



Summer Midlife Meal Plan

Vivienne Stallwood

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This is a sample week to show you how to build meals through the week - please adjust it to suit your needs and preferences.

Before you dive into the recipes: A quick read before you start cooking. This won't take long, and it'll help everything else make sense.

1. What this plan is built to do:

You have seven days of breakfasts, lunches and dinners. Each day comes in at around 1,500 calories from the meals themselves, with roughly 100g of protein, 30g of fibre, and saturated fat kept to 12g or less. That last number matters more than most people realise - it's the one your heart cares about as you move through perimenopause and menopause.

The 1,500 calories is deliberate, so you'll have space for around 200-400 calories of snacks on top (if you need them), which I'll come back to.

The protein and fibre are spread across all three meals rather than crammed into dinner. That's the difference between feeling full all day and being starving by mid-afternoon.

2. A note on the meal-plan photos:

Some of the recipe photos show the food slightly faded or shaded. This means that the meal is a leftover from the day before. Wherever you see a shaded image, you don't need to cook from scratch, just reheat or reassemble what you've already made. The plan is built around leftovers to save you time, so don't skip them by accident.

To have enough for leftovers, you'll need to adjust the serving sizes for your household. The recipes are written for a set number of servings, but your household is your household. Scale up or down based on how many people you're feeding, or how many leftovers you want for the next day. Then adjust the grocery list to match.

3. One thing to keep an eye on:

If you're cooking for one and you want leftovers worked into the plan as I've designed it, double-check the serving sizes before you shop. The leftover meals only work if you've cooked enough the first time.

4. Snacks - add what you need:

The calories are for the meals only. Snacks aren't built in, so your daily total will be higher once you've added them. A good starting place is one or two snacks a day, somewhere between 200 and 400 calories total, depending on how hungry you are, how active you are, and how the meals sit with you. Things that work well alongside this plan: Greek yoghurt with berries, a small handful of nuts, fruit with nut butter, cottage cheese, hard-boiled eggs, or a couple of oatcakes with hummus. Each of these adds a bit more protein, which keeps you steady rather than reaching for



something sugary at 4pm.

5. IMPORTANT - These recipes are fibre-rich - please read this:

The plan brings you in at around 30g of fibre a day. That's a really good place for midlife, BUT if your current diet is on the lower side, don't swap every meal at once. Your digestive system needs 2-3 weeks to adjust. Going from low fibre to 30g overnight will likely cause bloating, gas, and general discomfort, and you'll think the plan isn't for you when actually it's just too fast a change.

Instead, please ease in. Start by adding one or two of these recipes alongside your usual meals for the first week. Let your body settle. Then gradually replace more of your regular meals with these over the following two or three weeks.

++ And make sure you're drinking enough water as you increase the fibre. Fibre needs water to do its job - without it, you'll feel bloated and possibly constipated. Ease into drinking a little more and use the colour of your urine to gauge how much you need. Don't go to extremes with litres of water.

The rule of thumb with fibre is - SLOW + STEADY

6. A note on soy:

There are recipes that use soy, which is well tolerated by most people and offers genuine benefits in midlife, but a small number of women find it causes bloating or digestive discomfort. If that's you, you've got options. You can swap soy milk for oat or almond milk. You can swap tofu or tempeh for chicken, turkey, eggs, lentils, or chickpeas - the recipe notes will often tell you what works. And if you're new to eating soy regularly, start with a smaller portion the first time and see how you feel.

7. Protein swaps:

Every recipe in the plan can be adapted and adjusted to suit your preferences or needs. If you don't eat a particular protein - for dietary, ethical, or simply taste reasons - swap it for something that works for you. Chicken, turkey, tofu, tempeh, lentils, shrimp, and eggs are mostly interchangeable in these recipes without significantly changing the nutrition. Recipes have notes with specific swap suggestions to make it easy.

A note on what this plan is, and isn't:

This is a **sample meal plan designed around nutrition principles** that are useful for women in perimenopause and menopause - adequate protein, good fibre, low saturated fat. **It's not personal medical advice and it's not designed for any specific health condition. It can and should be adjusted for your specific needs and health goals.**

If you're managing a **medical condition**, have a history of **disordered eating**, **food allergies**, or anything else that affects what you can eat, please discuss the plan with your doctor or a registered dietitian before you start. The same goes if you're on **prescribed medication** that may interact with food (some blood thinners, blood pressure medications, and thyroid medications do).

If you're **pregnant**, **breastfeeding**, or **significantly underweight**, this plan is not designed for you.

Anything that doesn't sit right physically - **persistent discomfort**, **food intolerances/reactions**, anything that worries you



- stop immediately and check with a doctor. You know your body better than I do.

That's the reading done. Have a flick through the whole week first, get a feel for what's on each day, then adjust the serving sizes to alter the grocery list. Most women find Sunday and Wednesday afternoons work for the cook-ahead meal prep.

If you have questions as you go, hit reply on the email you got with this download - it comes straight to me.





















Enjoy your summer.

