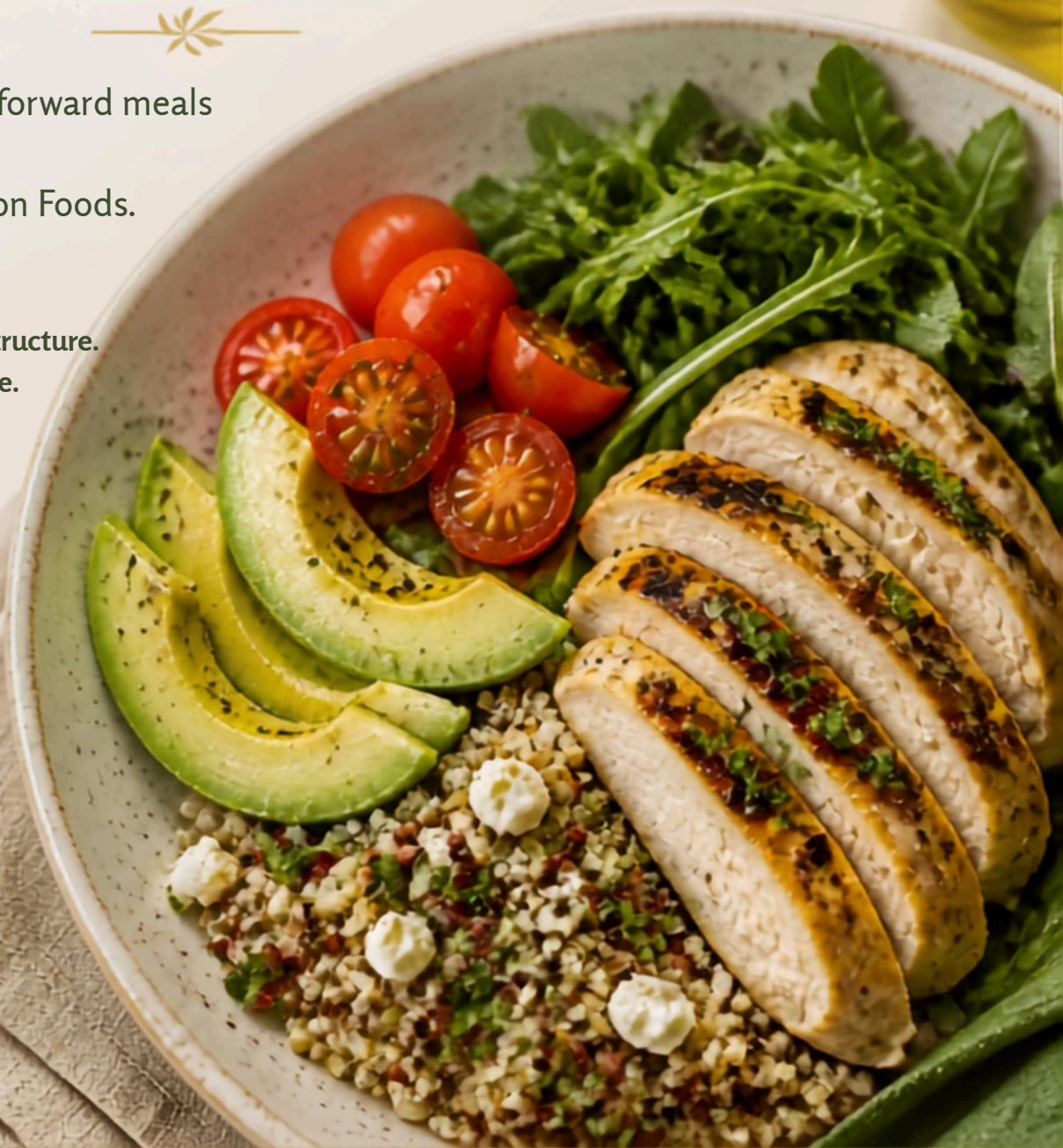


METABOLIC RESET BLUEPRINT

— *Recipe Pack & Grocery List* —

Simple, protein-forward meals
built around the
Metabolic Ignition Foods.

Real food. Simple structure.
Less decision fatigue.



HOW TO USE THIS PACK



This recipe pack is designed around simplicity and repetition. Each meal uses ingredients from the 12 Metabolic Ignition Foods — so your grocery list stays short and your routine stays simple and consistent.

01

Pick Your Meals

Choose from Breakfasts, Lunches, Dinners, Snacks & Sides. Mix and match based on your preferences — every recipe is interchangeable.

02

Shop Once

Use the Master Grocery List at the back. All recipes share the same core ingredients. Use the Master Grocery List to plan your weekly shop.

