



 **Homemade Method™**

METABOLISM BOOSTING RECIPES TO BURN FAT FAST!

Contents & Key

Month 34: Metabolism Boosting Recipes to Burn Fat Fast!

- 4 Teriyaki Chicken and Broccoli Stir Fry
- 6 Cheesy Italian Cauliflower Bake with Tuna
- 8 Lemony Chicken with Chickpeas and Herbs
- 10 Thai Fish Parcels with Peppers and Lime
- 12 Mexican Sweet Corn Frittata Bites
- 14 Creamy Coconut Dahl with Red Lentils
- 16 Marinated Beef and Veggie Kebab with Mushrooms and Herbs
- 18 Quinoa and Boston Lettuce Salad with Cranberries
- 20 Healthier 5-Layer Dip with Veggie Sticks
- 22 Vanilla and Cinnamon Protein Balls

GF	Gluten Free
DF	Dairy Free
MP	Meal Prep/Freezer Friendly
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Teriyaki Chicken and Broccoli Stir Fry

This simple weeknight dinner gives takeout a run for its money! Teriyaki Chicken and Broccoli stir fry is the perfect balance of sweet and savory. Packed with tender-crisp broccoli and carrots, this meal is brimming with **antioxidants and carotenoids** - nutrients that are important for **maintaining healthy blood pressure** and **managing blood sugar**.

This freezer-friendly dish boasts the **anti-inflammatory** powers of ginger with the **immune-boosting** properties of garlic. Ground chicken is a great source of lean protein; perfect for keeping you feeling satisfied and helping you reach your weight loss goals. You could even substitute ground turkey to change things up!

Feel free to let your inner chef shine with this one - add any extra vegetables you have hanging around in your fridge, because the sauce ties it all together!

TERIYAKI CHICKEN AND BROCCOLI STIR FRY

Serves 4

For the sauce:

½ cup (120ml) soy sauce or tamari
¼ cup (60ml) water
2 tbsp. red wine vinegar
2-3 tbsp. coconut sugar
1 clove minced garlic
1 tsp. ground ginger
1 tbsp. cornstarch (cornflour)
2 tbsp. warm water

For the stir-fry:

1 tbsp. coconut oil
1 onion, diced
3 cloves garlic, minced
1 lb. (450g) ground chicken
1 head broccoli, separated into small florets
2 carrots, peeled and grated
4 green spring onions, sliced
4 cups cooked white rice, to serve

Directions:

1. To make the sauce, mix the soy sauce, water, red wine vinegar, sugar (start with 2 tablespoons and then taste for sweetness), garlic and ginger in a small pot/saucepan and place on the stove over medium heat. Stir with a whisk until the sugar has dissolved.
2. In a cup, whisk together 2 tablespoons of warm water and the cornstarch.
3. Slowly whisk the cornstarch mixture into the pot with the sauce and allow to gently simmer until thickened. Remove from heat and set aside until needed.
4. Heat the oil in a large pot/saucepan over medium-high heat. Cook the onion for 3-4 minutes, until softened then add in the ground chicken and garlic. Continue cooking for another 3-4 minutes.
5. Next, add the grated carrots and broccoli florets and continue to cook until the chicken is cooked through, approximately another 3-4 minutes.
6. Finally, add in the prepared sauce and simmer for about 5 minutes.
7. Serve with the cooked rice and garnished with green onions.

GF DF MP

Prep	Cook
15 mins	20 mins



Cheesy Italian Cauliflower Bake with Tuna

This comforting and warming dish brings back the nostalgia of an old-fashioned tuna casserole - with some major upgrades! The use of nutritious whole wheat pasta will keep you feeling satisfied in a way that flour-pasta simply can't compete with.

This variety of pasta is bursting with protein and fiber, making it both tasty and filling. Cauliflower is rich in antioxidants and plant compounds that contribute to lower cholesterol and immune function. Topped with melt-y cheddar cheese, this freezer friendly classic is super versatile. Add any extra veggies you like, and feel free to play around with different herbs and spices!

