



MARRIED TO MY MACROS
PERFORMANCE NUTRITION COACHING

MTMM RECIPE BOOK

QUARANTINE EDITION

Easy, minimal ingredient recipes to make the most of what is in your kitchen



KATRINA, BEN, MAGGIE & CLARE



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The following recipes are a few of our favourites - tested and adapted to help promote vitamin and mineral diversity to assist in immunity maintenance, but also to help provide an 'antidote' to cabin fever!

It is our belief that now is not the time to let healthy lifestyle habits such as sustaining a wholesome and nutritious diet and regular activity fall by the wayside - but rather the time to double down on these elements and continue to strive forward amidst the uncertainty.

While we find a certain element of therapeutic benefit in spending time in the kitchen, we understand that for many of you it may be your first foray into the culinary arts - so if you need a little more assistance, please feel free to connect with us

We are here to help.

Want to make sure your current nutritional practices still align with your health, performance or body composition goals?

[Click here](#) to book in for an obligation-free chat with one of the MTMM coaches.

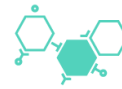
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BREAKFAST





CHIA SEED PUDDING

Ingredients:

2 tbsp chia seeds

1 cup unsweetened almond
milk

1/2 scoop preferred protein
powder

1 tbsp hemp hearts

50g berries



Directions:

Mix the chia seeds, almond milk and protein powder together in a mason jar and leave in the fridge overnight

Top with hemp hearts and berries

Macronutrient information per serve:
398 calories / 25g protein / 24g carbs / 19g fat



TURMERIC CHICKPEA SCRAMBLE

Ingredients:

- 1/2 cup chickpeas, mashed
- 1/2 cup zucchini, sliced
- 1/2 cup mushrooms, sliced
- 1/2 cup grape tomatoes, halved
- 1 tsp turmeric
- 15g nutritional yeast
- 30g hemp seeds/hearts
- 1 tsp olive oil
- pinch of salt



Directions:

Heat the olive oil in a frying pan and add the mushrooms and sea salt, sauté until they begin to soften.

Add the zucchini and continue to sauté

Add the mashed chickpeas, turmeric and nutritional yeast

Add the tomatoes at the end and cook until just heated through

Plate and top with hemp seeds

Macronutrient information per serve (recipe makes 1 serving):
352 calories / 21g protein / 31g carbohydrates / 16g fat



3 INGREDIENT PROTEIN PANCAKES

Ingredients:

Pancake:

1/2 cup (125g) cottage
cheese

1/2 cup (45g) oats

1/2 cup (125g) egg whites
(or 2 full eggs)

Cooking spray



Directions:

Add cottage cheese, oats and egg whites to a blender and blend until smooth

Heat a frying pan on med-high heat and spray with cooking spray

Pour batter onto frying pan and let cook for about 5 minutes, or until the sides start to bubble

Flip and cook for another 5 minutes or until both sides are browned and the inside is dry

Top with your favorite flavours. We love nut butters, fruits and honey. Just be aware that the toppings you choose and the quantity will affect the macro and caloric make up

Macros per serving (made with egg whites):

Cals: 334 / Protein: 35g/ Carbs: 32g/ Fat: 7g



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ENTREES





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MINISTRONE SOUP (GLUTEN FREE, DAIRY FREE, VEGAN OPTION)

Ingredients:

2 tbsp olive oil

550g onion

350g carrots

265g celery

40g garlic

240g butter beans

450g 4 bean mix

1600g diced tomatoes (4 cans)

4L stock

1000g frozen veg (we used a large bag of broccoli, green beans, and peas)

300g kale



Directions:

Sautee onion in olive oil. Add celery, carrot and garlic.

Cook until fragrant and onions translucent.

Add beans, tomatoes and stock along with salt, pepper and oregano to taste - bring to a boil then simmer for several hours

In the last ten minutes of cooking add the frozen veg and fresh kale

Macros per cup: 78 cals / 5g protein / 11g carbs / 1g fat / 3g fiber

To make it a meal add 100g shredded chicken breast

That will bring the macro profile to the following, (per cup of soup + chicken):
188 cals / 27g protein / 11g carbs / 1g fat / 3g fiber



CREAMY TUSCAN SAUSAGE SOUP (DAIRY FREE)

Ingredients:

- 2-3 slices bacon
- 3 Italian spiced sausages
- 1 medium yellow onion (120g)
- 4 cloves minced garlic
- 1 litre chicken stock
- 500g cauliflower, chopped
- 100g kale, torn
- 200g coconut milk
- 2 sprigs fresh chopped parsley
- 2 chopped green onion
- 7 sprigs fresh thyme
- 1 tbsp dried oregano
- 1 tbsp dried chilli flakes
- Cracked black pepper



Directions:

Cook bacon, dice, and set aside

Using a portion of the bacon fat, sauté onions until translucent

Dice sausage and add to onion, cook through

Add garlic, dried oregano, pepper, and chili flakes

Stir in chicken stock, cauliflower, parsley and green onion, simmer for ten minutes or until cauliflower is tender

Add chopped bacon back in along with kale and stir in 200g coconut milk

Simmer another ten minutes until flavours are well combined**note: no salt is needed as the sausage generally contains enough

Macronutrient Information (makes 5 servings):
260 calories / 15g protein / 13g carbohydrates / 15g fat

*macros may vary depending on the type of sausage used



DEEP DISH CHICKEN CASSEROLE

Ingredients:

Bacon (180g)
Chicken Breast (1kg)
Extra aged sharp cheddar (125g)
Russet Potato (400g)
Corn (275g)
Kale (100g)
Red bell pepper (375g)
White/yellow Onion (275g)
Green onion (for garnish)
Olive oil mayo (130g)



Directions:

Bake, pan fry or BBQ the chicken breast and cut into bite sized pieces
Pre boil the potatoes
Pan fry or bake the bacon
Fry the onion, garlic and bell peppers until fragrant
Mix all of the ingredients together in a large bowl and transfer to a large baking dish (or two smaller ones)
Top with the shredded cheese and bacon
Bake for 25 minutes at 350
Top with green onion before serving (optional, but recommended!)

Macronutrient information per serving (makes 8 total servings):
Cals: 423 / Protein: 42g / Carbs: 23g / Fat: 17g



SPAGHETTI BOLOGNESE

Ingredients:

1 cup tomato sauce

400g extra lean ground beef

100g kale/spinach (about 2 cups raw)

Parmesan or nutritional yeast (optional)



Directions:

Fully cook the ground meat in a large saucepan

Add the chopped kale/spinach until it begins to wilt

Pour tomato sauce into pan and mix well

Lower the temperature of the element and allow to simmer

Add to pasta or spaghetti squash/zoodles and serve with salt and parmesan or nutritional yeast

Macronutrient info per serving (makes 4 servings):

Cals: 206 / Protein: 24g / Carbs: 8g / Fat: 8g



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ONE POT TURKEY, PESTO & CHEESE PASTA BAKE

Ingredients:

2 tbsp extra virgin olive oil
1/2 large onion, chopped
900g ground turkey (93% lean)
4 cloves garlic, minced
2 (28oz) cans canned tomatoes
1/2 cup chicken broth
1/3 cup basil pesto
2 tsp dried oregano
1 tsp dried rosemary
salt and black pepper
300g dry pasta (we used rigatoni)
2 cups shredded spinach or kale
1 cup mozzarella cheese, shredded



Directions:

In a large pan (if you have an oven safe skillet, that's ideal) heat the olive oil and sauté the onion until fragrant

Add the ground turkey and cook until browned all over. Stir in the garlic

Add the tomatoes, broth, pesto and spices

Then add 1 3/4 cup of water, the dry pasta, spinach/kale and bring to a boil

Stir frequently for about 10 minutes, or until the pasta is al dente

If needed, transfer to a baking dish and top with the cheese

Bake at 350 for 25 minutes or until the cheese has melted and is lightly browned on top

Macronutrient information per serve (makes 8 serves):
439 calories / 29g protein / 34g carbohydrates / 20g fat



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SNACKS/ DESSERTS





PEANUT BUTTER FREEZER FUDGE

Ingredients:

2 cups (400g) peanut butter
(or nut butter of choice)

1/4 cup (50g) coconut oil

1 tbsp (20g) honey

Optional: chocolate chips for
topping



Directions:

In a saucepan heat the peanut butter, coconut oil and honey until completely melted

Pour into a 8x8 pan and freeze for 20 minutes

Add your chocolate chips and return to the freezer for at least an hour

Cut into 25 pieces (it's very rich, so all you need is a bite!)

Macronutrient information per serving (without chocolate chips):
158 calories / 3g protein / 5g carbohydrates / 14g fat



3 INGREDIENT CHICKPEA BLONDIES

Ingredients:

1 15 oz can chickpeas,
drained and rinsed

1/4 cup maple syrup

1/2 cup (90g) nut butter

1/2 tsp baking powder

Optional add ins: chocolate
chips, walnuts etc.



Directions:

Preheat oven to 375 and coat a square baking pan with cooking spray

In a blender or food processor, blend chickpeas, syrup and nut butter, adding in the baking powder only at the very end

Fold in optional nuts or chocolate chips

Smooth out into baking pan then bake for 25 minutes

Let cool and cut into 9 pieces

Macronutrient information per serving:
Cals: 177 / Protein: 5g / Carbs: 17g / Fat: 5g



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There's a lot more where these came from!

[Click here](#) to visit the MTMM website for more recipes.