Vivienne



Vivienne Stallwood

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Breakfast Fruit Yoghurt Cup	 Breakfast Fruit Yoghurt Cup	 Breakfast Fruit Yoghurt Cup	 Pancakes with Cinnamon Yoghurt Sauce & Berry...	 Pancakes with Cinnamon Yoghurt Sauce & Berry...	 Pancakes with Cinnamon Yoghurt Sauce & Berry...	 Pancakes with Cinnamon Yoghurt Sauce & Berry...
Lunch	 Honey-Lemon Squash & Pickerel Salad	 Honey-Lemon Squash & Pickerel Salad	 Herby Turkey Meatballs with Lentil & Grilled Zucchini...	 Crumbled Tempeh & Roasted Sweet Potato Bow...	 Sticky Honey Pork Lime Ginger Rice Bowl	 Sticky Honey Pork Lime Ginger Rice Bowl	 Summer Fish Tacos with Mango Slaw
Dinner	 Herby Turkey Meatballs with Lentil & Grilled Zucchini...	 Crumbled Tempeh & Roasted Sweet Potato Bow...	 Crumbled Tempeh & Roasted Sweet Potato Bow...	 Sticky Honey Pork Lime Ginger Rice Bowl	 Summer Fish Tacos with Mango Slaw	 Summer Fish Tacos with Mango Slaw	 Herby Turkey Meatballs with Lentil & Grilled Zucchini...





Fruits

- 1 Large Lemon
- 4 Large Lemons
- 2 tbsps Lemon Juice
- 1 tbsp Lime Juice
- 4 Limes
- 1/2 Mango

Breakfast

- 2 tbsps Almond Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 tsp Cinnamon
- 1 tbsp Cumin
- 1 2/3 tbsps Garlic Powder
- 1/4 cup Ground Flax Seed
- 2 tbsps Paprika
- 1/4 cup Pumpkin Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 1/2 tsps Whole Almonds

Frozen

- 1/2 cup Frozen Edamame
- 1/2 cup Frozen Peas
- 6 cups Frozen Strawberries

Vegetables

- 14 cups Baby Spinach
- 2 cups Broccoli
- 4 cups Butternut Squash
- 6 stalks Celery
- 2 cups Cherry Tomatoes
- 3/4 cup Cilantro
- 2 Cucumber
- 1/4 cup Fresh Dill
- 1 1/2 tsps Fresh Ginger
- 1 Garlic Clove
- 3 cups Green Cabbage
- 4 stalks Green Onion
- 1 Jalapeno Pepper
- 1 Large Carrot
- 6 Medium/large Zucchini
- 1/2 cup Mint Leaves
- 8 cups Mixed Greens
- 1 cup Purple Cabbage
- 1/3 cup Red Onion
- 1 Red Onion
- 300 grams Sweet Potatoes

Boxed & Canned

- 1/2 cup Basmati Rice
- 6 cups Canned Lentils
- 1 3/4 cups Chickpeas
- 1 tsp Chilli Garlic Sauce
- 75 grams Jordans Protein Cocoa Granola
- 1/2 cup Panko Bread Crumbs
- 4 Small Whole Wheat Tortilla (dempster's)

Baking

- 2 tsps Baking Powder
- 3 1/3 tbsps Honey
- 1 1/3 cups Rolled Oats
- 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 kilogram Extra Lean Ground Turkey
- 120 grams Low Fat Feta Cheese
- 300 grams Pickerel Fillet
- 510 grams Pickerel Fillets
- 270 grams Pork Tenderloin
- 175 grams Tempeh

Condiments & Oils

- 1 tbsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Rice Vinegar
- 1 tsp Sesame Oil
- 2 tbsps Soy Sauce
- 2 tbsps Tamari
- 1 tsp Worcestershire Sauce

Cold

- 3 tbsps Goats Cheese
- 6 Large Eggs
- 1 1/2 cups Nordica 1% Cottage Cheese
- 1 1/2 cups Plain 1% Liberté Kefir
- 3 1/2 cups Riviera 0% Plain Greek Yoghurt

Other

- 0 Sea Salt And Pepper
- 2 tbsps Warm Water



Breakfast Fruit Yoghurt Cup

1 serving

5 minutes

Ingredients

- 1 cup Frozen Strawberries (140g)
- 3/4 cup Riviera 0% Plain Greek Yoghurt (175g)
- 1/3 cup Plain 1% Liberté Kefir
- 1 tbsp Chia Seeds
- 2 tps Maple Syrup (divided - optional)
- 25 grams Jordans Protein Cocoa Granola (topping, approx 4 tbsp)

Nutrition

Amount per serving	
Calories	414
Fat	9g
Saturated	2g
Carbs	58g
Fiber	10g
Protein	30g

Directions

- 1 Place the frozen strawberries in a small saucepan over medium heat, stirring now and then, until the berries have broken down completely and the liquid has reduced to a thick, glossy sauce that coats the back of a spoon. Take it off the heat and leave to cool completely.
- 2 While the berries are cooking, add the Greek yoghurt, kefir, chia seeds, and 1 tsp of maple syrup to a bowl and mix until combined. The kefir loosens the yoghurt just enough for the chia to thicken it. It'll look thin now - that's fine. Let it sit while the berries cool, so the chia can work its magic.
- 3 Once the coulis has cooled, spoon half into the bottom of your glass or jar. Pour the yoghurt mixture on top. Add the remaining coulis over the surface, then drag a spoon or skewer through a few times for loose swirls (just to make it look pretty).
- 4 Top with the granola just before serving and enjoy. (Don't add the granola in advance - if it sits in the jar it'll go soft.)