03

Prep & Repeat

Batch-cook proteins and grains when convenient. Repeat the meals that feel easiest — repetition can make the routine easier to follow.

THE PLATE FORMULA



Build every plate around this ratio for balanced energy and satiety.

Quick Tips

- Season generously — herbs, spices and citrus add flavor without relying on heavy sauces.
- Swap any green vegetable freely (spinach, broccoli, kale).
- Prep proteins in bulk on Sunday for faster weekday meals.



1. Eggs



2. Greek Yogurt



3. Salmon



4. Chicken Breast



5. Lean Turkey



6. Cottage Cheese



7. Lentils



8. Chia Seeds



9. Berries



10. Spinach



11. Broccoli



12. Green Tea

These foods form the nutritional foundation used throughout the Recipe Pack.

This material is for general educational and wellness purposes only and is not intended to diagnose, treat, cure, or prevent disease. Individual nutritional needs vary.



1. Spinach & Feta Scramble

INGREDIENTS

- 3 eggs
- 2 handfuls spinach
- 2 tbsp crumbled feta
- 1 tsp olive oil
- Salt and pepper

METHOD

- 1 Wilt spinach in olive oil over medium heat for about 1 minute.
- 2 Pour in whisked eggs and stir gently until just set.
- 3 Fold in feta, season and serve.

2. Berry Yogurt Power Bowl

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp chia seeds
- Small handful almonds

METHOD

- 1 Spoon yogurt into a bowl.
- 2 Top with berries, chia seeds and almonds.
- 3 Let sit briefly so the chia begins to soften.





3 Overnight Chia Pudding

INGREDIENTS

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 2 tbsp Greek yogurt
- 1/2 cup berries

METHOD

- 1 Stir chia seeds, almond milk and yogurt together in a jar.
- 2 Refrigerate overnight or for at least 4 hours.
- 3 Top with berries before serving.



4 Smoked Salmon Egg Cups

INGREDIENTS

- 4 eggs
- 60 g smoked salmon, torn
- 1 handful chopped spinach
- Pepper

METHOD

- 1 Whisk eggs and stir in salmon and spinach.
- 2 Pour into a greased muffin tin.
- 3 Bake at 180°C / 350°F for approximately 15 minutes or until set.

5



Cottage Cheese Breakfast Bowl

Ingredients

- 1 cup cottage cheese
- 1/2 cup berries
- 1 tbsp chia seeds
- Pinch of cinnamon

Method

- 1 Add cottage cheese to a bowl.
- 2 Top with berries, chia seeds and cinnamon.
- 3 Stir and serve.

6

Turkey Breakfast Skillet

Ingredients

- 150 g lean ground turkey
- 2 eggs
- 2 handfuls spinach
- 1/2 diced bell pepper
- 1 tsp olive oil

Method

- 1 Brown turkey and bell pepper in olive oil.
- 2 Add spinach and cook until wilted.
- 3 Crack in eggs, cover and cook until the whites are set.



These breakfast ideas are simple, nourishing and designed to lift your day.

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Matcha Yogurt Cup

CREAMY • FRESH • SIMPLE



Ingredients

- 1 cup Greek yogurt
- 1/2 tsp matcha powder
- 1/2 cup berries
- 1 tsp honey, optional

Method

- 1** Whisk matcha into a small splash of warm water.
- 2** Stir through the yogurt.
- 3** Top with berries and an optional light drizzle of honey.

Tip: Use ceremonial-grade matcha for the best flavor and vibrant color.

LUNCHES

NOURISHING • BALANCED • SATISFYING



1 Lemon-Herb Chicken Salad

Ingredients

- 1 grilled chicken breast, sliced
- 3 handfuls spinach
- 1 cup steamed broccoli
- Cherry tomatoes
- Olive oil
- Lemon

Method

- 1 Arrange spinach, broccoli and tomatoes in a bowl.
- 2 Top with sliced chicken.
- 3 Dress with olive oil and lemon and season to taste.



2 Salmon & Lentil Bowl

Ingredients

- 1 salmon fillet
- 3/4 cup cooked lentils
- 2 handfuls spinach
- Olive oil
- Lemon

Method

- 1 Pan-sear salmon skin-side down for approximately 4 minutes, then flip and cook for approximately 2 minutes.
- 2 Warm lentils with spinach until wilted.
- 3 Plate the lentils, top with salmon and finish with lemon.

Tip: Build your lunches around protein + greens for a satisfying, balanced lunch.

