



  
**ONE LIFE**  
*health & fitness*

*The Journey  
Continues*

  
metabolic balance



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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 make 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 get started.

## Using this recipe book

Each person's Metabolic Balance plan is unique, with specific quantities tailored to your nutrition requirements. This means that your protein, vegetable/salad and fruit quantities will be different from another person on Metabolic Balance. So, this eBook is structured a little bit differently to your average recipe book – it doesn't have exact quantities (or even ingredients) for each recipe. Rather, it guides you to explore and experiment with combinations of proteins and carbohydrates (vegetables, salads, fruit).

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 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, 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.

## A healthy kitchen

One of the keys to eating healthily and sticking to your Metabolic Balance plan is setting your kitchen set 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.

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.

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 also ensures you don't start eating the same thing over and over again, which 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 or some sort as the protein
- 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 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:

### OAT RECIPES

#### Basic porridge

INGREDIENTS	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 in a saucepan and cover with water. Bring to the boil, adding more water if needed to prevent sticking.
3. Once the mixture has boiled, reduce to simmer and begin adding your milk as the mixture continues to cook and thicken.
4. Stir in the cinnamon to taste. Serve.
5. Remember to take a mouthful of milk first as your protein mouthful.

*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	YOUR QUANTITIES HERE
Your allowance of oats as wholegrain oats (not quick)	
Your allowance of milk, less 10 ml	
Your fruit of choice	
Boiling water	
Cinnamon, to taste	

**METHOD**

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 (you can also do this step early in the morning, say before exercising and leave them out to soak just for an hour or so).
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.

- Notes:
- Serves one.
  - Overnight oats generally use yoghurt or something to thicken, but we 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.

**Oat shake**

INGREDIENTS	YOUR QUANTITIES HERE
Your allowance of oats as wholegrain oats (not quick)	
Your allowance of milk, less 10 ml	
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. 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 10 ml of milk on the side to have use as your first mouthful of protein.

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

**Toasted cereal**

INGREDIENTS	
5 x your allowance of oats as wholegrain oats (not quick)	
1-2 tbsp of your allowed fat/oil (ghee, coconut oil work well)	
1 tsp 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 melted oil. .
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 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.
4. When ready to serve, simply weigh out your oats for the morning, then add fruit and milk.
5. Reserve a sip of milk as your first mouthful of protein.

*Notes:*

- *Serves five.*
- *This recipe can be doubled or tripled to make a large batch, if desired.*
- *Toasted oats keep well in a sealed glass jar or plastic container.*

## YOGHURT RECIPES

The simplest and often one of the favourite breakfasts of those that get yoghurt on their Metabolic Balance plan is simply yoghurt and fresh fruit.

Here's an alternative idea for those hotter days or perhaps when you need to 'eat' your breakfast on the run:

### Yoghurt smoothie

INGREDIENTS	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

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

*Note. Serves one.*

## NUTS 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, so that the nuts and seeds are mixed well.
- Then, measure out your quantity of nuts and seeds to use in our breakfast stir-fries. This is a 'one-pan breakfast', prepared in less than five minutes... the same amount of time it takes to pop some toast in the toaster and throw a spread on top!

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.

### Nutty mushroom and asparagus

INGREDIENTS	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 (omit for Strict Phase 2)	

### METHOD

1. Heat a wok over medium heat and add the oil (if using). 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.

Notes:

- Serves one.
- Shallots also work well in this recipe.

**Nutty mango and Brussel sprout stir- fry**

INGREDIENTS	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 (omit for Strict Phase 2)	

**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 splash of balsamic vinegar.
4. Toss for a further 1–2 minutes until everything is well combined. Season to taste and serve.