Notes

Go slow with the fibre: At 10g per serving, this is a solid fibre hit, particularly with the chia seeds and granola working together. If your gut isn't used to this much, start with a smaller portion and drink plenty of water through the morning.

Boost the protein: Add 1/4 to 1/2 a serving of your favourite protein powder to the yoghurt mixture for an even higher-protein breakfast. Vanilla works beautifully with the strawberry, and chocolate complements the cocoa granola.

Granola swap: Any granola will work, but this recipe uses Jordans Protein Cocoa Granola which packs 20g of protein per serving. If you swap for a regular granola, the overall protein will drop, so consider adding a scoop of protein powder to the yoghurt to compensate.

Kefir is a fermented milk drink loaded with live probiotic cultures that support gut health. :



Choose plain over flavoured versions to keep added sugar low. The slight tang plays beautifully with the sweet berries, and it loosens the yoghurt enough that the chia seeds can thicken everything to a proper mousse-like texture.

Dairy-free option: Swap the Greek yoghurt for a thick plant-based yoghurt (coconut or soy-based both work - look for unsweetened) and the kefir for a plant-based kefir or unsweetened plant milk. : The protein will drop significantly, so adding a plant-based protein powder is recommended. Depending on the yoghurt base you choose, the saturated fat content may go up too.

Why cook the berries? Cooking the frozen strawberries down into a quick coulis concentrates their natural sweetness and turns them into a glossy sauce that drips beautifully through the yoghurt. : It also means you don't need much added sugar - the maple syrup is genuinely optional depending on how sweet your berries are.

Make ahead: The coulis keeps for 5 days in a sealed jar in the fridge + is brilliant on oats, chia pudding, or yoghurt. The yoghurt-chia base can also be made in advance. It'll be even thicker by morning. Just keep that granola separate until you're ready to eat.



Pancakes with Cinnamon Yoghurt Sauce & Berry Compote

2 servings

20 minutes

Ingredients

- 2/3 cup Rolled Oats (blended into a coarse flour)
- 1 tsp Baking Powder
- 2 tbsps Ground Flax Seed
- 1/8 tsp Sea Salt (pinch)
- 3/4 cup Nordica 1% Cottage Cheese (200g)
- 3 Large Eggs
- 1 tsp Vanilla Extract
- 1 1/2 cups Frozen Strawberries (210g)
- 1 tbsp Lemon Juice
- 1 1/2 tbsps Maple Syrup (divided)
- 1 tbsp Chia Seeds
- 1/2 cup Riviera 0% Plain Greek Yoghurt (150g)
- 1/4 cup Plain 1% Liberté Kefir (25 ml)
- 2 tpsps Extra Virgin Olive Oil (lightly coat the pan)
- 1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	531
Fat	19g
Saturated	4g
Carbs	54g
Fiber	10g
Protein	33g

Directions

- 1 Blitz the rolled oats in a blender or food processor until you get a rough flour. It doesn't need to be perfectly smooth - a little texture is actually good for these. Transfer to a medium mixing bowl with the baking powder, ground flax, and sea salt.
- 2 Add the cottage cheese, eggs, and vanilla to a blender cup and blend until smooth. Pour into the oat mixture bowl and stir until combined. Let it sit for 5 minutes so the oats and flax can absorb some moisture and thicken up.
- 3 While the batter rests, make the compote. Tip the frozen strawberries, lemon juice, and half of the maple syrup into a small saucepan over medium-low heat. Stir occasionally and let the berries break down. Once bubbling, turn off the heat and stir in the chia seeds - this thickens it naturally and adds a fibre hit. Keep warm.
- 4 In a blender cup, combine the Greek yoghurt, kefir, remaining maple syrup, and cinnamon. Blend until smooth, then pop in the fridge until you're ready to plate. This is a pourable sauce, so it'll be on the thinner side.
- 5 Heat a non-stick pan over medium-low (this is important - too hot and they burn before the middle cooks). Spray with a little oil and drop in roughly 1/4 cup of batter per pancake. Don't spread them out - let them find their own shape. Cook until bubbles appear on the surface and the edges look set, about 3 minutes. Flip carefully and cook for another 1-2 minutes. Transfer to a warm plate while you finish the rest.
- 6 Stack the pancakes on plates, spoon the warm berry compote over the top, and pour over the cinnamon yoghurt sauce. Enjoy!

Notes

Why cottage cheese? : High-protein pancakes that still taste like pancakes. Once



blended, it disappears into the batter, leaving you with a tender, slightly tangy pancake that's loaded with protein. It also adds moisture, so you don't need any milk or butter.