LUNCHES



3 Turkey & Broccoli Stir-Fry

Ingredients

- 150 g lean ground turkey
- 2 cups broccoli florets
- 1 clove garlic
- 1 tbsp low-sodium soy sauce
- 1 tsp olive oil

Method

- 1 Brown turkey with garlic.
- 2 Add broccoli and a splash of water, cover and cook for approximately 3 minutes.
- 3 Stir through soy sauce and serve.



4 Mediterranean Lentil Salad

Ingredients

- 1 cup cooked lentils
- 2 handfuls spinach
- 1/4 cucumber, diced
- 2 tbsp feta
- Olive oil
- Lemon

Method

- 1 Toss lentils, spinach and cucumber.
- 2 Add feta.
- 3 Dress with olive oil and lemon and season.

Tip: Keep lunches light but satisfying with plenty of fibre and fresh greens.

Lunches

NOURISHING • BALANCED • SATISFYING



5 Chicken & Broccoli Prep Box

Ingredients

- 1 chicken breast
- 2 cups broccoli
- 1/2 cup quinoa, optional
- Olive oil
- Paprika
- Garlic powder

Method

- 1 Season chicken and bake at 200°C / 400°F for approximately 22 minutes.
- 2 Roast broccoli alongside it with olive oil.
- 3 Portion into a meal-prep container with optional quinoa.



6 Cottage Cheese Veggie Plate

Ingredients

- 1 cup cottage cheese
- 1 cup steamed broccoli
- 1 handfulful spinach
- Cherry tomatoes
- Cracked pepper

Method

- 1 Arrange cottage cheese and vegetables on a plate.
- 2 Add a light drizzle of olive oil to the greens if desired.
- 3 Finish with cracked pepper.

Tip: Prep ahead to save time and make healthy choices easier throughout the week.



Egg & Spinach Frittata Slice

PROTEIN-PACKED • VEGGIE-RICH • SATISFYING



Ingredients

- 6 eggs
- 2 handfuls spinach
- 1 cup small broccoli florets
- 2 tbsp grated cheese
- Olive oil

Method

- 1** Whisk eggs and stir in vegetables and cheese.
- 2** Pour into an oiled oven dish.
- 3** Bake at 180°C / 350°F for approximately 20 minutes and slice.

Tip: Serve warm or cold with a side salad for a balanced, easy lunch.

DINNERS



1 Baked Salmon & Roasted Broccoli

INGREDIENTS

- 1 salmon fillet
- 2 cups broccoli
- Olive oil
- Lemon
- Garlic

METHOD

- 1 Toss broccoli with olive oil and garlic and roast for approximately 15 minutes.
- 2 Add salmon to the tray and roast for approximately 12 minutes more.
- 3 Finish with lemon.



2 Herb-Roasted Chicken & Greens

INGREDIENTS

- 1 chicken breast
- 3 handfuls spinach
- Olive oil
- Rosemary
- Thyme
- Lemon

METHOD

- 1 Rub chicken with herbs and olive oil and bake for approximately 22 minutes.
- 2 Wilt spinach in the pan juices.
- 3 Slice chicken over greens and finish with lemon.



3 Turkey Meatballs Over Lentils

INGREDIENTS

- 150 g lean turkey
- 1 egg
- 1 cup cooked lentils
- 2 handfuls spinach
- Tomato passata

METHOD

- 1 Mix turkey with egg, shape into meatballs and bake for approximately 18 minutes.
- 2 Simmer lentils and spinach in tomato passata.
- 3 Serve meatballs over lentils.



4 Salmon & Spinach Foil Packets

INGREDIENTS

- 1 salmon fillet
- 2 handfuls spinach
- Lemon slices
- Olive oil
- Dill

METHOD

- 1 Lay salmon over spinach on a sheet of foil.
- 2 Add lemon, dill and a light drizzle of olive oil and seal.
- 3 Bake at 200°C / 400°F for approximately 15 minutes.



5 Chicken & Lentil Stew

INGREDIENTS

- 1 diced chicken breast
- • 1 cup lentils
- • 2 handfuls spinach
- • 1 carrot
- • 2 cups broth

METHOD

- 1 Brown chicken and add carrot and lentils.
- 2 Add broth and simmer for approximately 20 minutes.
- 3 Stir in spinach at the end until wilted.



6 Broccoli & Turkey Bake

INGREDIENTS

- • 150 g lean turkey
- • 2 cups broccoli
- • 3 eggs
- • 2 tbsp cheese
- • Olive oil

METHOD

- 1 Brown turkey and layer with broccoli in a baking dish.
- 2 Pour whisked eggs over the mixture and top with cheese.
- 3 Bake at 180°C / 350°F for approximately 22 minutes.



