that eating meat and veggies for breakfast is weird? Try thinking of breakfast as Meal 1 for the day. Meal 1 is just another opportunity to nourish your body with real, whole food – which doesn't necessarily need to come from a cereal box or be cooked in a toaster!



Food Prep

Food prep is not just for dieters and gym junkies. Food prep is a skill for life. It sets you up to make better decisions, shop economically and produce less waste. Food prepping weekly is something that should become a habit, not just while you're initially following your Metabolic Balance plan.

Why? Because making good choices will always require a bit more planning and prep than eating mindlessly. But, you'll be more efficient, energetic and happier as a result.

Each week, start by writing out what you are going to eat for most of your meals. From here, write your shopping list. You can use the meal planning function in your MB App or use the planner provided at the back of this book. Remember: It doesn't have to be an essay or huge undertaking, just write out a basic plan, which might look something like this:

Mon Lunch	Ham / salad / rockmelon
Mon Dinner	Pork fillet / cabbage stirfry
Tues Lunch	Ham / salad / rockmelon
Tues Dinner	Pork fillet / cabbage stirfry
Wed Lunch	Eggs/ salad with olives and gherkins / blueberries
Wed Dinner	Chicken breast / pumpkin mash / steamed greens
Thur Lunch	Eggs/ salad with olives and gherkins / blueberries
Thur Dinner	Salmon/ stir-fried Asian greens
Fri Lunch	Lentil soup (from freezer)
Fri Dinner	Leftover veg and cheese

Shopping list:

Rye bread	Asian green bunches
Ham	Chicken breast
Spinach	4 x salmon pieces
Lettuce	Green olives
Carrots	Cumin
Beetroot	Cabbage
Apples	Fresh ham
Coriander	Dozen eggs
Rockmelon	Other items for family:
Blueberries	Yoghurt, milk, cheese

This is a REAL list. **Note** - You may or may not want to include your breakfasts on your plan. Some people prefer to alternate between two 'go to' brekkies during the week and it's fairly easy to ensure you have those ingredients on hand.

Always have legumes, spices and other staples in the pantry, so that you are mainly buying fresh each week. Again, if you purchase most of your protein in bulk, you won't have to buy a lot of meat each week, as you'll already have some in the freezer. Remember, extra protein can be cooked at night and used for lunch the next day. This can really make things easy too. Hopefully, this gives you an idea of just how easy it is to food prep and plan your meals for the week – this will lessen the overwhelm you may be feeling now that you have received your Metabolic Balance plan.

What Should my Family Eat?

Firstly, let's get real about the purpose of Metabolic Balance. This is not something you will do for the next 12 weeks or 20 weeks or however long. This is a lifestyle change! The whole point of embarking on a Metabolic Balance journey is so that you don't have to start all over again in a couple of years' time. Sure, we relax some of the boundaries and blend the program into your lifestyle eventually, but you can't expect to do Metabolic Balance and then return to exactly what you were doing before.

So, you may need to make a few changes in your household if this is going to be a long-term thing. The more you and everyone you live with can 'get on the same page' about food, the better.

Firstly, the meals you prepare for the rest of your household can be very similar to what you are eating. It's just real food after all! But here are some ways to make their meals more palatable and in appropriate cases, bigger and more substantial (without taking up heaps of your time):

- **Simple, real food is the best food for kids.** By adding some 'real' toppings you may encourage them to eat new things and enjoy their vegetables and salad. For example, you may grate some whole cheese over the top of plain vegetables, add a dollop of whole egg mayonnaise, or add some natural yoghurt on the side.
- **'Beef up' other family member's meals** with some additional carbohydrates and/or starches, such as brown or jasmine rice, whole wheat pasta, mashed potato or roasted sweet potato.
- **It's not necessary to weigh portions of protein or vegetables/salad** for your family's meals. In fact, eating with a family is a great way to reduce your waste – simply portion out your allocation before cooking and your family can enjoy the rest.
- **Condiments**, within reason, may be placed on the table for others to use. Markets and health food shops are a great place to buy 'real' tomato sauces, higher quality mayonnaises, relishes and chutneys, etc. These are better quality than what you might find in the supermarket. Look for condiments/sauces with a short ingredients list and those without sugar listed as the first or second ingredient.
- **Think about a few family favourites you may want to cook up in bulk**, so that you can serve these throughout the week. For example, a big batch of spaghetti mince can be turned into spag bol, shepherd's pie or a stuffed jacket potato mid-week. Chilli con carne is another variation that can be easily frozen. Quiches, frittatas and zucchini slice are great beside a side salad for quick family lunches and dinners, and can also be pulled from the freezer. A slow cooker casserole takes no time at all and may feed the family over multiple nights if they are not coming around to your new way of eating quite so easily.