Notes:

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

## Nutty red cabbage and apple stir-fry

INGREDIENTS	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 (omit for Strict Phase 2)	

### 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 fresh as dessert.

**Nutty apricot and red cabbage stir-fry**

INGREDIENTS	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 (omit for Strict Phase 2)	

**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 as dessert.

*Notes: Serves one.*

## 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	YOUR QUANTITIES HERE
Your allowance of nuts and seed soaked overnight in 1 cup of water	
Your quantity vegetable with a high water content (zucchini, spinach, cucumber and steamed cold pumpkin)	
Your quantity of fruit (mango, berries, papaya or rockmelon)	
Ice (optional)	

### METHOD

1. Place your nuts/oilseeds and seeds into a small bowl or container. Cover with water and refrigerate overnight.
2. The next morning, before making your smoothie, eat a teaspoon of your nut/oilseed and seed mixture.
3. Put the remaining nut/oilseed and seed mixture (including water) into your blender, along with your allowance of vegetables and fruit into the blender.
4. Add ½ – 1 cup of water and ice (if using) blend until you reach the desired consistency. If too thick, add extra water. If too runny, use less water next time.

Notes:

- Serves one.
- You can freeze your vegetable and fruit portions. For example, this smoothie works well with frozen zucchini and strawberries (make sure you have a sweet fruit to pair with zucchini as it can be quite bitter).
- Make your own convenient frozen ‘smoothie packs’ with pre-weighed fruit and vegetables combined, ready to grab from the freezer, add to the oilseeds, blend and go!
- Depending on your blender, it might take a couple of minutes to thaw before blending.

# 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	YOUR QUANTITIES HERE
Your allowance of feta cheese	
Your allowance of vegetables as a combinations of mushrooms and asparagus or spinach	
Fresh or dried thyme or oregano, to taste	
Allowed oil for cooking (omit for Strict Phase 2)	

## METHOD

1. Heat a wok over medium heat and add the oil (if using).
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 through the mushrooms.)
3. Add mushrooms and asparagus to the hot pan and toss every few moments.
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 as well 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? Here's 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, you'll have tasty bread ready to go every morning. Easy!*

Notes: Serves one.

**POULTRY**

**Carrot and chicken breakfast muffins**

INGREDIENTS	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.
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 the muffin/cupcake tin and place a wrapper in each hole.
7. Shape 1–2 tablespoons of the mixture into a small ball/patty using your hands and add it to the wrapper. 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:

- Serves two.
- Recipe adapted from Irena Macri, *Eat Drink Paleo*



**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, casseroles or curries. The latter is easier to plan where items like pumpkin and / or tomato are allowed, but realistically you will be surprised what you can do whatever is on your personal food list.

During Strict Phase 2, when oils are omitted, it’s best to focus on plain, basic foods. Select the best quality proteins you can afford and marry them with simple variations of your vegetable and salad list. Strict Phase 2 is about resetting your taste buds and getting used to simple, basic, good quality food.

Once you start to include fats and oils into your plan, it’s easier to ‘jazz up’ proteins by adding spice rubs, etc. You can then choose an accompanying salad or vegetable option or come up with your own.

The spice rubs below are paired with suggested proteins, but do experiments with different combinations (for example you may use lamb instead of pork.) Note: If you are in Strict Phase 2, you can still use some spice rubs but omit any suggested oils.

*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 it in an airtight jar and use it as you like.*

## LAMB

### Lamb with crunchy rosemary crust

INGREDIENTS	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 (or omit for Strict Phase 2)	

#### 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 marinate 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 : Fresh and green avocado salad (page 57)
6. Red cabbage and apple stir-fry (page 54).

#### Notes:

- Serves two.
- This recipe suits Strict Phase 2 without oils where you can simply substitute oil for a bit of broth for the marinade and cook in a non-stick fry pan.
- 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	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	

**METHOD:**

1. Combine thyme, coriander, salt, cumin and paprika in a small, shallow dish.
2. Using a brush or your hands coat the lamb with the rosemary mixture.
3. Allow to stand at least 10 minutes.
4. Bake or cook in a fry pan (depending on cut and preference) until cooked through.

*Notes: Serves two.*

### Moroccan lamb stew

INGREDIENTS	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. If using prunes, chop and add to the dish.
6. If using lemon, add the juice to taste.
7. Cover and return to oven for a further 30 minutes until meat is tender or falling off the bone. Remove cinnamon stick before serving.
8. Serve with cauliflower rice and fresh mint leaves or on a bed of spinach, or rocket steamed vegetables.