7 Sheet-Pan Salmon & Veg

INGREDIENTS

- 1 salmon fillet
- 2 cups broccoli
- 1 handful spinach
- Olive oil
- Chili flakes

METHOD

- 1 Spread broccoli on a tray and roast for approximately 12 minutes.
- 2 Add salmon and roast for approximately 12 minutes more.
- 3 Toss spinach through the hot vegetables until wilted.

SNACKS & SIDES

SIMPLE • SATISFYING • SUPPORTIVE



1 Everything Hard-Boiled Eggs

Ingredients

- 4 eggs
- Everything—bagel seasoning

Method

- 1 Boil eggs for approximately 9 minutes and cool.
- 2 Peel and halve.
- 3 Sprinkle with seasoning.



2 Greek Yogurt Ranch & Broccoli

Ingredients

- 1/2 cup Greek yogurt
- 1 tsp dried dill
- 1/2 tsp garlic powder
- 2 cups raw broccoli
- Lemon
- Salt

Method

- 1 Stir dill and garlic into yogurt.
- 2 Season with salt and lemon.
Serve as a dip with broccoli.

Nourishing snacks keep you steady, satisfied, and on track.

SNACKS & SIDES

PROTEIN-PACKED • VEGGIE-RICH • SATISFYING



3 Cottage Cheese & Berry Cup

Ingredients

- 3/4 cup cottage cheese
- 1/2 cup berries
- Cinnamon

Method

- 1 Layer cottage cheese and berries.
- 2 Dust with cinnamon.
- 3 Serve chilled.



4 Chia Berry Jam

Ingredients

- 1 cup berries
- 2 tbsp chia seeds
- Squeeze of lemon

Method

- 1 Warm berries until they break down.
- 2 Stir in chia and lemon.
- 3 Rest approximately 10 minutes until thickened.

Tip: Keep healthy snacks visible and prepped for effortless, energizing choices.

SNACKS & SIDES

PROTEIN-PACKED • VEGGIE-RICH • SATISFYING



SNACK 5

Turkey Roll-Ups

Ingredients

- 4 slices lean turkey
- 1 tbsp cream cheese
- Cucumber sticks

Method

- 1 Spread turkey lightly with cream cheese.
- 2 Wrap around cucumber sticks.
- 3 Roll and serve.



SIDE

Garlic Sautéed Spinach

Ingredients

- 4 handfuls spinach
- 1 clove garlic
- 1 tsp olive oil
- Lemon

Method

- 1 Heat garlic in olive oil.
- 2 Add spinach and toss until wilted.
- 3 Finish with lemon.

Snacks and sides that keep you nourished, energized, and on track.

DRINKS

LIGHT • HYDRATING • REFRESHING



1. Iced Green Tea

Ingredients

- 2 green tea bags
- 2 cups hot water
- Ice
- Lemon

Method

- 1 Steep tea for approximately 3 minutes.
- 2 Cool and pour over ice.
- 3 Add lemon.



2. Green Tea Berry Refresher

Ingredients

- 1 cup brewed green tea, chilled
- 1/4 cup berries
- Ice
- Mint

Method

- 1 Muddle berries lightly.
- 2 Add ice and chilled green tea.
- 3 Garnish with mint.

Tip: Sip slowly and stay hydrated throughout the day.



MASTER GROCERY LIST

PROTEIN-PACKED • VEGGIE-RICH • SATISFYING

PROTEINS

- ☐ Eggs
- ☐ Chicken breast
- ☐ Salmon fillets
- ☐ Smoked salmon
- ☐ Lean ground turkey
- ☐ Sliced turkey

DAIRY

- ☐ Plain Greek yogurt
- ☐ Cottage cheese
- ☐ Feta
- ☐ Cream cheese
- ☐ Grated cheese

VEGETABLES

- ☐ Spinach
- ☐ Broccoli
- ☐ Bell peppers
- ☐ Cucumber
- ☐ Cherry tomatoes
- ☐ Carrots
- Garlic

FRUIT

Mixed berries
Lemons
Mint

PANTRY

Chia seeds
Lentils
Almonds
Quinoa
Olive oil
Tomato passata
Low-sodium soy sauce
Broth
Everything-bagel seasoning
Cinnamon
Dried dill
Chili flakes

DRINKS

Green tea bags
Matcha powder
Unsweetened almond milk

SEASONINGS & OPTIONAL

Salt
Black Pepper
Paprika
Garlic Powder
Rosemary
Thyme
Honey (optional)

Tip: Stock these staples to mix, match, and build meals all week long.



Real food. Simple structure.



Keep the ingredients you use most visible and easy to reach. Prepare proteins in batches when convenient and repeat the meals that make healthy eating easier.

Consistency matters more than constantly searching for a new recipe.



Eat well. Feel well. Live well.



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