Why blend the oats yourself? : Blending whole rolled oats into a coarse flour gives you a more rustic, textured pancake than store-bought oat flour. You can buy oat flour and use it directly if you prefer - just keep in mind it'll give you a smoother, lighter pancake.

Gluten-free option: Rolled oats are naturally gluten-free but often processed alongside wheat. If you're coeliac or sensitive, look for certified gluten-free oats.

Berry swap: Any frozen berry works beautifully in the compote. Raspberries and blackberries push the fibre count up further. Fresh berries work too if that's what you have, just add a splash of water to the pan to help them break down.

Why kefir in the sauce? : Kefir adds a subtle tang and brings live probiotic cultures that support gut health. If you don't have kefir, swap for an extra splash of milk or a tablespoon of buttermilk - the flavour will be slightly less zingy but still lovely.

Make ahead: The compote keeps for 5 days in the fridge and is brilliant on yoghurt, oats, or chia pudding. The pancake batter is best made fresh, but cooked pancakes freeze beautifully. Let them cool completely, layer with parchment, and freeze for up to a month.

Stretch it further: This recipe makes about 8 pancakes. If you're feeding more people or want a few extra for the freezer, the recipe doubles easily without any adjustments. Reheat in a toaster or air fryer.

Low and slow cooking: The biggest mistake with these pancakes is turning the heat up too high. Cottage cheese and oat-based batters cook differently than regular flour pancakes - they need more time at lower heat to set through the middle without scorching the outside.



Honey-Lemon Squash & Pickerel Salad

4 servings

45 minutes

Ingredients

- 4 cups Butternut Squash (635g, cut into 2cm pieces)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Paprika (divided - 2 tsp for squash, 2 tsp for pickerel)
- 2 tps Cumin (divided - 1 tsp for squash, 1 tsp for pickerel)
- Sea Salt & Black Pepper (to flavour)
- 510 grams Pickerel Fillets
- 1 Large Lemon (juiced - 3 tbsp)
- 2 tps Honey
- 1 tsp Dijon Mustard
- 8 cups Mixed Greens
- 1 Cucumber (halved and sliced)
- 2 cups Cherry Tomatoes (halved)
- 1 3/4 cups Chickpeas (drained, rinsed)
- 3 tbsps Mint Leaves (chopped)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Pumpkin Seeds
- 3 tbsps Goats Cheese (45g - crumbled)

Nutrition

Amount per serving	
Calories	489
Fat	17g
Saturated	4g
Carbs	49g
Fiber	12g
Protein	40g

Directions

- 1 Preheat the oven to 400°F (200°C fan). Toss the butternut squash with 1 tbsp olive oil, 2 tsp paprika, 1 tsp cumin, salt and pepper. Spread in a single layer on a baking tray - don't crowd it, or you'll steam instead of roast. Cook for 25-27 minutes, flipping halfway, until golden and caramelised at the edges.
- 2 While the squash roasts, prep the fish. Pat the pickerel fillets dry with kitchen towel. On a plate, mix the remaining 2 tsp paprika and 1 tsp cumin with salt and pepper. Place the fish on the spices, turn over, and press to coat both sides firmly.
- 3 In a small jar, combine the lemon juice, honey, and Dijon mustard. Pop the lid on and shake well to mix. Season with salt and pepper. Taste - it should be bright and lemony with a soft sweetness behind it. Set aside.
- 4 In a large bowl, combine the mixed greens, cucumber, cherry tomatoes, chickpeas, mint, and cilantro. Pour over most of the dressing and toss well. Cover and pop in the fridge while you cook the fish.
- 5 Heat the remaining 1 tbsp olive oil in a large cast skillet pan over medium-high heat. Once hot, lay the pickerel fillets in - they should sizzle on contact. Cook for 3-4 minutes per side, until the spice crust is dark and the fish flakes easily.
- 6 Divide the dressed salad between plates. Top with the roasted squash, pumpkin seeds, crumbled goat's cheese, and pan-seared pickerel. Drizzle any remaining dressing over the top and finish with a squeeze of lemon on the fish if you like.

Notes

Pickerel is a lean Canadian freshwater fish with a meaty bite and gentle, slightly sweet flavour. : It holds up well to the spice crust without falling apart. Tilapia, cod, or haddock are all easy swaps if you can't find pickerel - same cooking method, similar timing.



Take it to the BBQ: For the pickerel, brush a grill basket or piece of foil with oil and grill the spice-crust fillets over medium-high heat with the lid closed for 3-4 minutes per side.

Press the spices in: When coating the fish, really press the paprika-cumin mix into the flesh. This builds a nice crust when it hits the hot pan, sealing in moisture and giving you that beautiful dark, smoky edge.

Pumpkin seeds add crunch and a hit of plant-based protein, magnesium, and zinc. : Swap for sunflower seeds, slivered almonds, or chopped walnuts depending on what's in the cupboard. Toasting them in a dry pan for 2 minutes deepens their flavour.