Notes:

- Serves four.
- Lamb shoulder is recommended for this recipe, however, use whatever cut is specified on your personal food list.
- If you have prunes on your plan, you can add 8 prunes to this recipe.
- If you have lemon on your plan, you can add a small lemon.

## PORK

### Pork with spicy cardamom rub

INGREDIENTS	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	

## METHOD

1. Preheat oven to 220 degrees Celsius.
2. Combine all spices 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 (page 58).

### Notes:

- Serves two.
- This recipe suits Strict Phase 2 without oils.
- Pork can be cooked in a frypan 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	YOUR QUANTITIES HERE
2 portions of pork fillet, cut into cubes	
1/4 cup stock	
2 cloves garlic, crushed	
1 tbsp chopped fresh oregano or 1/2 tbsp dried oregano	
1 tbsp chopped fresh mint leaves	
1 tbsp lemon juice (omit in Strict Phase 2, unless allowed on your plan)	
2 tbsp olive oil	
1 green apple, cut into chunks	
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 marinate 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: Serves two.

**MINCE**

**Basic rissole recipe**

INGREDIENTS	YOUR QUANTITIES HERE
5 x your allowance of meat as mince	
3 cloves garlic, crushed	
2 tbsp dried herbs	
2 tbsp fresh herbs	
1 x Ryvita biscuits crushed in a food processor, to be used if needed for binding (see note below)	
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 fatter 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.

*Note:*

- *This recipe makes five serves. Extra rissoles can be frozen raw or cooked. Leftovers are a great option for lunch with a salad.*
- *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 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
- Pork mince with 1 tbsp of ground coriander instead of the dried herbs with fresh coriander as well.
- 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	YOUR QUANTITIES HERE
3 x your allocated weight of lamb mince	
2 tbsp cumin powder	
1 tsp cinnamon powder	
240g eggplant, peeled and chopped into small squares	
1/3 cup water	
1 apple, chopped into small pieces	
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 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. 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.



**Lamb mince and zucchini ‘stack’**

INGREDIENTS	YOUR QUANTITIES HERE
2 x your allowance of lamb mince	
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.
- Alternatively, you can grill your zucchini in a fry pan or on the BBQ, if preferred.

3. 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.
4. 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.
5. 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.
6. Season further to taste with salt and pepper.

*Notes:*

- Serves two. 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	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. Diced the pumpkin and steam or microwave until tender.
2. Meanwhile, finely chop ham and put it 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.
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, approximately 1 tablespoon per ball,' and place on a plate in the fridge for at least 15 minutes (this will help it to 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.
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.



**GOAT**

**Jamaican goat curry**

INGREDIENTS	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	
Fresh tomatoes, diced	
½ your allowed vegetable weight for 4 portions	
Oil for frying	
Salt and pepper, to taste	

**METHOD:**

1. Coat the goat meat in the curry spices and refrigerate for 15-30 minutes.
2. Heat a generous dash of olive in 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 and continue cooking a few minutes until browned off.
4. Add rosemary or thyme and broth. Bring the mixture to the boil, then reduce the to a simmer. Cover with a lid and simmer over low heat for at least 2 hours.
5. Dice the vegetables into bite- sized pieces and add to goat meat.
6. Cook over low heat for a further 30–45 minutes. Note: You may need to add more liquid at this point. If there is too much, remove the lid and allow some to evaporate.
7. Serve with cauliflower rice or steamed vegetables (up to the remaining quantity of your allowed vegetable weight). To make cauliflower rice, cut cauliflower into florets and grate or process in a food processor until its 'riced'. Then steam it until just tender. Add some fresh coriander through the cauliflower rice, if desired.



Notes:

- Serves four.
- As this recipe makes four portions, you will need to calculate half of your OVERALL allowance This means that if you are allowed 150g of vegetables per serve, you will be using 300g of vegetables here as 1 onion and the rest as diced tomato.
- The recipe can be doubled or tripled to make a larger batch when entertaining or leftovers can be frozen. When making a larger batch, cook for at least 3.5 hours to allow the meat to tenderise.
- Be generous with the salt in this recipe to balance the flavour of the Jamaican spice mix.
- This recipe also works without tomatoes. Add green beans and pumpkin instead.
- Recipe adapted from Pete Evan's Jamaican Goat Curry.

