



Metabolic Recipe Guide

JILL HAVERSTOCK

 *Jill*
Haverstock
NUTRITION

MON



BREAKFAST

Chocolate Almond Hemp Seed Porridge

LUNCH

Turkey, Avocado & Cheese Plate

DINNER

Slow Cooker Black Bean Soup

TUE



BREAKFAST

Warm Peas with Eggs

LUNCH

Rainbow Chopped Salad Jars

DINNER

Zucchini Noodles with Cauliflower Alfredo

WED



BREAKFAST

Strawberries & Cream Protein Steel Cut Oats

LUNCH

Deconstructed Sushi Bowl

DINNER

Warm Lentil & Sweet Potato Salad

MON**FAT 58%****CARBS 25%****PROTEIN 17%****Calories 1482****Fat 101g****Carbs 97g**

Fiber 36g

Sugar 13g

Protein 66g

Cholesterol 98mg

Sodium 1250mg

Potassium 2571mg

Calcium 761mg

Iron 13mg

Vitamin B6 1.1mg

Vitamin B12 0.9µg

Magnesium 471mg

Zinc 10mg

Selenium 32µg

TUE**FAT 29%****CARBS 42%****PROTEIN 29%****Calories 1171****Fat 39g****Carbs 125g**

Fiber 36g

Sugar 37g

Protein 88g

Cholesterol 475mg

Sodium 1683mg

Potassium 3018mg

Calcium 450mg

Iron 17mg

Vitamin B6 10.4mg

Vitamin B12 35.0µg

Magnesium 287mg

Zinc 9mg

Selenium 81µg

WED**FAT 34%****CARBS 44%****PROTEIN 22%****Calories 1203****Fat 46g****Carbs 137g**

Fiber 40g

Sugar 32g

Protein 67g

Cholesterol 34mg

Sodium 1640mg

Potassium 2896mg

Calcium 707mg

Iron 14mg

Vitamin B6 1.4mg

Vitamin B12 6.2µg

Magnesium 265mg

Zinc 5mg

Selenium 49µg

FRUITS

- 1 1/2 Avocado
- 2 1/4 Lemon
- 2 tbsps Lemon Juice
- 2 Lime
- 1 1/4 cups Strawberries

BREAKFAST

- 1 tbsp Almond Butter
- 1 tbsp Maple Syrup
- 1/2 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 2/3 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1 tbsp Cumin
- 1/4 tsp Garlic Powder
- 1 1/2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 3/4 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Sesame Seeds

FROZEN

- 4 cups Cauliflower Rice
- 3 cups Frozen Peas

VEGETABLES

- 2 cups Baby Spinach
- 1 Carrot
- 1/2 head Cauliflower
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 11 Garlic
- 1 cup Matchstick Carrots
- 1 1/2 cups Mixed Greens
- 1/4 cup Parsley
- 3 cups Purple Cabbage
- 1/2 cup Red Onion
- 1 tbsp Rosemary
- 1 Sweet Potato
- 1/2 White Onion
- 1 Yellow Bell Pepper
- 2 Yellow Onion
- 4 Zucchini

BOXED & CANNED

- 6 cups Black Beans
- 1 cup Canned Coconut Milk
- 3 cups Chickpeas
- 3 cups Diced Tomatoes
- 2 cups Lentils
- 2/3 cup Vegetable Broth

BAKING

- 1 tsp Cacao Nibs
- 2 tps Cocoa Powder
- 2 tps Monk Fruit Sweetener
- 1/4 cup Nutritional Yeast
- 1 tsp Unsweetened Shredded Coconut
- 1/4 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 ozs Cheddar Cheese
- 1 1/4 lbs Chicken Breast
- 3 ozs Sliced Turkey Breast
- 8 ozs Smoked Salmon

CONDIMENTS & OILS

- 2 tps Avocado Oil
- 2 tps Balsamic Vinegar
- 2 tps Coconut Aminos
- 2 1/3 tps Extra Virgin Olive Oil
- 2 tps Mayonnaise
- 1/3 cup Tahini

COLD

- 4 Egg
- 1 cup Plain Coconut Milk
- 1/2 cup Unsweetened Coconut Yogurt

OTHER

- 4 Nori Sheets
- 1/4 cup Vanilla Protein Powder
- 3 3/4 cups Water

Chocolate Almond Hemp Seed Porridge

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Canned Coconut Milk (full fat)
1/2 cup Water
2 tsps Monk Fruit Sweetener
2 tsps Cocoa Powder
1/4 tsp Vanilla Extract
3 tsps Hemp Seeds
1 1/2 tsps Ground Flax Seed
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 tsp Unsweetened Shredded Coconut
1 tsp Cacao Nibs
1/4 cup Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	632	Potassium	820mg
Fat	54g	Calcium	196mg
Carbs	31g	Iron	5mg
Fiber	12g	Vitamin B6	0.2mg
Sugar	5g	Vitamin B12	0µg
Protein	20g	Magnesium	279mg
Cholesterol	0mg	Zinc	4mg
Sodium	39mg	Selenium	1µg

DIRECTIONS

- 01 Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
- 02 Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
- 03 Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop with additional coconut milk until warmed through. This recipe can also be served chilled.