CHEESY ITALIAN CAULIFLOWER BAKE WITH TUNA

Serves 4

3.5 oz. (100g) whole wheat
pasta or regular pasta
2 cans tuna, in water (7
oz./200g drained weight)
1 cup (160g) sweetcorn,
drained
½ head cauliflower
1 cup (70g) white
mushrooms, sliced
1 garlic clove, minced
1 tbsp. mixed Italian herbs
¼ cup (30g) cheddar cheese,
shredded
Salt and pepper

Directions:

1. Cook the pasta according to instructions on the packaging, drain and set aside. Heat oven to 400°F (200°C).
2. Place the drained tuna into a large bowl, add the sweetcorn, cauliflower, mushrooms, garlic, and herbs, and mix well.
3. Next add the cooked pasta, season to taste with salt and pepper, and gently mix until well combined.
4. Place the mixture in an ovenproof dish, and top with the shredded cheese.
5. Bake in the preheated oven for 15-20 minutes until the cheese is melted and has turned golden.

GF MP

Prep	Cook
10 mins	20 mins



Lemony Chicken with Chickpeas and Herbs

This Mediterranean-inspired salad is loaded with protein and fresh ingredients like spring onions, lemon and parsley. The perfect light lunch that's great for meal prep and can be customized with anything in your fridge!

Delicious warm or cold, this recipe boasts a hunger-crushing combination of **healthy fats, protein and fiber**. Protein and fiber work together synergistically to **slow down digestion** - keeping you feeling full for longer! The nutty taste of chickpeas pairs well with the brightness of lemon and earthy fresh parsley.

Try it wrapped up in a pita, served with a bed of greens, or straight from the pan.

LEMONY CHICKEN WITH CHICKPEAS AND HERBS

Serves 4

1 tbsp. olive oil
1 lb. (450g) chicken breast,
chopped
1 tsp. chili flakes
1 cup (170g) chickpeas,
drained
2 garlic cloves, minced
1 tbsp. lemon juice
2 green onions (spring
onions), sliced
2 tbsp. chopped parsley
Salt and pepper

Directions:

1. Heat the olive oil in a non-stick skillet/frying pan over medium-high heat. Season the chicken with salt, pepper, and chili flakes. Cook in the pan for 5-6 minutes until the chicken is cooked through.
2. Add in the chickpeas, garlic, and green onions, and continue cooking for another 3-4 minutes.
3. Take the pan off the heat, drizzle with the lemon juice, and top with chopped parsley to serve.

GF DF MP Q

Prep	Cook
5 mins	15 mins



Thai Fish Parcels with Peppers and Lime

Learn an easy new way to capture flavor with this perfect stress-free dinner. Simply wrap the fish and veggies in baking paper, drizzle with fragrant dressing, and bake!

Cod is a flaky, tender white fish with a mild flavor. Gently steaming it in little parcels leaves your fish infused with Asian flavors and absolutely succulent. Packed with B vitamins and minerals, cod can help promote **healthy brain** function and provide your body with **lasting energy**.

Spinach is a **powerhouse of nutrition, chock-full of antioxidants, fiber, iron and calcium**. Improve your **bone health** and impress your guests with this gorgeous vibrant recipe.

THAI FISH PARCELS WITH PEPPERS AND LIME

Serves 4

7 oz. (200g) spinach
1 yellow pepper, sliced
4 cod fillets (approx. 12 oz./360g)
2 garlic cloves, crushed
1-inch (3cm) root ginger, peeled and grated
2 limes - 1 juiced, 1 cut into wedges
1 tbsp. olive oil
8.5 oz. (240g) long-grain rice
bunch cilantro (coriander), leaves chopped
Salt and pepper

Directions:

1. Preheat the oven to gas 400°F (200°C).
Cut 4 large pieces of baking paper.
2. Divide the spinach and yellow pepper equally between the 4 pieces of baking paper, place the cod fillets on top of the vegetables.
3. In a small bowl, combine the garlic, ginger, lime juice and olive oil and season with salt and pepper. Pour the marinade equally over each of the fish filets.
4. Carefully fold each baking paper parcel tightly, place on a baking tray and bake in the oven for 30 minutes, or until the fish is cooked through.
5. In the meantime, cook the rice according to instructions on packaging. Serve the fish parcels alongside the cooked rice, garnished with cilantro and lime wedges.