**CHICKEN**

**Thai style mango chicken**

INGREDIENTS	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, to taste
5. Top with basil leaves to serve. .
6. Enjoy the rest of your mango for dessert.

*Notes: Serves one.*

### Juicy baked chicken breast

INGREDIENTS	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.
6. 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.
7. Remove from oven and cover with alfoil or a baking dish for 5–10 minutes.
8. Cut against the grain to serve.

*Notes:*

- *Weigh the chicken breasts before cooking, so you know how much to serve.*
- *You will 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	YOUR QUANTITIES HERE
<b>for meatballs:</b>	
olive oil spray	
800 g lean minced chicken	
1 onion, finely chopped	
2 cloves garlic, crushed	
3 tbsp chopped coriander (cilantro)	
3 tbsp chopped flat-leaf (Italian) parsley	
2 tsp ground cumin	
<b>for tomato sauce:</b>	
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 chopped tomatoes	
2 tbsp chopped coriander (cilantro)	
2 tbsp chopped flat-leaf (Italian) parsley	

### METHOD

1. Preheat the oven to 200 degrees Celsius. Spray a large baking tin 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 in the baking tin. 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 the 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 pasta from your daily allowance, with a crisp salad to the side.

*Note:*

- *If you don't have tomatoes, 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 (page 28) and then cooked in a hot pan with oil.

### The best fish rub ever!

INGREDIENTS	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.

*Notes: Serves four.*

**One 'foil' fish wonder**

This 10-minute recipe is an example of how fish can taste amazing with minimal effort. It works well with a denser fish like swordfish, Mahi Mahi (pictured) or tuna.

INGREDIENTS	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	

**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. 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:*

- Serves one.
- 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'

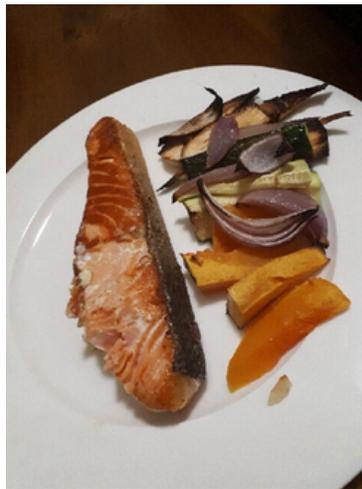
INGREDIENTS	YOUR QUANTITIES HERE
Your allowance of fish	
Your allowance of vegetables sliced into 'chips' (- zucchini, carrot, pumpkin, onion, fennel, capsicum work well).	
Salt, pepper and dried herbs	
1 clove garlic, crushed (optional)	

## 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.

### Notes:

- Serves one.
- Picture is pan-fried salmon with oven baked onion, pumpkin, zucchini and red onion.



**Thai-style mango prawns**

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

**METHOD**

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

*Notes: Serves one.*

## Baked salmon with dill and lemon

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

### METHOD

1. Preheat oven to 200 degrees Celsius.
2. Place salmon into a small casserole dish or on a sheet of alfoil.
3. 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:

- Serves one.
- Good quality salmon should have lots of natural oils and, therefore, can be baked uncovered. If you are concerned your salmon may dry out, cover the fish with a lid or add a splash of oil before cooking.

**EGGS**

**Egg and potato salad**

INGREDIENTS	YOUR QUANTITIES HERE
2 eggs, hard boiled	
Your allocation of potato, 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. Whilst hard boiling your eggs, chop your potato into bite sized pieces and steam these 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.*
2. To assemble, peel and chop your hard boiled eggs roughly. Combine with the cooked potato and vegetables.
3. Dress with apple cider vinegar and oil and add chopped dill, salt and pepper to taste.

