



EMMA NOURISHMENT

THE NOURISHMENT BOOK

Nutrition tips, details about hormones, plus over 20 delicious & nutritious recipes!



WELCOME TO THE NOURISHMENT BOOK

My aim here is to encourage people to eat more whole and less processed foods, to understand cooking doesn't have to be a chore and to prove healthy eating doesn't have to be boring!

MEDICAL DISCLAIMER

ALWAYS CONSULT YOUR MEDICAL PRACTITIONER, REGISTERED DIETICIAN OR NUTRITIONIST BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR DIET - PARTICULARLY IF YOU ARE AN ADOLESCENT, PREGNANT, BREASTFEEDING OR HAVE OR DEVELOP A MEDICAL CONDITION. THESE RECIPES HAVE NOT BEEN SPECIFICALLY DESIGNED FOR ANY HEALTHY ISSUES AND INDIVIDUAL RESULTS WILL VARY.



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THE NOURISHMENT BOOK

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COCONUT OIL

For cooking and frying at high temperatures coconut oil is safe to use, as unlike many other oils and fats, it won't become damaged when heated above a certain temperature.

For salads use cold pressed extra virgin olive oils.

TEAS

Green tea has lots of amazing health benefits. It's high in antioxidants and contains less caffeine than breakfast tea. Liquorice Tea is one of the most beneficial yet under-appreciated herbal teas. It can help the liver, relieve constipation, is used to treat low blood pressure and is great for anti-allergenic so is helpful for hay fever and conjunctivitis sufferers.

WHITE OR WHOLEGRAIN?

Generally speaking wholegrain carbohydrates tend to be better for overall digestion as these contain more fibre which has health benefits and help to slow digestion.

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*For any gut issues please ensure you check with your doctor first.

SALT

Consider replacing cheap, processed table salt with good quality organic sea salt or Pink Himalayan Salt. This salt contains many beneficial minerals and can help balance electrolytes, eliminate toxins and support nutrition absorption..

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THE NOURISH BOOK

BREAKFAST

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Every food is a super food - All foods contain vital vitamins and minerals we need to keep us alive

ALMOND & BANANA SMOOTHIE

175ml Unsweetened Almond Milk
2 tbsp Ground Almonds
1 Small Banana
1 tsp Unsweetened Shredded Coconut
40g Vanilla Protein Powder / 2 Drops of Vanilla Essence
1 tsp Seeds as a topping (EG Flaxseeds Sunflower Seeds, Chia, Pumpkin Seeds)
2 Ice Cubes

Put all the ingredients, except for the seeds, into a blender and pulse until smooth.

Add some cold water if required, until you achieve the desired consistency.

Pour into a glass and top with seeds.



Smoothies- A quick way to start up your digestion in the morning & an easy way to up your fibre intake.

CHOCOLATE & RASPBERRY SMOOTHIE

150ml Unsweetened Almond Milk
80g Raspberries (Fresh Or Frozen)
2tsp Cocoa Powder
2 Ice Cubes

Put all the ingredients into a bowl and blend until smooth.

Add some cold water if required, until you achieve the desired consistency.



Eggs contain essential protein, minerals and vitamins. Egg yolks are one of the few foods that naturally contain Vitamin D

Serves 1

VEGGIE & FETA OMLETTE

3 Eggs
1/2 Red Onion
1/2 Red Pepper
1/2 Green Pepper
15g Feta Cheese
Ground Black Pepper & Salt
Coconut Oil
Optional: Spinach

Heat the pan with a tsp of Coconut oil while you're chopping the vegetables.

Once hot add the peppers and onion.

Meanwhile, crack the eggs into a bowl and whisk.

Once the veg is beginning to cook through add the eggs and ensure they're evenly spread across the pan.

If you find the bottom is cooked quicker than the top you can place under the grill for a few minutes.

Sprinkle with Feta, plate up and enjoy.



Oats & bananas are high in fibre- most brits eat less than half their daily fibre recommendation

Serves 1

BANANA & CHOCOLATE PORRIDGE

1 Banana
100ml Almond Milk
10g Chocolate Protein Powder Or 1tbsp Raw Cocoa Powder
40g Rolled Oats
1tsp Cinnamon

Heat up the milk and pour the oats into the saucepan. Continue to stir.

Mash half the banana and chop the other half into circles.

Once the oats absorb the milk turn the heat down and add the cocoa/protein powder, the mashed banana and of cinnamon.

Stir well & pour into a bowl adding the rest of the banana on top.