Cilantro alternative: If you're in the cilantro-tastes-like-soap camp (it's genetic, not personal), swap for flat-leaf parsley, fresh basil, or dill. : Each gives the salad a slightly different character but works well with the honey-lemon dressing.

Want more dressing? : Double the lemon juice, honey, and Dijon for a more generously coated salad. The extra calories are minimal and it makes the salad feel even more lush.

Goat's cheese - don't skip it: The tang of goat's cheese is what makes this salad sing. : It plays off the sweetness of the roasted squash and the honey in the dressing, and even a small amount goes a long way. If you're not a fan, feta works but brings more saltiness; for dairy-free, a sprinkle of nutritional yeast adds savoury depth.

Make ahead: The dressing keeps for 5 days in the fridge in a sealed jar. Roast the squash and cook the chickpeas (if using dried) up to 3 days ahead. Sear the fish fresh just before serving - it doesn't reheat well (in my opinion).



Herby Turkey Meatballs with Lentil & Grilled Zucchini Salad

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
 3 Medium/large Zucchini (1 for the meatballs - 1 cup/130g, 2 (400g) halved and sliced for the salad)
 Sea Salt & Black Pepper (to flavour)
 500 grams Extra Lean Ground Turkey
 1/4 cup Panko Bread Crumbs (15g)
 2 tsps Garlic Powder
 2 tbsps Fresh Dill (finely chopped - divided)
 2 tbsps Mint Leaves (finely chopped - divided)
 2 Large Lemons (juiced - 5 tbsp)
 2 tsps Honey
 1 tsp Dijon Mustard
 3 cups Canned Lentils (drained, rinsed - 480g)
 6 cups Baby Spinach (225g)
 1/2 Red Onion (56g, diced)
 3 stalks Celery (100g, diced)
 60 grams Low Fat Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	478
Fat	20g
Saturated	6g
Carbs	41g

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking tray with parchment paper and lightly spray with oil. Slice 2 of the zucchini into rounds about 2cm thick. Lay on a plate, sprinkle generously with salt, and leave for 20-30 minutes to draw out the water. Rinse, pat dry, and set aside.
- 2 Grate the remaining zucchini and squeeze out as much liquid as possible in a clean tea towel or kitchen paper. Transfer to a medium bowl with the ground turkey, panko, garlic powder, 1 tbsp of the dill, 1 tbsp of the mint, salt and pepper. Mix until just combined, then using a mini ice cream scoop, portion into 24 meatballs and roll lightly into rounds.
- 3 Arrange the meatballs on the lined tray with space between each. Spray with a little oil and bake for 18-20 minutes until golden and cooked through.
- 4 Rinse the salted zucchini rounds well under cold water to wash off the salt, then pat them thoroughly dry with kitchen paper. Spread out on a large lined baking tray, spray with olive oil, and slide into the oven alongside the meatballs for the last 12-15 minutes of cooking. Set aside once tender and lightly golden. (Alternatively, cook on a BBQ for 3-5 minutes per side - see notes.)
- 5 While the meatballs are roasting, whisk together the lemon juice, honey, Dijon mustard, 1 tbsp olive oil, salt and pepper. Taste - it should be bright and lemony with a gentle sweetness. Adjust as needed.
- 6 In a large bowl, combine the lentils, spinach, red onion, celery, and the remaining dill and mint. Pour over 4 tbsps of the dressing and toss really well - be patient and make sure everything is properly coated.
- 7 Once the meatballs are out, tip them into a bowl with the remaining dressing and toss gently to coat. This is where they pick up extra flavour.



Fiber	10g
Protein	40g

8

Divide the salad between bowls, top with the grilled zucchini and dressed meatballs, then spoon over any leftover dressing from the meatball bowl. Finish with crumbled feta.

Notes

Grating zucchini into the meat is what gives these meatballs their lightness: Much softer than a standard turkey meatball, and they don't dry out the way lean turkey often does. Squeeze the grated zucchini really dry first though, or you'll end up with mushy meatballs that won't hold their shape.

Why salt the zucchini rounds? : Zucchini is mostly water. Salting it for 20-30 minutes pulls that moisture out so the rounds char and caramelize properly instead of steaming themselves into mush. It's the difference between flat, soggy zucchini and the kind with nice colour and bite.

The dressing pulls triple duty: Some goes through the salad, some coats the meatballs, and the rest drizzles over at the table. Taste as you go and tweak the lemon or honey depending on how zingy or mellow you like it.