Please keep in mind that the above is general advice only and does not account for allergies or specific health problems that others in your family may have. In reality, cooking Metabolic Balance meals, even if you have a family, may even be quicker than what you normally serve up at home. Especially once you are in the swing of things!

Mindful eating tips

Much of what we put in our mouth is done on autopilot or unconsciously. Conversely, the structure of Metabolic Balance is such that everything is deliberate – especially what passes your lips. Here are some things to consider at each, and every meal throughout your journey and beyond:



- **Chew your food** - It seems obvious, but most of us throw down our food with barely a chew. Ideally, you should chew each mouthful 10-15 times before swallowing. Don't wolf it down. Take your time to enjoy your meals. Remember: You have 60 minutes. Digestion starts in the mouth – there are no teeth in your stomach!
- **Acknowledge what you are eating** - Where did it come from? Savour the textures, the flavours and the combination of all the ingredients on your plate. They are all nourishing you. Correcting you. Giving you vitality, health and energy. Take time to acknowledge and appreciate your food.
- **Take a moment when you plate up, to pause and make sure you are ready to eat** - This sounds weird right? Well, if you just got up from your desk at work and walked to the fridge, still thinking about the last email you wrote and then sat down to eat, do you think your brain has registered you are about to eat? Probably not. Let it hear the message. The brain talks to the stomach triggering the release of digestive enzymes, which will then enable the nutrients you are about to eat to be digested. So make sure the body knows that you are about to eat.
- **Sit at a table** - Don't eat while standing, walking or driving.
- **Hold the water** - Drink water in-between meals, not with meals. Drinking too much water with a meal can dilute your stomach acid, making it harder to breakdown food.
- **Nature's dessert** - Having fruit after your meal? It's nature's dessert. Fruit is so deliciously sweet... So why don't we think of it as fondly as chocolate? We should!
- **Reflect on how you feel** - After your meal, take a moment to consider how you feel. Satisfied? Happy? Content? Or full and about to burst? It should be the former.

A final note: If you find yourself feeling jealous of what everyone else is eating, for example biscuits out of the communal cookie jar at work, think about this... When you eat a food like that, how long does the joy actually last? Sure, it might have tasted good at the time, but that feeling only lasts a few minutes.

After you finish though, those types of food don't leave you feeling good on the inside.

03 Strict Phase II

The best advice for the first two weeks of Phase 2 is: Don't get complicated. Forget complicated recipes and just embrace the food as it is. Pure unadulterated protein, vegetables, fresh fruit, perhaps a little starch (depending on your program) and some fresh herbs. That is it.

It's a great opportunity to fall back in love with the flavour you get from real ingredients. Reprogram your taste buds. Appreciate your apple everyday – think of it as your treat or dessert.

Take the time to get your head around the other rules and don't over complicate things with recipes and meal creations. Remember: You aren't permitted to use cooking fats and oils during the first 14 days of Phase 2, so creating fancy recipes will be challenging.

Here are some tips for Strict Phase 2 (the 14 days following Phase 1):

