



**MARRIED TO MY MACROS**  
PERFORMANCE NUTRITION COACHING

# MTMM RECIPE BOOK ON-THE-GO EDITION

LEARN HOW TO NOURISH YOURSELF WITH DELICIOUS SELF-PREPARED MEALS YOU  
CAN BRING WITH YOU ON-THE-GO



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## FOREWORD

Food has been the center piece of human life as far back as history goes. From sharing the bounty of a successful hunt, to breaking bread with new friends - regardless of your ancestry, origin, race or religion - **the preparation and consumption of food is something the we all have in common.**

Times have definitely changed. And unfortunately, so has the emphasis and importance we place on food in our daily lives. Sure, on occasion when we catch up with family and friends, those age old traditions of gathering around a table and celebrating food are still practiced, but from day to day **food, like everything else it seems, has been reduced to what is quick, what is available, and what is cheapest.**

This mentality has resulted in a number of different **environmental and health concerns** within our community. From record-breaking levels of cardiovascular disease, obesity and diabetes, to issues of inhumane treatment of animals and unsustainable farming practices, we - and our planet - are falling sick.

The pendulum has in fact swung so far that **those of us who do take the time and effort to prepare our own meals, learn more about sustainable nutrition** and take interest in how and where our food comes from are often seen as outcasts, political activists or 'health extremists.'

Where are we going with this?

This is not supposed to be an attack on the concerns that MTMM faces within our industry, **but rather a step towards a solution** - a note on the tone we believe it's important to take moving forward.



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## FOREWORD CONTINUED

The **MTMM Recipe Book, On-The-Go Edition** is intended to do a number of things:

We want to demonstrate for all those that care about their health - **you are not alone.**

For all those that want to care, but don't know how to get started - **start here.**

For all of those who's lifestyle and obligations make it difficult to apply what you know, **we're here to make it possible!**

To everyone who believes **meal prepping** means that you are committing to boring, repetitive and tasteless food - **we hope this goes a long way** to changing that perspective.

The **MTMM Recipe Book: On-The-Go Edition** contains a number of recipes that are both **nutritious and easy to bring with you wherever you need to go.**

Most of all, we hope that this recipe book, as well as all future editions, go a long way in **bringing food back in focus in a manner that allows us optimise our health and improve our performance.**

Food is **meant to be enjoyed.** To be celebrated. But also to be respected. It is our hope that as a society we begin to revert back to **understanding food,** rather than just consuming what's within reach.

For anyone looking to become part of our growing community, we encourage you to take the leap, reach out and **begin to experience what it feels like to be the best performing version of you possible.**

Ready to take the first step? **Click here** to get started with MTMM today!



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## GENERAL TIPS FOR EATING WELL ON THE GO

**Drink more water.** It's so easy to neglect our hydration when we are travelling or simply running around all day. Ladies, aim for around 2L per day and guys, aim for closer to 3L. *Pack frozen water bottles with you so that your food stays fresh, and you have lots of water to stay hydrated throughout the day!*

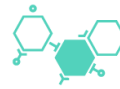
**Eat more protein.** Begin by ensuring you have at least one source of protein with each meal or snack through out the day.

**Eat more real food and much less processed food.** Processed food is always going to be more calorically dense than real food, and offer much less satiation, making it incredibly easy to accidentally over eat. *Preparing your own meals for when you are on the go will greatly reduce the ratio of processed to unprocessed foods.*

**When dining out,** focus on choosing something with an *identifiable source of protein and lots of veggies.*

### ***Struggling to keep your food fresh?***

MTMM recommends freezing your food, taking it out of the freezer just before you leave so that it stays cool and fresh.



## PROTEIN PANCAKES



### *Ingredients:*

- 1/2 cup (125g) cottage cheese
- 1/2 cup (50g) oats
- 1/2 cup (125g) egg whites
- 1/4 cup fruit
- 1 tbsp (15g) nut butter
- Cooking spray

### *Directions:*

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

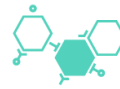
Heat a frying pan on med-high heat and spray with cooking spray

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

Freeze and take from the freezer when you're ready to go, so they'll be fresh later in the day once defrosted! Pack with berries and a side of peanut butter.

*Macros per serving: Cals: 452/ Protein: 38g/ Carbs: 43g/ Fat: 15g*



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## OVERNIGHT OATS



### *Ingredients:*

- 1/2 cup (50g) oats
- 2 tbsp (30g) chia seeds
- 1/4 cup (60g) egg whites
- 1/4 cup fruit
- 100g greek yogurt
- 1 tbsp (15g) nut butter
- Cinnamon

### *Directions:*

Add oats, chia seeds and cinnamon to a mason jar and fill with 1 cup water, microwave for 1 minute, then stir

Add egg whites and microwave for 45 more seconds

Stir in greek yogurt and fruit then top with peanut butter

Store overnight in the fridge.