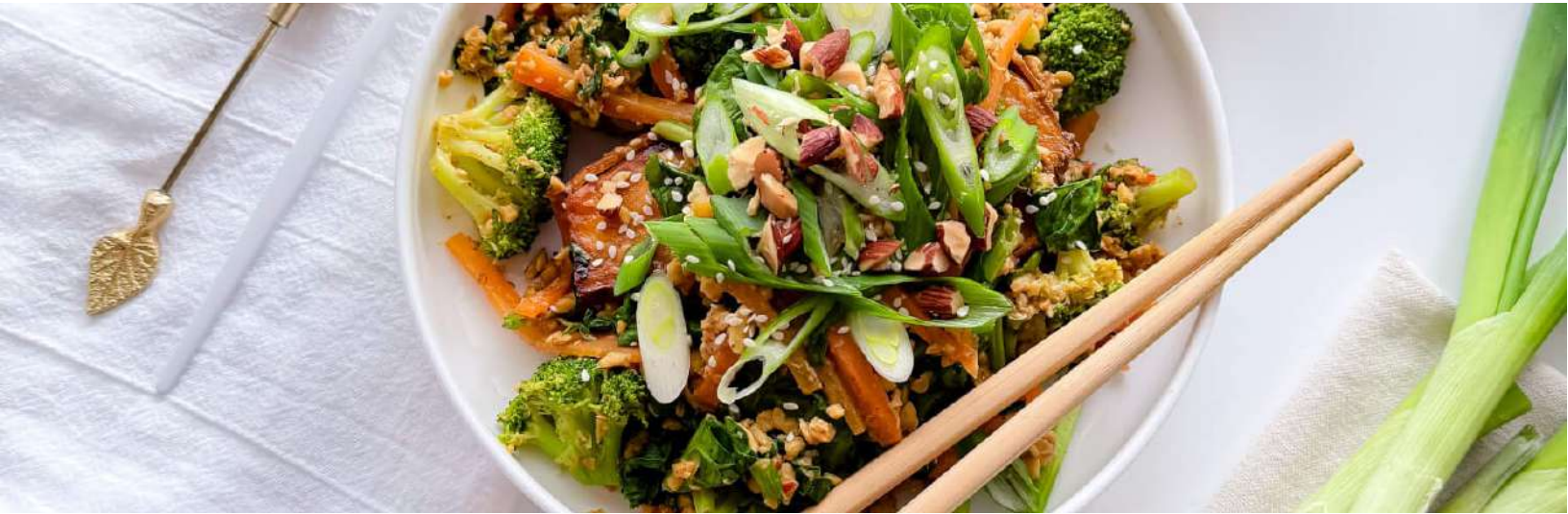
Feta goes on last: Scatter it over right before serving so it stays in distinct salty crumbles. If you mix it in too early it disappears into the dressing and loses its character.

Lentils are quietly one of the best ingredients in your pantry - high in plant protein, fibre, iron, and folate: They hold their shape beautifully in a salad. Canned saves time, but if you have cooked-from-dry lentils on hand they're even better here. French (Puy) or beluga lentils give the firmest texture.

BBQ option: This is brilliant on the grill in summer. Cook the meatballs in a grill basket or on skewers over medium heat for 12-15 minutes, turning often. Grill the salted zucchini rounds for 3-5 minutes per side over medium-high heat with the lid closed.

Use the scoop: A mini ice cream scoop is the secret to evenly sized meatballs that cook at the same rate. If you don't have one, roll into ping pong ball-sized portions.

Cook once, eat twice: Double the meatballs and freeze half on a tray before bagging up. : They cook from frozen at 400°F for 25 minutes and make an effortless dinner on a busy night. The lentil base also works the next day stuffed into a pita with hummus and the leftover meatballs.



Crumbled Tempeh & Roasted Sweet Potato Bowl with Satay Sauce

2 servings

25 minutes

Ingredients

300 grams Sweet Potatoes (halved)
 2 tps Extra Virgin Olive Oil
 2 cups Broccoli (small florets)
 1 Large Carrot (julienned or grated)
 2 tbsps Almond Butter
 2 tbsps Tamari (divided)
 1 tbsp Lime Juice
 1 tsp Chilli Garlic Sauce
 1 tsp Honey
 2 tbsps Warm Water
 175 grams Tempeh (crumbled)
 2 cups Baby Spinach
 2 stalks Green Onion (sliced)
 1 1/2 tps Whole Almonds (crushed, divided, topping)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	522
Fat	24g
Saturated	4g
Carbs	55g
Fiber	11g
Protein	30g

Directions

- 1 Preheat the oven to 400°F and line a large baking tray with parchment paper. Wash the sweet potatoes and slice them in half lengthwise. Rub with 1 tsp of the olive oil and a pinch of salt, then place flesh side down on the prepared tray. Bake for 30 minutes, until tender.
- 2 While the potatoes roast, steam or blanch the broccoli and carrot until just tender but still with a bite. Immediately transfer to a bowl of ice water for 2 minutes to stop the cooking and lock in the colour. Drain well and set aside.
- 3 In a small bowl, whisk together the almond butter, 1 tablespoon of the tamari, lime juice, chilli garlic sauce, and honey. Add the warm water 1 tablespoon at a time, stirring well, until the sauce is glossy and pourable but still thick enough to coat a spoon. Taste - it should be rich, tangy, and slightly spicy.
- 4 Heat the remaining 1 tsp olive oil in a cast-iron pan over medium-high heat. Add the crumbled tempeh and the remaining 1 tablespoon of tamari. Adjust the heat to prevent burning. Cook for 5-6 minutes, stirring only occasionally so the tempeh has time to crust and crisp up.
- 5 Add the drained broccoli and carrots straight into the same pan. Stir-fry for 2-3 minutes until the tempeh is golden and the veg has picked up some colour and flavour from the pan.
- 6 Turn off the heat and pour the satay sauce into the pan. Stir gently to coat the tempeh and veg, letting the sauce warm through for about a minute. Add the chopped spinach and toss everything together for another minute, just until the spinach wilts down into the sauce.
- 7 Divide between two bowls, add the roasted sweet potato, and finish with the sliced green onions and crushed almonds.



