



MARRIED TO MY MACROS
PERFORMANCE NUTRITION COACHING

MTMM RECIPE BOOK

PARENTS' EDITION

*EASY RECIPES THAT YOUR KIDS WILL LOVE,
AND LOVE TO HELP YOU MAKE*



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FOREWORD

The following recipes have been tested and adapted to ensure both you, your kids and your family will all enjoy.

It is our belief that it's never too early to begin instilling healthy lifestyle habits such as sustaining a wholesome and nutritious diet, into our young ones.

We hope this recipe book promotes teachings of the importance and power of proper nutrition, while equipping our young ones with the tools necessary to navigate the kitchen and a variety of recipes.

Want to make sure your current nutritional practices align with your health, performance or body composition goals and can be integrated into yours and your family's routine?

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



HI FIBRE / LOW SUGAR BERRY MUFFINS

Ingredients:

2 cups all purpose flour
1 tbsp. baking powder
1/2 tsp salt
2 large eggs
4 tbsp. maple syrup
1/2 cup sugar
1/2 cup rice bran oil
1 1/2 cups milk (any milk)
1 cup fresh / frozen blueberries
1/2 cup wheatbran
1/2 cup raw oats
1/4 cup chia seeds



Directions:

- Pre heat oven to 350 degrees F
- Whisk flour, baking powder and salt
- Separately beat the eggs
- Add the syrup, sugar, oil and milk to the eggs
- Mix together the egg and flour mix
- Fold through the berries
- Pour mixture into muffin tin (makes 12 muffins)
- Bake for 25 minutes, or until golden
- Sprinkle oats and chia seeds on top

Macronutrient information per muffin:
287 calories / 6g protein / 37g carbs / 13g fat



SALMON NUGGETS

Ingredients:

3 Salmon fillets
2 cups breadcrumbs
2 eggs
1 cup plain flour
1/2 tsp sweet paprika
1/2 tsp turmeric
Salt and pepper to taste



Directions:

- Mix breadcrumbs with paprika, turmeric, salt and pepper
- Mix eggs in a separate bowl
- Cut salmon into bite size pieces
- Get your kids to do the next 3 steps with clean hands -
- Roll the salmon in the flour to coat
- Dip the salmon in the egg
- Roll the salmon in the breadcrumbs
- Lightly fry in a oil until golden
- Serve on pasta and/or veggie noodles

Serves 3 hungry kids

Macronutrient information per serve:
495 calories / 33g protein / 42g carbs / 21g fat



HIDDEN VEG SPAGHETTI BOLOGNESE

Ingredients:

- 1 onion
- 2 cloves garlic
- 2 carrots
- 1 red capsicum
- 1 zucchini
- 3 large flat mushrooms
- 300g lean beef mince
- 300g pork mince
- 700g passata/ tomato puree
- 1 cup tomato paste
- 1 cup beef or veg stock
- 2 x tbsp Italian herbs
- 2 tbsp. oil



Directions:

- Finely chop onion and garlic
- Sautee in 1/2 the oil until soft
- Finley chop or puree the rest of the veg and sautee with the onion and garlic for 5 mins
- Add the meat and cook until browned
- Add paste, pasta, herbs & stock
- Simmer for 20 mins

Serves 6

Macronutrient information per serve of sauce:
234calories / 25g protein / 12g carbs / 9g fat



CHICKEN AND VEGETABLE STEW

Ingredients:

1 2 Tbsp oil
700g chicken thighs - bone in/
skinless
1 onion
2 cloves garlic
2 stalks celery
2 carrots
1 Tbsp tomato puree
2 large potatoes
1 zucchini
1/2 cup frozen peas
1-1+1/2 Tbsp cornflour
2 cups chicken stock
1 tsp dried mixed herbs

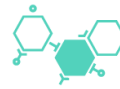


Directions:

- Finely chop onion and garlic, carrot and celery
- Fry the chicken in batches in the oil until lightly browned, set aside
- Sautee onion, garlic, carrots and celery until softened
- Add tomato paste, potatoes, stock, herbs and chicken
- Bring to simmer, cover and reduce for 15 mins
- Add zucchini and peas and cook for 10 mins
- Mix cornflour with 1/4 cup water until smooth and add to the stew to thicken. Season to taste

Serves 6

Macronutrient information per serve:
271 calories / 25g protein / 17g carbs / 13g fat



CHICKEN BROTH ELIXIR

Ingredients:

1 chicken carcass
4 chicken necks
6 chicken thighs
1 large onion
4 garlic cloves
2 celery stalks
1 tbsp. salt



Directions:

- Place all ingredients in a large stock pot and add enough water just to cover
- Bring to the boil then down to a simmer, cover simmering for 1 hr
- Skim and discard any foam from the surface
- Strain the broth, reserving the chicken thighs but discarding the rest
- Return the strained broth to the heat, cover and simmer to reduce to approximately 1 liter
- Strip meat from thighs when cool enough

- Make the soup go further by adding veg, rice or noodles
- Boost the goodness further by adding shredded leafy greens such as bok choy
- Return chicken to soup for serving or save for other recipes

Serves 3

Macronutrient information per serve:
313 calories / 50g protein / 20g carbs / 6g fat



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MAN SALAD

Ingredients:

12 Tbsp Olive Oil
200g bacon cut into 1cm pieces
1/2 onion finely chopped
4 large eggs
1 romaine lettuce
2 large handfuls of spinach
2 tbsp red wine vinegar



Directions:

- Sautee onion and bacon in 1/2 of the oil until crisp
- Remove and set aside on paper towel
- Poach the eggs for 2/3 mins (keep the yolk runny!)
- Roughly chop the lettuce and mix with the spinach and dress with the remaining oil and vinegar
- Toss the bacon and onion through the salad and place poached egg on top

Serves 4

Macronutrient information per serve (makes 3 serves)
214 calories / 18g protein / 1g carbs / 15g fat



ALL-YOU-NEED SMOOTHIE

Ingredients:

1 cup frozen berries
1/4 cup oats
1 scoop whey protein powder
1 scoop collagen powder
1 cup milk or choice or water
1/2 frozen banana
1 tsp chia seeds

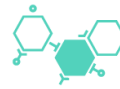


Directions:

Blend all ingredients and enjoy!

When your bananas are getting too ripe and your berries too soft - freeze! You can place all of your smoothie ingredients in a bag in the freezer ready for blending - so easy!

**Macronutrient information per smoothie:
545 calories / 46g protein / 48g carbs / 5g fat**



HIGH FIBER CHOCOLATE CHIP COOKIES

Ingredients:

3/4 cup all purpose flour
1/2 tsp baking soda
3/4 tsp salt
8 tbsp unsalted butter -
softened
6 tbsp granulated sugar
6 tbsp light brown sugar
1 large egg
1/2 tsp vanilla extract
1 cup oats
150g dark choc chips



Directions:

- Preheat oven to 350 degrees and line 2 baking trays with parchment paper
- Whisk together flour, baking soda and salt In a separate bowl beat butter eggs, sugars, vanilla and a little water to loosen
- Add the oats and chocolate chips
- Divide mix on the tray into tsp size drops, spaced 1" apart

Makes 24 cookies

**Macronutrient information per cookie:
122 calories / 1g protein / 14g carbs / 6g fat**

**Have the recipes now, but still don't understand your
nutritional needs?**

[Click here](#) to book in for an obligation-free initial consult
today!