SERVING SIZE

One serving is approximately 1 1/2 cups of porridge.

NUT-FREE

Use sunflower seed or pumpkin seed butter instead of almond butter.

MORE FLAVOR

Add ground cinnamon.

ADDITIONAL TOPPINGS

Top with seeds, chopped nuts or berries.

NO COCONUT MILK

Use unsweetened almond milk instead.

Warm Peas with Eggs

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 White Onion (diced)
3 tbsps Water
3 cups Frozen Peas
1/4 tsp Sea Salt
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	341	Potassium	442mg
Fat	10g	Calcium	122mg
Carbs	38g	Iron	5mg
Fiber	11g	Vitamin B6	0.5mg
Sugar	12g	Vitamin B12	0.9µg
Protein	25g	Magnesium	68mg
Cholesterol	372mg	Zinc	3mg
Sodium	611mg	Selenium	33µg

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Strawberries & Cream Protein Steel Cut Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Steel Cut Oats (uncooked)
1 cup Plain Coconut Milk (from the carton)
1 cup Water
1/4 cup Vanilla Protein Powder
1 cup Strawberries (chopped)
1 tbsp Maple Syrup
1/2 cup Unsweetened Coconut Yogurt
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	356	Potassium	434mg
Fat	11g	Calcium	458mg
Carbs	51g	Iron	2mg
Fiber	7g	Vitamin B6	0.1mg
Sugar	14g	Vitamin B12	2.5µg
Protein	16g	Magnesium	72mg
Cholesterol	2mg	Zinc	1mg
Sodium	54mg	Selenium	4µg

DIRECTIONS

- 01 Add the oats, coconut milk, and water to a saucepan and bring to a boil. Reduce to a simmer and cook for 15 to 20 minutes, until thickened. Remove from the heat and stir in the protein powder.
- 02 Add the oats to a bowl and top with the strawberries, maple syrup, yogurt, and hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

ADDITIONAL TOPPINGS

Toasted nuts.

PREP THE NIGHT BEFORE

You can prepare the recipe ahead by following the instructions but not assembling the bowl. Reheat the oats and assemble with the rest of the ingredients.

Turkey, Avocado & Cheese Plate

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 cups Mixed Greens
3 ozs Sliced Turkey Breast
2 ozs Cheddar Cheese (cubed)
1/2 Avocado (medium, sliced)
1 tsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	532	Potassium	995mg
Fat	41g	Calcium	457mg
Carbs	15g	Iron	2mg
Fiber	7g	Vitamin B6	0.7mg
Sugar	2g	Vitamin B12	0.9µg
Protein	29g	Magnesium	61mg
Cholesterol	98mg	Zinc	4mg
Sodium	1166mg	Selenium	28µg

DIRECTIONS

- 01 Arrange the greens, turkey, cheese, and avocado onto a plate.
- 02 Drizzle the mixed greens with oil and lemon juice. Season the greens and avocado with salt and pepper. Combine the ingredients into mini meat wraps or enjoy as is!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cucumber and cherry tomatoes to the plate.

DAIRY-FREE

Use plant-based cheese instead.

Rainbow Chopped Salad Jars

3 SERVINGS 15 MINUTES



INGREDIENTS

1/3 cup Tahini
2 Lemon (juiced)
1/2 tsp Sea Salt
2 tbsps Water
3 cups Chickpeas (cooked, from the can)
1 cup Cherry Tomatoes
1 cup Matchstick Carrots
1 Yellow Bell Pepper (chopped)
3 cups Purple Cabbage (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	495	Potassium	1079mg
Fat	18g	Calcium	252mg
Carbs	69g	Iron	8mg
Fiber	19g	Vitamin B6	0.6mg
Sugar	16g	Vitamin B12	0µg
Protein	22g	Magnesium	132mg
Cholesterol	0mg	Zinc	4mg
Sodium	494mg	Selenium	15µg

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for up to 4 days.

NO TAHINI

Use a nut butter or sunflower seed butter instead.

Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Avocado Oil
4 cups Cauliflower Rice
2 tsps Coconut Aminos
1/2 Cucumber (sliced into sticks)
1 Avocado (peeled and chopped)
4 Nori Sheets (snack size, torn into pieces)
8 ozs Smoked Salmon
2 tsps Sesame Seeds
2 tbsps Mayonnaise
1/8 tsp Cayenne Pepper (optional)

NUTRITION

AMOUNT PER SERVING

Calories	511	Potassium	1194mg
Fat	34g	Calcium	128mg
Carbs	23g	Iron	3mg
Fiber	14g	Vitamin B6	0.6mg
Sugar	7g	Vitamin B12	3.7µg
Protein	30g	Magnesium	70mg
Cholesterol	32mg	Zinc	1mg
Sodium	999mg	Selenium	38µg

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

LEFTOVERS

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Slow Cooker Black Bean Soup

6 SERVINGS 4 HOURS



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (finely diced)
2 stalks Celery (diced)
1 Carrot (large, chopped)
6 Garlic (cloves, minced)
1 tbsp Cumin
1/2 tsp Cayenne Pepper
6 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
2 cups Water
2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	318	Potassium	756mg
Fat	6g	Calcium	108mg
Carbs	51g	Iron	6mg
Fiber	17g	Vitamin B6	0.2mg
Sugar	6g	Vitamin B12	0µg
Protein	17g	Magnesium	131mg
Cholesterol	0mg	Zinc	2mg
Sodium	45mg	Selenium	3µg

DIRECTIONS

- 01 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 02 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

SERVING SIZE

One serving equals approximately 1.5 cups.

TOPPINGS

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

STOVE TOP

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Zucchini Noodles with Cauliflower Alfredo

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 head Cauliflower (large, chopped into florets)
1 tsp Avocado Oil (divided)
1 Yellow Onion (small, chopped)
2 Garlic (cloves, minced)
1/4 cup Nutritional Yeast
1/2 cup Canned Coconut Milk
2 tbsps Lemon Juice
3/4 tsp Sea Salt (divided)
1 1/4 lbs Chicken Breast (boneless, skinless)
1 tbsp Rosemary (fresh, chopped)
1/4 tsp Garlic Powder
4 Zucchini (medium, spiralized into noodles)

NUTRITION

AMOUNT PER SERVING

Calories	335	Potassium	1497mg
Fat	11g	Calcium	76mg
Carbs	18g	Iron	4mg
Fiber	6g	Vitamin B6	9.3mg
Sugar	9g	Vitamin B12	34.1µg
Protein	41g	Magnesium	87mg
Cholesterol	103mg	Zinc	2mg
Sodium	578mg	Selenium	33µg

DIRECTIONS

- 01 Bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft.
- 02 In a skillet over medium heat, add half of the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.
- 03 In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and 3/4 of the sea salt. Blend on high until smooth and creamy. Set aside.
- 04 Season the chicken breast with rosemary, garlic powder and the remaining sea salt. In a skillet over medium heat, add the remaining avocado oil. Then, add the chicken breast and cook for 8 minutes per side. Remove, let it rest for 2 to 3 minutes and then slice.
- 05 Plate the zucchini noodles and top with sliced chicken and cauliflower alfredo sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season with black pepper or chili flakes.

ADDITIONAL TOPPINGS

Add chopped fresh parsley and extra lemon slices.

MAKE IT VEGAN

Omit the chicken breast and top with a veggie burger or tofu.

ZUCCHINI NOODLES

If you prefer cooked zucchini noodles, you can lightly cook them in the same pan as the chicken after it's done cooking. Once they're done, add everything to the pan to re-heat it.

Warm Lentil & Sweet Potato Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (medium, peeled and cut into small cubes)
2/3 cup Vegetable Broth (divided)
1/2 cup Red Onion (chopped)
3 Garlic (cloves, minced)
1/4 tsp Sea Salt
2 cups Baby Spinach
2 cups Lentils (cooked, rinsed)
2 tbsps Balsamic Vinegar
1/4 cup Parsley (chopped, optional)

NUTRITION

AMOUNT PER SERVING

Calories	336	Potassium	1268mg
Fat	1g	Calcium	121mg
Carbs	63g	Iron	9mg
Fiber	19g	Vitamin B6	0.7mg
Sugar	11g	Vitamin B12	0µg
Protein	21g	Magnesium	123mg
Cholesterol	0mg	Zinc	3mg
Sodium	587mg	Selenium	7µg

DIRECTIONS

- 01 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 02 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 03 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 04 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups of salad.

NO SWEET POTATO

Use cubed butternut squash instead.