Notes

What is tempeh, anyway? : Tempeh is fermented whole soybeans pressed into a firm cake. Unlike tofu, which is made from soy milk, tempeh keeps the whole bean, which means more protein, more fibre, and a nuttier, earthier flavour. The fermentation also makes it easier to digest than other soy products and adds beneficial bacteria that support gut health.

A note on soy and bloating: Tempeh and tamari both come from soy, and while fermented soy is gentler on the gut than unfermented forms, it can still cause bloating for some - especially if you're new to it. : If your gut is sensitive, start with a half portion of tempeh and see how you feel. The fibre content here is also high (11g per serving), so go slow and drink plenty of water throughout the day.

Meal prep-friendly: Roast the sweet potatoes, blanch the veggies, and make the sauce ahead of time. : Store everything separately in the fridge - the sauce will keep for up to 5 days and thickens as it sits, so loosen with a splash of warm water before using. Crumble and crisp the tempeh fresh just before serving for the best texture.



Sticky Honey Pork Lime Ginger Rice Bowl

2 servings

25 minutes

Ingredients

- 2 tbsps Soy Sauce
- 1 tbsp Honey
- 1 1/2 tsps Fresh Ginger (divided)
- 1 1/2 tbsps Rice Vinegar (divided)
- 2 Limes (divided - juice one for the marinade, zest and juice one for the rice, halve both for the cooker)
- 1 tsp Sesame Oil (divided)
- 270 grams Pork Tenderloin (thinly sliced)
- 1/2 cup Basmati Rice (90g, dry)
- 1/2 cup Frozen Peas (85g)
- 1/4 cup Cilantro (8g, finely chopped)
- 2 stalks Green Onion (sliced)
- 1 Cucumber (sliced thinly for volume)
- 1 cup Purple Cabbage (100g, finely shredded)
- 1/2 cup Frozen Edamame (shelled and cooked, 85g)
- 1 1/2 tsps Sesame Seeds (topping)

Nutrition

Amount per serving	
Calories	500
Fat	9g
Saturated	2g
Carbs	64g
Fiber	8g
Protein	42g

Directions

- 1 In a bowl, whisk together the soy sauce, honey, 1 tsp ginger, 1/2 tbsp rice vinegar, juice of one lime, and 1/2 tsp sesame oil. Add 1 tbsp of the marinade to a separate bowl with the sliced pork and mix well to coat. Leave to marinate in the fridge for at least 60 minutes - longer if you can. Cover and set aside the remaining marinade for the glaze.
- 2 Add the rice to your rice cooker (or a saucepan on the stovetop) with the zest and juice of one lime, plus the remaining 1/2 tsp ginger. Drop the squeezed lime halves in too. Cook according to your rice cooker instructions. About 5 minutes before it's done, scatter the frozen peas over the top and close the lid to steam them through. Once cooked, fish out the lime halves and stir through the cilantro and 1 sliced green onion.
- 3 Toss the cucumber slices with the 1 tbsp rice vinegar and 1/4 tsp sesame oil. Set aside for 10 minutes to lightly pickle.
- 4 Preheat the oven to 400°F and line a baking sheet with parchment. Lift the pork out of the marinade and spread it in a single layer on the sheet. Bake for 16 minutes, then switch to broil for another 4-5 minutes, flipping halfway, until the edges are sticky and charred. Keep a close eye on it - it goes from perfect to overdone fast.
- 5 While the pork is under the broiler, pour the reserved marinade into a small saucepan and bring to a boil over medium-high heat. Simmer for 2-3 minutes until thickened into a glaze, then take off the heat.
- 6 Divide the rice between two wide bowls and lay the pork on top. Arrange the pickled cucumber, shredded cabbage, and edamame around the sides. Drizzle the glaze over the pork and scatter over the remaining green onion, sesame seeds, and chilli flakes (if using).



Notes

Marinate ahead for the best flavour: An hour is the minimum, but this is a great one to set up the night before. The longer the pork sits in the soy-honey-ginger marinade, the deeper the flavour and the stickier the finish. Slicing the pork thinly means it soaks up the marinade quickly and cooks in no time.

Always boil the leftover marinade: Boiling it for a few minutes reduces it into a glossy, concentrated glaze.

Cooking the rice with lime zest, juice, and the squeezed halves infuses it from the inside out. : It's subtle but it lifts the whole bowl - don't skip dropping the spent lime halves in, they release oils from the skin as the rice steams. This makes about 2 cups of cooked lime rice (1 cup = 160g).

Watch the broiler like a hawk: The honey in the marinade is what gives those gorgeous sticky, charred edges, but sugar burns quickly under direct heat. Stay close and pull it the moment the edges caramelize.