GF DF

Prep	Cook
5 mins	30 mins



Mexican Sweet Corn Frittata Bites

If you love Mexican flavors, this zippy frittata with spiced beef is for you. Eggs are **nutritional powerhouses** - plain and simple. But if you're getting bored with your typical hard-boiled and scrambled, this recipe will certainly help you spice things up!

Nothing beats frittata for the ultimate brunch date or satisfying lunch. When paired with savory lean beef bites, **this hearty meal will keep you satisfied and energized for hours.**

Packed with veggies, protein and fiber, this colorful dish is rich in **antioxidants** and doesn't skimp on flavor; make a double batch to set yourself up for success. This one is freezer-friendly!

MEXICAN SWEET CORN FRITTATA BITES

Serves 4

8 eggs
1 tsp. taco seasoning
1 x 12 oz. (340g) can
sweetcorn, drained
2 red onions
1 lb. (450g) lean ground
(minced) beef (5% fat)
1 tsp. ground coriander
1 tbsp. olive oil
1 cup (150g) cherry tomatoes,
quartered
2 green onions (spring
onions), sliced
1 lime, zest and juice
Salt & pepper

Directions:

1. Preheat the oven to 400°F (200°C). Line a 8x12-inch (20x30cm) baking dish with baking paper.
2. Beat the eggs with the taco seasoning. Drain the corn, slice 1 onion into rings and dice the other.
3. Mix the corn into the eggs and transfer into the baking dish. Place the onion rings on top of the eggs and place the dish in the oven to bake for 25 minutes. Cover the dish with foil if the frittata is getting too dark.
4. Meanwhile, mix the minced meat with the diced onion and ground coriander. Divide the minced meat mixture into 8 portions and form into oblong shapes. Heat the oil in a skillet or frying pan over a medium-high heat and cook for 8 minutes, turning regularly, until the meat is done.
5. Place the chopped tomatoes and sliced green onions into a small bowl. Add in the lime zest and 2 tablespoons of lime juice. Season to taste with salt and pepper and mix well. Serve the frittata with the beef bites and tomato salad.

GF DF MP

Prep	Cook
15 mins	30 mins



Creamy Coconut Dahl with Red Lentils

Looking for a new comfort-food staple? Try a simple warm bowl of dhal, fragrant with Indian spices and creamy with coconut milk. Quick and simple to prepare, this recipe is perfect for any night of the week.

Lentils are rich in **fibre**, **folate** and **potassium**, making them a great choice for a **healthy heart**, and **managing blood pressure** and **cholesterol**. Packed with protein, these gorgeous legumes are fantastic for **healthy digestion and weight loss**.

With only one pan used, this recipe gets major bonus points for easy clean-up!

CREAMY COCONUT DAHL WITH RED LENTILS

Serves 5

Rice:

1 cup (195g) uncooked
Basmati rice or long grain
white rice
2 cups (480ml) broth or cold
water

Dahl:

4 cloves garlic, minced
2 tbsp. extra virgin coconut
oil
½ tsp. crushed chili flakes
1 small yellow onion
½ tbsp. garam masala
1 tsp. ground turmeric
½ tsp. ground cumin
1 x 14 oz. (400ml) canned
light coconut milk
1 x 14 oz. (400ml) canned
diced tomatoes
2 cups (480ml) vegetable
broth (stock)
1 cup (200g) red split lentils
1 ½ tsp. salt
1 cup (40g) chopped cilantro
(coriander)
1 bay leaf
1-inch (2.5cm) fresh ginger
root, peeled & grated
4 cups (120g) baby spinach

Garnish:

1 lime
½ cup (20g) cilantro leaves
(coriander)

Directions:

1. Place the rice, and water (or vegetable broth) into a large saucepan, pinch of salt and pepper into a large saucepan. Cover with a lid and bring to a boil. Reduce the heat to a simmer and simmer gently for 20 minutes. Once cooked, remove the pan from the heat and set aside with the lid on.
2. To prepare the dahl, use a large thick frying pan (cast iron is best) placed over a medium heat. Chop your onion into small pieces. Melt the coconut oil and sauté the diced onion for one minute. Next, add in the cumin, turmeric, garam masala, red split lentils, minced garlic, grated ginger, chili flakes, salt and bayleaf with the onion and stir.
3. Pour in the canned tomatoes, vegetable broth, and coconut milk. Bring the dahl to a boil and reduce the heat to a simmer. Let the dahl simmer for 25 minutes uncovered, occasionally stirring to prevent the lentils from sticking to the bottom of the pan.
4. Once the lentils are soft and fully cooked, add in the spinach, chopped cilantro, and allow to wilt. Cut the lime into four wedges. Serve equally between 4 large bowls over rice and top with cilantro leaves and a wedge of lime.