I served with Total greek yoghurt and a spoonful of peanut butter.



Breakfast isn't necessarily the most important meal of the day, it's more important to eat when you're hungry.

Serves 2

BAKED EGGS

Coconut Oil

1 Onion

2 Garlic Clove

1 Red Chilli

1 Tin of Cherry Tomatoes

1 Red Wine Vinegar

4 Eggs

Handful of Breadcrumbs

20g Feta

Rocket or Spinach to serve

Pre-heat the oven at a medium heat- around 170 degrees while you chop your vegetables.

Melt some coconut oil into a pan and cook the onions until soft.

Add chillies and garlic for a minute before pouring in tinned tomatoes, red wine vinegar and salt.

Stir for 5 minutes before pouring into an oven proof dish.

Make 2 small wells to crack 2 eggs into and cook for 10-15 minutes.

Then sprinkle breadcrumbs & feta on top and place in the oven for a further 3-5 minutes or until eggs are cooked through.

Serve with some rocket or spinach.



These are so convenient and taste soooo naughty!

Serves 4

BAKED OATS

160g Oats
160ml Almond Milk
4 Handful of Berries
1 Banana
3tbsp Honey

Greek Yoghurt to serve

Preheat the oven to 180 degrees.

In a deep baking dish add your oats, almond milk, berries and honey and stir together.

Place the mixture in the oven and cook for 10 minutes.

Slice a banana in half (longways) and add to the top of the mixture.

Cook for a further 10 minutes or until the oats have risen.

Serve with a spoonful of Greek yoghurt.



This would taste great with added black beans!

Serves 1

SPANISH SHAKSHUKA

1 Onion
1 Clove of Garlic
1/2 Courgette
2 Eggs
1/2 Tin of Tomatoes
15g Feta / Mozzarella
Chilli (Fresh or Flakes)
Paprika
Kale

Heat coconut oil in a pan and once hot add the diced onion.

Chop the other vegetables while the onion softens, ensuring you stir regularly.

Add the garlic and courgette to the pan until courgette begins to soften.

Add the tomato and kale and make two holes in the sauce to crack your eggs into.

Add the eggs and cheese and cook until eggs are perfect.

Serve & enjoy.



Frozen fruit is just as delicious & nutritious, plus it lasts even longer!

Serves 1

BERRIES & GRANOLA DELIGHT

100g Fage Yoghurt
20g Granola
10g Raisins
Handful of Frozen Berries.

Heat up the berries in the microwave or in a saucepan, add the yoghurt to the bowl, with the raisins and granola on top before finishing with the berries.



I really can't take credit for this recipe - it's a childhood favourite! Thanks Grandma.

Serves 1

FRENCH TOAST & BERRY COMPOTE

Coconut Oil

2 Eggs

2 Slices of Bread

A drop of Milk

Handful of Berries

Honey

Lemon

Melt a tsp of coconut oil in a pan.

Crack the eggs and pour into a bowl with a drop of milk.

Whisk with a fork and drop in a slice of bread, ensuring the egg has been absorbed.

Once the pan is hot place the eggy bread in and lightly fry on each side.

Meanwhile add berries, honey and lemon to a pan on a medium heat to warm through.

Serve & enjoy with a spoonful of greek yoghurt



Who doesn't love a Full English? Especially one with so many nutrients like this.

Serves 2

FULL ENGLISH

4 Heck Sausages

4 Eggs

1/2 Tin of Tomatoes

1/2 Tin of Black Beans

Mushrooms

Kale or Spinach

2 Garlic Cloves

Avocado

Chilli Flakes

Preheat the grill to a medium-high heat and add the sausages.

In a bowl mix together the tinned tomatoes and black beans.

Pour into a saucepan and stir regularly.

Meanwhile, heat a small frying pan with around 5g butter. Chop your garlic and add to the butter for 2 minutes before adding the spinach or kale. Cook until it wilts.

Once cooked, fry your eggs

Scoop your avocado into another bowl and begin to mash with a fork, adding chilli flakes and a pinch of salt as you go.

Add everything to your plate and serve with sourdough bread.



Is protein powder necessary? Find out on the next page.

Serves 1

PROTEIN PACKED BANANA PANCAKES

5g Butter
1 Banana
2 Eggs
20g Oats
Scoop of Whey Protein
Topping of your choice

Add half a banana, eggs, oats and a scoop of whey protein to a blender and blend until you have a smooth consistency.