- **Focus on water.** Drink your water allocation everyday. This can be a distraction between meals when you are itching to go back to old habits, like grabbing a Mintie from reception as you walk past or diving into the office kitchen for a fourth cup of tea and biscuit for the day because you are procrastinating! If your water intake is dramatically more than you are used to, you may need to work up to the full allocation over a few weeks. Ensure you try to drink water evenly throughout the day. Start your morning with a large glass of water and you'll be almost half a litre towards your goal already!
- **Try some new hobbies that might bring you joy or help you unwind.** Having your glass of wine every night is no longer an option, nor is gorging a block of chocolate mid-afternoon. Why not start a herb or vegetable garden now you are going to be using so many of them? Or perhaps put together that photo album you've been meaning to do for years? Maybe there's a room in your house that needs a good clean out and redecorating? During this time, you may become conscious of how often you were turning to food or coffee or wine mindlessly, without thinking. So, it might be time to consider a new hobby to manage these feelings.
- **Pay attention to your thoughts and emotions running through your head,** especially in between meals – during that 5 hour break. The first few days especially, you may be surprised how often you look at the clock and think 'how long now' or 'gee I just want a cup of tea and a biscuit'. Consider why you are eating or drinking. Are you really hungry, or just bored? Are you procrastinating? In a bad mood? In a good mood and wanting to celebrate? Most of the time, when we think we are hungry it isn't because we are actually hungry. Remember: the answer to all your stresses and problems isn't at the bottom of a wine glass or a packet of crisps, even though that can be super tempting. *Keep your goal in mind! Every single day things will get easier and you will start to feel better - this is what will help to keep you going on the journey.*

- **Finally, take a really positive attitude.** In life, we can choose to look for the dirt (and we will always find it), or we can focus on the gold instead. You could choose to focus on all the foods you can't have or the time you now spend on food preparation – or you can focus on all the beautiful, fresh produce you are now enjoying and how much more easily your body is moving and how good you feel on the inside. Look for the gold, not the dirt.

Emotional or comfort eating is really common in today's society. It's not to be ashamed of – it's a mechanism of coping with stress. However, for Metabolic Balance to truly be the answer to your health journey long term, getting on top of emotional eating is really important. Finding other ways to cope so you never revert back to emotional eating is critical. If you need to work alongside a counsellor or psychologist for additional emotional support on this level, do it – you are worth it.

Good luck over the next two weeks! What follows are some recipe ideas for breakfast only, as well as some spice rubs you can use with meats and legumes. More involved recipes will follow once you introduce fats and oils. Again, just embrace the food as it is for now.

Breakfast Recipes

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

- Yoghurt with fruit
- Oats with milk
- Nut 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 that it's actually strange that we eat things 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.

PHASE II - OAT RECIPES

Basic Porridge

SERVES 1

DIRECTIONS

1. Measure the oats and finely chop or grate the apple.
2. Place in a saucepan and cover with water. Bring to the boil, adding
3. more water to prevent sticking.
4. Once the mixture has boiled, reduce to simmer and begin adding
5. your milk as the mixture continues to cook and thicken.
6. Stir in the cinnamon to taste. Serve. Remember to take a mouthful of milk first as your protein mouthful.

Note: Chopped pear or dried prunes also works well in this recipe and can be cooked with the oats in the same fashion. 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!

INGREDIENTS

<input type="checkbox"/>	Wholegrain oats
<input type="checkbox"/>	Water
<input type="checkbox"/>	1 Apple
<input type="checkbox"/>	Cinnamon to taste
<input type="checkbox"/>	Milk

** Add your quantity of Oats and Milk

Basic Overnight Oats

SERVES 1

DIRECTIONS

1. Measure the oats and just cover with boiling water. Allow to sit on the bench about 15 minutes.
2. Place in the fridge overnight.
3. 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.

Note: Overnight oats generally use yoghurt or something to thicken, but you cannot mix proteins on Metabolic Balance. Adding the fruit may thicken things substantially. If you are using psyllium husks for bowel health you could stir your psyllium through and allow the mixture to sit for a few minutes as this will thicken things as well.

INGREDIENTS

<input type="checkbox"/>	Wholegrain oats
<input type="checkbox"/>	Boiling water
<input type="checkbox"/>	Fruit of choice
<input type="checkbox"/>	Cinnamon to taste
<input type="checkbox"/>	Milk, less 10ml

** Add your quantity of Oats and Milk



Oat Shake

SERVES 1

DIRECTIONS

1. Measure the oats and add the milk in a sealed container and pop in the fridge for the evening.
2. On 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 10ml of milk on the side to use as your first mouthful of protein.

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

INGREDIENTS

- ☐ Wholegrain oats
- ☐ Milk, less 10ml
- Fruit of choice (frozen)
- Cinnamon to taste

** Add your quantity of Oats and Milk

Toasted 'Cereal'

SERVES 5

DIRECTIONS

1. Preheat the oven to 180 degrees. Measure the oats into a large bowl. Mix through the spices evenly.
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.
3. Once toasted, place the oats back into the jar and weigh the cooked contents. Divide this into 5 serves.
4. When ready to serve, simply weigh out your oats for the morning, then add your fruit and milk. Reserve a sip of milk as your first mouthful of protein.