GF DF MP

Prep	Cook
10 mins	25 mins



Marinated Beef and Veggie Kebabs with Mushrooms and Herbs

This colorful and satisfying plant-based meal is bursting with flavor! Bright vegetables provide us with a mega-dose of **antioxidants, fibre and minerals** while hearty beef tenderloin keeps us feeling satisfied and energized.

This recipe is certainly kid-friendly (get them to help you assemble it!) and customizable too. Most any vegetable will be fantastic in this fresh herbaceous marinade, so feel free to get creative!

If you've never marinated mushrooms before you are in for a treat. Mushrooms are one of the few plant-based sources of vitamin D, which is critical for **immune function and energy**. Not only are they nutritious, but the way they soak up flavor is in a class by itself.

MARINATED BEEF AND VEGGIE KEBABS WITH MUSHROOMS AND HERBS

Serves 4

1 small zucchini (courgette)
2 bell peppers
1 medium yellow or purple
onion
10 white button
mushrooms
12 oz. (350g) beef
tenderloin
2 cups (400g) cooked rice
or quinoa

Herby Marinade:

1 bunch fresh flat-leaf
parsley
1 cup (40g) fresh cilantro
leaves
¼ cup (10g) fresh oregano
leaves
2 limes, juiced
3 tbsp. red wine vinegar
⅓ cup (80ml) extra virgin
olive or avocado oil
4 cloves garlic, peeled and
bruised
½ tsp. crushed chili flakes
½ tsp. salt
⅛ tsp pepper

Directions:

1. Place all the ingredients for the herby marinade into a food processor or blender and pulse until combined, but not completely smooth. Set aside.
2. Cut the zucchini, peppers, and onion into large pieces. Cut beef tenderloin into 1 inch cubes. Place the vegetables, including mushrooms into a large bowl and pour in over the herby marinade. Toss the beef tenderloin and the vegetables in the marinade until completely coated. Cover the bowl with plastic wrap and place into the fridge for at least 20 minutes. (Make in the morning for optimal marinating time).
3. When ready to cook, alternate the vegetables and beef tenderloin onto a skewer. This recipe will make 6-7 large skewers.
4. To cook the kebabs, place them onto a preheated barbecue or cast iron grill plate on the stove. Grill for 3 minutes on each side over a medium-high heat until heated through and the edges of vegetables start to brown. Serve over a bed of cooked rice or quinoa and garnish with oregano leaves (optional).

GF DF MP V

Prep	Cook
20m	15 mins



Quinoa and Boston Lettuce Salad with Cranberries

This hearty chopped salad is a **perfect balance of sweet and savoury**, thanks to a bright acidic dressing and chewy dried cranberries. A perfect grab-and-go lunch, you'll want to add this one to your meal prep list!

Quinoa packs the protein, while fresh garden vegetables bring texture to this easy salad. Because it is so colorful, it makes a great dish for entertaining too. There's a good reason for the growing popularity of quinoa! Not only is quinoa **gluten-free**, and a **source of all nine essential amino acids**, it's also bursting with **antioxidants and minerals**.

Quinoa is much higher in **fibre** than most grains, and has been shown to help with **blood sugar control**. With **healthy fats** from olive oil and crunchy seeds, this recipe is sure to satisfy.

QUINOA AND BOSTON LETTUCE SALAD WITH CRANBERRIES

Serves 3

1 cup (185g) cooked quinoa
1 head of Boston or Butter lettuce
1 small head of broccoli
3 leaves of kale (stems removed)
1 medium carrot
2 tbsp. hemp seeds
2 tbsp. sunflower seeds
¼ cup (30g) raw pumpkin seeds
½ cup (65g) dried cranberries
½ cup (120ml) salad dressing of choice or simple detox dressing below

Simple Detox Dressing (Optional):

¼ cup (60ml) apple cider vinegar
¼ cup (60ml) extra virgin olive oil
1 garlic clove, whole peeled and bruised
½ tbsp. maple syrup
Pinch of salt and pepper