*Note:*

- Serves one.
- 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.
- One 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	YOUR QUANTITIES HERE
Your allowance of vegetables of your choice (such as pumpkin, zucchini, capsicum, etc.)	
1 clove garlic, minced finely	
1/4 cup filtered water	
2 eggs	
Sea salt and pepper, to taste	
Freshly ground black pepper	
1 tbsp fresh parsley, chopped, to garnish	

**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 moist but not too wet otherwise the frittata won't set.
5. Beat eggs, season with sea salt.
6. Pour eggs over vegetables, stir in 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:*

- *Serves one.*
- *Recipe by [www.goodhealththerapy.com.au](http://www.goodhealththerapy.com.au)*

**CHEESE**

**Cheese of silverbeet and zucchini soup**

INGREDIENTS	YOUR QUANTITIES HERE
Your allowance of goat's or sheep's cream cheese	
¾ your vegetable allowance as silverbeet, leaves removed from stems	
¼ your vegetable allowance as zucchini, diced and sliced small	
1 small garlic clove, crushed	
½ – ¾ cup of broth, 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 heat.
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 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 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:*

- Serves one.
- 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 and may be substituted for spinach or kale.

**'Cheese of' mushroom and zucchini soup**

INGREDIENTS	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:

- Serves one.
- This recipe is not suitable for freezing, but will keep in the fridge for 1–2 days.

**'Cheese of' cauliflower and leek soup**

INGREDIENTS	YOUR QUANTITIES HERE
3 x your allowance of cheese, cream cheese, goat's cheese or feta	
3 x your allowance of vegetables as a leek and cauliflower, roughly chopped	
1–2 small garlic cloves, crushed	
2 cups of stock or broth	
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. Add a dash of oil or fat 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 a mouthful aside to have separately as your first mouthful of protein) and using the food processor, begin from a very slow speed adding chunks of cheese in as you go. Continue blending until 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 two bowls.

Note:

- Serves three.
- Use a ratio of 1 part leek to 4 parts cauliflower. Therefore, if 3 x your allowance of vegetables is 400g, use about 80g leek and 320g cauliflower.

**MUSHROOM (PROTEIN)**

**Wild rice and shitake mushroom fried rice**

INGREDIENTS	YOUR QUANTITIES HERE
Your allowance of 'protein' mushrooms (shitake or oyster)	
Your allowance of wild rice	
Your allowance of vegetables cut into small pieces (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	
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. 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.
- Adding onion or leek will boost the flavour of this dish.

## Wild Rice Mushroom Risotto

INGREDIENTS	YOUR QUANTITIES HERE
30g or your allowance of wild rice	
50g or your allowance of oyster or shitake mushrooms	
130g or your allowance of vegetable as other mushrooms	
1 tbsp onion, diced	
1-2 cloves garlic, crushed	
Ground spices (coriander, cumin, ginger)	
Fresh herbs (coriander/parsley/cilantro), to garnish	
1/2 stock, broth or water	
Slice of rye bread (optional)	

### METHOD

1. Cook wild rice for 30-45 mins or according to packet.
2. Steam or light fry crushed spices followed by onions, until tender.
3. Add vegetable mushrooms followed by protein mushrooms.
4. Add stock followed by cooked rice and cook for a further 3-5 mins or until everything is tender and properly cooked through.
5. Serve with garnish of fresh herbs



## LEGUMES AND BEANS

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

Legumes typically come either tinned in a brine (which are already precooked) or dry. When using tinned legumes, remember the legume allowance listed on your Metabolic Balance meal plan is the dry weight. If you are using tinned legumes, you must double the weight in your meal plan.

Using tinned legumes 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 legumes or that you have pre-soaked your dry legumes (as instructed below).

The following legumes 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 legumes (adzuki beans, black beans, lima beans, chickpeas and navy/white kidney beans) dried, especially in health food and bulk bin stores.

### Using dried legumes

Generally, lentils and peas be used in recipes without pre-soaking, as they have a smaller surface area than other legumes. Other dried legumes (like chickpeas and beans, etc.) will require pre-soaking if you purchase them dried.

### How to prepare dried legumes and beans:

- The day PRIOR to preparing your dish, measure out your allocated quantity of legumes into a heat proof, solid dish or bowl. Allow plenty of room as the legumes will double in size.
- Cover generously with cold water and allow to sit for at least 5 hours or 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 legumes can also be frozen for later use.

**Roast pumpkin and lentil soup**

INGREDIENTS	YOUR QUANTITIES HERE
4 x your allowance of vegetable as pumpkin, roughly chopped	
4 x your allowance of 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, grated (optional)	
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 oven 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 is 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.