Note: Once you have introduced fats and oils, if you like this option, you could add a little of your allocated oil before baking the oats so its even more like a toasted muesli.

INGREDIENTS

- ☐ 5 x Wholegrain oats
- Cinnamon to taste

** Add 5x your quantity of Oats

Yoghurt Smoothie


SERVES 1

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Begin with 1/2 cup water and add more until you reach your desired consistency.

Reserve a mouthful of your yoghurt allocation as your first bite of protein.

INGREDIENTS

 Yoghurt, less 10g
Fruit of choice (frozen)
Cinnamon to taste
Water to thin to desired consistency

** Add your quantity of Yoghurt

Nuts and Seeds Recipes

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. In reality, it's not. The best way to save time and utilise the nut and seed option is to incorporate these tips into food preparation time:

- 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, so that the nuts and seeds are mixed well.
- Then, measure out your weight of nuts and seeds before cooking them up with the below breakfast stir fries. This is a 'one-pan breakfast', cooked up in less than 5 minutes... the same amount of time it takes to pop some toast in the toaster and throw a spread on top!

Note: Another way to use the nut/seed option without necessarily following a recipe 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.

PHASE II - NUTS AND SEEDS RECIPES

Mushroom & Asparagus

SERVES 1

DIRECTIONS

1. Heat a non-stick wok over medium heat. Meanwhile, roughly chop the mushrooms and chop the asparagus spears into three portions.
2. Add the mushroom and asparagus to the hot pan along with your portion of nuts and seeds.
3. Stir fry for a few minutes until mushrooms are cooked through and asparagus are a 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 and toss to combine.
5. Plate up and enjoy, and don't forget your fruit on the side, if it's on your plan.

INGREDIENTS

Nuts and seeds
(prepared as above or left whole)

Mushroom and
asparagus (If shallots are
on your program they
work well here also)
Thyme or Oregano

** Add your quantity of Nuts and
Veg

Mango & Brussel Stir-fry

SERVES 1

DIRECTIONS

1. Place your non-stick 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 a splash of balsamic vinegar.
4. Toss for a further 1-2 minutes until everything is well combined. Season to taste and serve.

Note: Suitable substitutions for brussel sprouts include green beans and asparagus.

INGREDIENTS

Nuts and seeds
(prepared as above or left whole)

Mango chopped

Brussel sprouts,
quartered
Balsamic Vinegar

** Add your quantity of Nuts,
Mango and Veg

Cabbage & Apple Stir-fry

SERVES 1

DIRECTIONS

1. Place your non-stick wok over medium/high heat.
2. Add the nuts, seeds and the red cabbage. Cook, tossing often for 4 mins.
3. Add the apple and continue cooking for another 3–4 mins. The red cabbage should take on a darker almost purple colour when it's almost complete.
4. Just before removing from the stove, add the splash of balsamic vinegar and season to taste.
5. Eat the remainder of your apple fresh.

INGREDIENTS

☐ Nuts and seeds
(prepared as above or left whole)

☐ Red cabbage
1/2 Apple, chopped
Balsamic Vinegar

** Add your quantity of Nuts and Cabbage



Apricot & Cabbage Stir-fry

SERVES 1

DIRECTIONS

1. Place your non-stick 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 mins.
3. Add the vinegar and continue cooking and tossing for a further 6 mins or so until the liquid has reduced down to a glaze and the red cabbage is cooked.

INGREDIENTS

☐ Nuts and seeds
(prepared as above or left whole)

☐ Red Cabbage,
chopped finely
Apricot, chopped finely
1.5 tbsp Balsamic vinegar
1/8 tsp ground nutmeg
1/8 allspice powder

** Add your quantity of Nuts, Mango and Veg

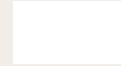
Feta & Mushroom Stir-fry

SERVES 1

DIRECTIONS

1. Heat a non-stick wok over medium heat.
2. Meanwhile, roughly chop the mushrooms, remove the woody end of the asparagus and chop the asparagus spears into three portions. (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 from the heat of the mushrooms)
3. Add the mushrooms and the asparagus to the hot pan and toss every few moments until cooked through.
4. Meanwhile, measure out your portion of cheese.
5. Remove pan from the heat, add a pinch of the fresh or dried herbs and crumble the feta through the vegetables.
6. Season well with salt and pepper and toss to combine.
7. Plate up and enjoy. Don't forget your fruit on the side, if it's on your plan.