Directions:

1. Chop the broccoli into small bite-sized pieces. Slice the kale into thin shreds and tear the lettuce into bite-sized pieces. Peel and grate the carrot. Place all the prepared vegetables into a large bowl and top with the sunflower seeds, cooked quinoa, dried cranberries, hemp seeds, and pumpkin seeds.
2. To make the dressing, place all ingredients into a small blender and blend until smooth. Or substitute with a store-bought dressing of choice.
3. Pour the dressing over the salad and mix well to combine. Serve immediately, or store overnight in the fridge for a quick grab and go lunch.

GF DF V Q MP

Prep	Cook
15 mins	0 min



Healthier 5-Layer Dip with Veggies Sticks

This playful **crowd-pleasing bean dip** is packed with flavor and ready in minutes!

Creamy refried beans are a great source of iron, magnesium and zinc - not to mention they are packed with protein! Their high potassium and fiber content means they may **promote heart health**. (Look for refried beans that have been prepared with olive oil to bump up the healthy fats in this dish.)

The clever use of sharp cheese gives us loads of flavor while allowing us to enjoy melt-y cheese in moderation. This recipe is a satisfying and nourishing alternative to less-healthy appetizer favorites like potato skins.

5 Layer Bean Dip is a total taste explosion; the perfect simple way to enjoy fresh, crunchy **anti-inflammatory** veggies.

HEALTHIER 5-LAYER DIP WITH VEGGIES STICKS

Serves 8

15 ounce can reduced-sodium
4 ounces cream cheese,
softened (optional)
2 tsp chili powder
2 tsp cumin
½ tsp garlic powder
½ tsp dried oregano
1 tsp paprika
1 avocado, diced
¾ cups plain Greek Yogurt
½ cup shredded aged Cheddar
Cheese
2 Roma tomatoes, diced and
drained of juices

Veggies for dipping:

1 cup of each: carrot sticks,
sliced cucumber, sliced bell
celery sticks

Directions:

1. In a small bowl, combine beans, cream cheese (if desired) and spices. Microwave the cream cheese for about 15 seconds beforehand, to make sure it's smooth and creamy.
2. Then spread the beans onto the bottom of a 9x9" pan. Next, sprinkle the diced avocado over the bean layer. Gently spread the Greek yogurt over the top.
3. For the next two layers, sprinkle the cheese and diced tomatoes over top. If desired you can add green onions and cilantro on top. Sprinkle a little salt and pepper if desired.
4. Cover and refrigerate until ready to serve with crispy veggie sticks!

GF Q

Prep	Cook
15 mins	0 min



Vanilla and Cinnamon Protein Balls

These tender little bites are super easy to make, with no baking required! Simply mix, roll, and enjoy! A perfect on-the-go snack, this recipe is made quickly with the help of a food processor.

Energy bites are **kid-friendly and satisfying**. The familiar combination of cinnamon, oats, chia seeds and nut butter gives these snacks a craveable cookie-like flavor, **without spiking your blood sugar**.

Not only does cinnamon provide a warm flavor, it has **prebiotic properties important for gut health**, and has been shown to help **reduce blood pressure**.

Chewy oats are a great source of soluble fibre - **helping to lower blood sugar levels and cholesterol**. So get rolling!

VANILLA AND CINNAMON PROTEIN BALLS

Makes 16

¾ cup (60g) rolled oats
½ cup (125g) almond butter,
smooth
½ cup (75g) almonds
4 tbsp. honey
2 tbsp chia seeds, divided
1 tbsp. ground cinnamon +1
tsp. for coating
1 tsp. vanilla extract
2 tbsp. water

Directions:

1. Place the oats, almond butter, almonds, honey, chia seeds, cinnamon and vanilla extract into a food processor and process until a dough-like consistency forms. Add the 2 tablespoons of water and continue to blitz the mixture until it starts to stick together.
2. Roll the mixture into 16 balls (about 1 tablespoon per ball).
3. Mix 1 tablespoon chia seeds and 1 tsp ground cinnamon in a large ziploc bag. Place the protein balls inside the bag and gently toss in the mixture until the balls are coated.

V Q MP

Prep	Cook
10 mins	0 min