*Travelling by plane? Bring your dry oats and chia seeds in a mason jar and add boiling water once you're through security (from Starbucks or similar). Bring your berries, peanut butter and mix in protein powder as your protein source instead of egg whites and yogurt!*

*Macros per serving: Cals: 530/ Protein: 32g/ Carbs: 52g/ Fat: 22g*



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## EGG CUPS



### *Ingredients:*

- 2 eggs
- 30g cheese (feta, cheddar, goat's)
- 4 slices deli meat, turkey breast
- Cooking spray

### *Directions:*

Spray a muffin tin with cooking spray, and line each cup with 2 slices of turkey

Add 15g cheese per cup

Crack one egg per cup

Bake at 350 for 20-25 minutes and top with salt, pepper and green onion if desired.

*Macros per serving (2 cups): Cals: 290/ Protein: 32g/ Carbs: 0g/ Fat: 18g*



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## THE MTMM BULLETPROOF (HIGH CAL)



### *Ingredients:*

- 60 ml unsweetened almond milk
- 60 ml blended full fat coconut cream
- 15g MCT oil
- 15g almond butter
- 50g banana
- 14g dates
- 1 scoop protein powder
- 1 scoop collagen peptides
- 7 frozen coffee cubes

### *Directions:*

The night before, brew a cup of strong coffee of your choosing, and pour into an ice-cube tray to freeze and blend a can of full fat coconut cream, pour into a mason jar, and pop it in the fridge

The morning of, throw everything in a blender and bring with you on-the-go!

### Notes:

For protein powder, we recommend [Canadian Protein Whey Concentrate](#), [Whey Isolate](#) or [Vegan Blend](#) or [Paleoethics Beef Serum](#)

For collagen peptides we recommend [Vital Proteins](#)

*Macros per serving: Cals: 520/ Protein: 32g/ Carbs: 25g/ Fat: 34g*





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## THE MTMM BULLETPROOF (LOW CAL)



### *Ingredients:*

- 60 ml unsweetened almond milk
- 60 ml blended full fat coconut cream
- 15g MCT oil (or if you willing to eschew the 'bulletproof' title, almond butter - YUM)
- 1 scoop protein powder
- 1 scoop collagen peptides
- 7 frozen coffee cubes

### *Directions:*

The night before, brew a cup of strong coffee of your choosing, and pour into an ice-cube tray to freeze and blend a can of full fat coconut cream, pour into a mason jar, and pop it in the fridge

The morning of, throw everything in a blender and bring with you on-the-go!

### Notes:

For protein powder, we recommend [Canadian Protein Whey Concentrate](#), [Whey Isolate](#) or [Vegan Blend](#) or [Paleoethics Beef Serum](#)

For collagen peptides we recommend [Vital Proteins](#)

*Macros per serving: Cals: 338/ Protein: 32g/ Carbs: 8g/ Fat: 21g*



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## SALAD-IN-A-JAR



### *Ingredients:*

- Veggies of choice (we used: cherry tomatoes, cucumber, peppers and romaine lettuce)
- Canned tuna (can sub canned chicken or salmon if preferred)
- 1 tbsp olive oil
- 1 tbsp vinegar, white
- 1/2 tsp oregano
- 1/2 tsp dill

### *Directions:*

Fill your mason jar with your veggies, with the veggies with the most moisture at the bottom.

Mix the olive oil, vinegar and spices for the dressing. Either add the dressing first to the bottom of the jar, or pack it in a separate small container to add in when ready to eat.

Bring a side of protein: canned tuna, chicken or salmon!

*Macros per serving: Cals: 252/ Protein: 19g/ Carbs: 8g/ Fat: 16g*



## EGG SALAD



### *Ingredients:*

- 2 boiled eggs
- 1/2 cup 2% cottage cheese
- Lettuce (about 1/4-1/2 cup chopped)
- 2 tbsp cucumber, diced into fine pieces
- 1 tbsp green onion, chopped
- Salt and pepper, to taste

### *Directions:*

Boil your eggs: place both eggs in a pot of water, so that the water just covers them. Put the pot on the burner at high heat, cover and start the timer for 14 minutes. Once the water comes to a boil, remove the lid and reduce the heat to medium-high

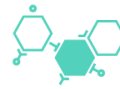
Let the eggs cool by running them under cold water for a couple minutes before peeling

Place the peeled eggs and cottage cheese in a bowl and mix well, breaking the eggs into small pieces

Add cucumber, lettuce and green onion

Season with salt and pepper and bring rice cakes to serve with!

*Macros per serving of egg salad only: Cals: 230 / Protein: 24g / Carbs: 5g / Fat: 13g*



## ROASTED BUTTERNUT SQUASH SALAD



### *Ingredients:*

- 100g butternut squash, raw (1 cup, cubed)
- 2 cups kale, stem removed
- 15g pumpkin seeds (1 tbsp)
- 150g shrimp
- Tahini (1 tbsp)
- Olive oil (1 tbsp, separated)
- Lemon juice (1/2 tbsp)
- Garlic, 2 cloves, separated
- Salt, to taste

### *Directions:*

Peel your squash and cut into cubes. Roast in the oven at 350 for 30 minutes, or until browned

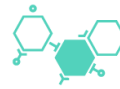
Cook your shrimp in 1/2 tbsp olive oil and 1 garlic clove

Chop your kale and add it to the pan with the squash halfway through roasting and sprinkle with salt

For the dressing: Mix tahini, remaining olive oil, lemon juice and remaining garlic

Assemble your bowl and pack the dressing separately to dress when ready to eat!