INGREDIENTS



Feta Cheese



Vegetables as a combination of Mushroom & asparagus, or mushroom and spinach

Thyme or Oregano

** Add your quantity of Nuts and Veg

Quick tip: Do you really enjoy this type of food but it's all a bit rushed first thing in the morning? A simple trick to save time is to chop up your veg and store them in portions in a container at the beginning of the week. If all you have to do is grab your veg from the fridge, pre-cut and pre-measured and pop them in a wok, easy!

Grazing Platters

A grazing platter for breakfast will make everyone in the office jealous! It's like a small European continental breakfast. Buy the best quality ham or turkey breast or chicken breast you can afford and pair this with a portion of your ideal vegetables or salad and fruit! Some ideas for inspiration include:

- Ham with gherkins, olives, sauerkraut, etc. with rockmelon
- Chicken or turkey breast with sliced pear and asparagus spears
- Ham with avocado and tomato, rye bread and sliced mango

Spice Rubs

These are great spice combinations for rubbing onto animal proteins before cooking. You can also dry fry these in a wok with legumes. Serving suggestions are included. This will help you to add flavour to simple meals.

Quick tip: Want to be super organised? No reason why you can't portion out heaps of proteins over a weekend and make up a few spice rubs, then coat your proteins with the rubs and freeze them, labelled, all ready to use over the coming weeks.

Rosemary Rub

DIRECTIONS

1. Mix all ingredients together and store in a sealed jar in the fridge.

This is enough spice for two portions of meat.
This rub is great for lamb

INGREDIENTS

1/4 cup Rosemary, roughly chopped
2 Garlic cloves, minced
Generous pinch salt
1 tbsp stock

Warm Lamb Rub

DIRECTIONS

1. Mix all ingredients together and store in a sealed jar.

This is enough spice for two portions of meat. It's perfect for lamb but could be used for any protein. This could also be used to dry fry legumes.

INGREDIENTS

1 tsp dried Thyme
1/2 tsp ground coriander
1/2 tsp salt
1/2 tsp ground cumin
1/4 tsp paprika
Ground pepper to taste

Spicy Cardamon Rub

DIRECTIONS

1. Mix all ingredients together and store in a sealed jar.

This is enough spice for two portions of meat.
This rub is great for pork.

INGREDIENTS

1/4 tsp Chilli powder
1/4 tsp Cardamon powder
1/4 tsp Cumin powder
Generous pinch of salt

Jamaican Curry Powder

DIRECTIONS

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

This spice mix works well with pork and dense fish like swordfish and tuna.

INGREDIENTS

1.5 tbsp Coriander seeds
1 tbsp Cumin seeds
1 tbsp Yellow mustard seeds
1 tbsp Fenugreek seeds
1 tbsp whole Allspice
2 Star anise (whole)
1.5 tbsp ground Turmeric

04 Meal Plan

SUNDAY

B

FRUIT

L

D

MONDAY

B

FRUIT

L

D

TUESDAY

B

FRUIT

L

D

WEDNESDAY

B

FRUIT

L

D

THURSDAY

B

FRUIT

L

D

FRIDAY

B

FRUIT

L

D

SATURDAY

B

FRUIT

L

D



Meal Plan

	BREAKFAST	LUNCH	DINNER	FRUIT
S				
M				
T				
W				
T				
F				
S				

Grocery list

PRODUCE	PRODUCE	PROTEIN	DAIRY	MISC

Notes



Let's stay in touch...

Whether you're looking for support with hormonal imbalances, metabolic balance, fatigue and low energy, thyroid dysfunction or poor gut health - I'm here to help you find answers and get your health back on track.

Through a combination of personalised nutrition advice, herbal medicine and lifestyle changes, I'll support and guide you to help you heal and feel incredible!

Herb + Spice Naturopathy provides face-to-face consults in Narrabri NSW and online Australia-wide.

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