**Easy lentil and tomato dahl**

INGREDIENTS	YOUR QUANTITIES HERE
2 x your allowance of vegetable as tomatoes (whole or cherry), diced	
2 x your allowance of 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 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 30 minutes 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.

**Cauliflower and lentil curry**

INGREDIENTS	YOUR QUANTITIES HERE
Your allowance of 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	
1/4 tsp each of turmeric, cumin seeds and mustard seeds	
1/2 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 1/4 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

**Notes:**

- Serves one.
- Recipe by [www.goodhealththerapy.com.au](http://www.goodhealththerapy.com.au)

**Smoky roasted tomato and black bean soup**

INGREDIENTS	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 and 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 the above instructions.

**Hearty roasted lima beans**

INGREDIENTS	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 soaked and rinsed bean 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 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.

*Notes:*

- Serves one.
- 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 (above). 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.

### Chickpea hash

INGREDIENTS	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, sliced (optional)	
1/4 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 1/4 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 well.
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.

### Notes:

- Serves one.
- Recipe by [www.goodhealththerapy.com.au](http://www.goodhealththerapy.com.au)

**Curried chickpeas (Chana Masala)**

INGREDIENTS	YOUR QUANTITIES HERE
Your allowance of lentils as chickpeas	
1–2 cloves garlic, peeled	
1/2 red chilli (optional)	
1 cm 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 to if the dish is drying out.
7. Season well with salt, pepper and fresh coriander and then serve (as below).

*Notes:*

- Serves one.
- Serve with use your allowance of vegetable to make cauliflower or broccoli rice. Alternatively, use your allowed vegetable weight as a 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.

## SIDES

### VEGETABLES (HOT)

#### Red cabbage and apple stir-fry

INGREDIENTS	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 (use your recommended oil)	

### METHOD

1. Heat a wok or deep fry pan over medium to high heat.
2. Add oil or fat 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, almost blackened.
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:

- Suits Phase 2 but you must use a non-stick fry pan.
- Pairs well with lamb with crunchy rosemary crust.
- Don't skimp on the parsley, as it really makes the dish.
- Red or green apples work well.

**Pesto vegetables (roasted or steamed)**

INGREDIENTS	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/fat 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.

## Baked beetroot

INGREDIENTS	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 this 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.
- Doubling or triple this recipe and store in the fridge for other meals.
- Picture below with rocket, feta cheese and toasted rye bread.



## SALADS (COLD)

### Fresh green avocado salad

INGREDIENTS	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:

- Serves one.
- Pictured here as a side to lamb with rosemary crust (page 18).



### Fennel and apple salad

INGREDIENT	YOUR QUANTITIES HERE
½ your allowance of vegetable as fennel, thinly sliced	
1/3 your allowance of vegetable as cucumber, thinly sliced or julienned	
1/6 your allowance of vegetables as spinach or 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:*

- Serves one.
- 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 (page 21).

**Cabbage and apple slaw**

INGREDIENTS	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:*

- Serves one.
- Serve with any protein, goes especially well with pork.

**Crunchy sweet radish salad**

INGREDIENTS	YOUR QUANTITIES HERE
60g of your vegetable allowance as radishes (approx. 3), finely chopped	
½ apple, chopped finely	
25g 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.*



**MEAL PLANNER**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
LUNCH							
DINNER							

**SHOPPING LIST:**



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 Metabolic Balance in the early stages of the program, by providing hints, tips and ideas to make the transition into the program both easy and rewarding.



As our name states we are all about making the best of the One Life that you have. Specialising in weight and health management we are passionate about helping you restore your health and quality of life through a personalised, holistic and friendly approach.

Different diets, foods and nutrients provide varying health benefits to our bodies. We understand these benefits and how they can be applied. Every person has different nutritional needs and getting this right requires the knowledge of an experienced practitioner.

Principal Naturopath, nutritionist and Western Herbalist Melanie Hartskeerl can help you rediscover your health and vitality. Melanie's warm, realistic approach mixed with a strong emphasis on education and patient responsibility helps to inspire patients to be proactive about their health and make long term changes in their diet and lifestyle that will serve them in years to come.

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