Soy and edamame note: This bowl uses soy sauce and edamame, so if soy tends to bloat you, swap the soy sauce for coconut aminos (a touch sweeter, lower sodium) and use shelled peas in place of the edamame.

Protein swap: Chicken thigh strips work beautifully with the same marinade and method (bake a little longer, to 74°C / 165°F internal). : For a plant-based version, firm tofu or tempeh sliced thin and marinated the same way is excellent press the tofu first so it soaks up the flavour.

No rice cooker? : Cook the rice on the stovetop: rinse, then simmer with the lime and ginger in 1 cup water, covered, for 10-12 minutes. Add the peas for the last 3 minutes, then leave covered off the heat for 5 minutes to steam.

Make it a fuller bowl: Add extra veg like steamed broccoli, grated carrot, or sliced radish for more crunch and fibre.



Summer Fish Tacos with Mango Slaw

2 servings

20 minutes

Ingredients

2 Limes (divided, juice + zest)
 1/3 cup Riviera 0% Plain Greek Yoghurt (75g)
 1 Garlic Clove (minced)
 1 tsp Worcestershire Sauce (optional)
 Sea Salt And Pepper (to flavour)
 3 cups Green Cabbage (300g, finely shredded)
 1/2 Mango (diced)
 1/3 cup Red Onion (50g, thinly sliced)
 1 Jalapeno Pepper (divided, very thinly sliced - optional for heat)
 1/4 cup Cilantro (10g, chopped)
 300 grams Pickerel Fillet (cut into large bite size pieces)
 2 tsps Paprika
 1 tsp Cumin
 1 tsp Garlic Powder
 1 tbsp Extra Virgin Olive Oil
 4 Small Whole Wheat Tortilla (dempster's)

Nutrition

Amount per serving	
Calories	509
Fat	14g
Saturated	2g
Carbs	59g
Fiber	10g

Directions

- 1 In a small bowl, combine the zest and juice of 1 lime, the Greek yoghurt, minced garlic, Worcestershire sauce (if using), and a pinch of salt. Stir well and pop in the fridge to chill.
- 2 In a large bowl, toss the shredded cabbage, diced mango, red onion, jalapeño (if using), and cilantro with the zest and juice of the second lime and a pinch of salt. Set aside.
- 3 Pat the pickerel pieces dry and season all over with the paprika, cumin, garlic powder, and a pinch of salt. Heat the olive oil in a cast-iron skillet over medium-high heat. Cook the fish for 3-4 minutes, turning to colour all sides, until cooked through and flaking easily. Set aside.
- 4 Wipe out the skillet and keep it dry over medium-high heat (adjust as needed to prevent burning). Warm each tortilla until brown spots appear, being careful not to let them burn. It's a little time-consuming, but it's well worth it for the flavour and texture.
- 5 Fill each tortilla with a pile of mango slaw, fish and a drizzle of lime crema. Serve right away with extra lime wedges and the remaining slaw on the side.

Notes

The Worcestershire sauce: It's optional in the crema. : Leave it out for a classic lime crema, but a small splash adds a savoury, umami depth that balances the citrus and makes the whole thing taste a little more rounded.

Why is a mild Canadian freshwater fish that has a delicate, slightly sweet flavour and a flaky texture that's perfect for tacos. : Cutting it into bite-sized pieces means it cooks quickly and is easy to pile into the wraps. Any firm white fish works as a swap - cod, haddock, tilapia, or mahi-mahi all hold up well to the spice rub.

Small wraps or one big one? : This makes 4 small tacos, but if you'd rather have one large



Protein

43g

wrap each, go for it. Just increase the slaw a little to fill it out. Either way, use any extra slaw on the side as a fresh, crunchy salad.

Shredding the cabbage: A handheld slicer (I use an inexpensive OXO one) makes quick work of finely shredding the cabbage and gives you that thin, even texture that soaks up the lime dressing beautifully. I use it for everything like this.

Dress the slaw early: Tossing the cabbage and mango with lime and salt a little ahead softens the cabbage slightly and lets the flavours mingle. It won't go soggy like a creamy slaw would, so you can make it up to a few hours before.

Take it to the BBQ: Lovely on the grill in summer. Use a grill basket so they don't fall through: Cook over medium-high heat for 2-3 minutes per side until charred and flaking. Warm the tortillas straight on the grill for a few seconds per side until brown spots appear. Keep them moving so they don't burn.

Control the spice: The jalapeño is where a little spice lives. Leave it out entirely for a mild taco, or keep the seeds in and add a few more slices if you like things fiery. Removing the seeds and membrane gives you the jalapeño flavour with much less spice.

Dairy-free swap: Use an unsweetened plant-based yoghurt for the crema (coconut works well with the lime and mango). Check that your Worcestershire sauce is anchovy-free if you need it to be fully vegetarian.

Make it a bowl: Skip the tortillas and pile everything over rice or a base of extra cabbage for a lighter, lower-carb version. The flavours work just as well deconstructed.