*Macros per serving: Cals: 478 / Protein: 35g / Carbs: 20g / Fat: 30g*



## LOW CARB PROTEIN BALLS



### *Ingredients:*

- 1.5 cups raw cashews (or your favourite nut)
- 1 cup unsweetened shredded coconut
- 1/3 cup nut or seed butter of choice see note
- 1/2 scoop protein powder (15g)
- 1/2 cup coconut oil melted and cooled
- 1 teaspoon pure vanilla extract
- 3 tablespoons cold water
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt

### *Directions:*

Add the raw nuts to food processor and process until finely chopped.

Add the remaining ingredients to the food processor and process until a thick paste has formed. The dough should be sticky.

Roll the fat ball mixture into 16 balls. Store in a zip lock bag or container in the freezer until your departure.

*Macros per ball: Cals: 157/ Protein: 7g/ Carbs: 18g/ Fat: 7g*



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## AVOCADO PROTEIN SPREAD



### *Ingredients:*

- 1/2 avocado (60g)
- Juice of 1/2 lemon
- 1/4 cup greek yogurt
- 1/2 tsp garlic powder
- 1/2 tsp salt

### *Directions:*

Mash avocado

Add lemon and yogurt, mix well and add seasoning

Serve with rice cakes for a quick and easy protein packed snack! The citrus will help keep the avocado fresh until you're ready to eat.

*Macros per serving: Cals: 150/ Protein: 8g/ Carbs: 8g/ Fat: 9g*



## **PB & ALMOND BUTTER CUPS (16 SERVINGS)**



### *Ingredients:*

- Coconut Oil (unrefined) (250g)
- Cocoa Powder (50g)
- Powdered Peanut Butter (4 tbsp)
- Maple Syrup (2 tbsp)
- Almond Butter ( 8 tbsp)

### *Directions:*

In a pan on low heat, melt half of the coconut oil and add in the maple syrup, stir through

Sift (very important) in the powdered peanut butter and cocoa powder, continue to stir through

Take off the heat and pour into 16 cups of a muffin tin lined with cupcake liners

Put into the freezer for 20 mins or until cups are frozen

Remove from the freezer and spread half a tbsp of almond butter over each frozen cup

Repeat initial process with the oil and powder, pouring the new batch over the frozen half and set back in the freezer for another 20 mins or so.

*Macros per serving: Cals: 253/ Protein: 2g/ Carbs: 5g/ Fat: 25g*



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## HOMEMADE TRAILMIX



### *Ingredients:*

- Cashews (20g)
- Almonds (15g)
- Sunflower seeds (10g)
- Pumpkin seeds (10g)
- Goji berries (10g)
- Dark chocolate (10g)

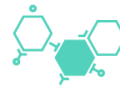
### *Directions:*

This one is pretty self-explanatory...

Mix everything together and pack in your bag for a healthy-fat filled snack when you're on-the-go!

*Macros per serving (recipe makes 2) Cals: 211/ Protein: 7g/ Carbs: 11g/ Fat: 16g*





## EDAMAME DIP (4 SERVINGS)



### *Ingredients:*

- 1 1/2 cup peeled edamame beans
- 1 clove garlic
- 1 tbsp chopped onion (optional)
- 1/4 cup plain 0% greek yogurt
- 1/4 cup lemon juice
- 1 tsp garlic salt
- 1 tsp salt
- 2 tsp olive oil
- 1/4 cup water

### *Directions:*

Add edamame, garlic, onion, greek yogurt, water, lemon juice, garlic salt and salt to a blender and process until smooth

Add the olive oil while the blender is on for an additional 30 seconds

Pack alongside chopped veggies or toasted pitas.

*Macros per serving of dip: Cals: 135/ Protein: 10g/ Carbs: 8g/ Fat: 7g*



## APRICOT & LEMON LIGHTNING BALLS



### *Ingredients:*

- 1 cup almond meal (or 1 ½ cups pulverized almonds)
- 200g Medjool dates
- 250g dried apricots
- 40g flaxseed meal
- 1 tbsp lemon zest
- Juice of one lemon
- 1/3 cup shredded coconut

### *Directions:*

Add the dates and apricots into a food processor and blend roughly

Add almond meal and continue to blend

Once combined add in lemon zest and juice and blend

Add in flaxseed meal and shredded coconut and again, combine

Roll into 18 evenly sized balls and allow 3-4 hours to set in the fridge

*Macros per ball: Cals: 132/ Protein: 3g/ Carbs: 20g/ Fat: 4g*



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**Have the recipes now, but still don't understand your nutritional needs, or how to make it work with your busy, on-the-go lifestyle?**

MTMM works to educate our clients about sustainable nutrition practices to enhance your overall health and performance without taking away from what you have to do in a day.

**Click here** to book in for an obligation-free initial consult today!

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