Heat 5g butter in a non-stick frying pan and pour in 1/4 of the mixture. Once it starts to cook on the bottom flip over and cook on the other side. Repeat this with the rest of the mixture.

Then choose your topping! I love banana and peanut butter :D

IS PROTEIN POWDER NECESSARY?

Protein is really important to help function day to day, it helps function every single metabolic activity that goes on within the body. Plus it helps us to recover and repair which is crucial for anyone building muscle mass or even after an operation.

However, we can get protein from our diets. A lot of animal products contain protein and so do beans, lentils, nuts, seeds etc.

Unless you're weight training consistency you can most probably get enough protein in your day to day diet.

Ensure you're getting a least one source of protein with every meal.



THE NOURISH BOOK

LUNCH & DINNER

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Cooking delicious recipes doesn't have to take long

Serves 2

SPANISH TOMATO COD

2 Cod Loin
1 Pack Jamie Oliver Spanish Rice
2 Handfuls of Tomatoes
Red Onion
Paprika
Garlic
Lemon
Honey
Coconut Oil
Spinach

Heat a tsp coconut oil in a pan and add the cod loin skin side down.
Cook as per cooking instructions.
Chop the red onion and add to the pan.
Meanwhile add tomatoes, paprika, garlic, lemon & honey to a blender and blend until smooth.
Once the cod is cooked on one side flip it over and add the tomato sauce.
Leave on a low heat until cod is cooked through and heat the rice as instructed on packaging.
Serve on a bed of spinach & enjoy.



Chickpeas are my new favourite snack! See the recipe on page ***

Serves 2

HARISSA SALMON & CHICKPEA SALAD

2 Salmon Fillets
Red Onion
1 Tin of Chickpeas
1-2 Garlic Cloves
Tomatoes
2tbs Harissa Paste
200g Greek yoghurt
Lemon
Chilli flakes / fresh chilli
Spinach & Broccoli

Preheat the oven to 180 degrees.

Oil a baking tray and add salmon, chopped red onion, rinsed chickpeas, garlic & tomatoes and broccoli.

Season with salt and chilli (fresh or flakes) and place in the oven.

Meanwhile, mix together your greek yoghurt, harissa paste and lemon juice.

After 10 minutes, take the salmon out and add the yoghurt to the top of the salmon. place back in until the salmon is cooked through.

Serve on a bed of spinach.



A bit different to a usual Thai curry - although just as good!

Serves 3-4

MASSAMAN CURRY

400g Diced Beef
3tbsp Massaman Curry Paste
2cm Ginger
400ml Coconut Milk
1tsp Honey
Lime

4 Peppers
300g New Potato
Head of Broccoli
Kaffir Lime Leaves
2 Onion
2 Garlic Cloves

Gently fry the onion, garlic and ginger on a low heat with a little salt and 4 tablespoons of oil in a large pan or wok until soft.

In a saucepan, boil the new potatoes in salted water until just under cooked in the centre. Drain, half, and leave to one side.

Add the curry paste to the onions and turn up the heat for a few minutes until the mixture browns. Add the peppers and continue to fry for a minute or two. Add the beef until just browning, followed by the fish sauce, honey, lime and lime leaves, chilli, potatoes and coconut milk.

Allow the curry to very gently bubble away for 8 – 10 minutes at a low heat until the beef, peppers & potato are cooked through. Stir through the rocket and spinach so they just begin to wilt & serve with a sprinkle of coriander leaves and handful of nuts.

Have you tried cooking your chicken on a lower heat? It takes a little bit longer, but it stops it from drying out

Serve with
new potatoes
or rice

Serves 2

HARISSA CHICKEN

300g Chicken

4 Peppers

1 Red Onion

4 tsp Harissa Paste

Fresh Mint

1 Lime

Handful of Spinach, Broccoli or Kale

Heat a pan on a medium heat and add a tbsp of oil.

Once hot add the diced onion and gently fry. Once it begins to brown, add the diced chicken breast and lightly fry for 5 minutes.

Once both sides of the chicken have turned white add the chopped peppers and leave to cook through.

Lastly, stir through the harissa paste

Once all is cooked through squeeze in some lime juice and add a sprinkle of fresh mint

Serve with broccoli, spinach, kale



Swapping white bread, rice or pasta for brown will give you more fibre which is so beneficial for the body. Although you're more than welcome to use white carbs, they have good nutrients in too.

Serves 2

CHICKEN PESTO PASTA

150g Chicken Breast

40g Brown Pasta

1/2 Green Peppers 1/2 Yellow Pepper

Pesto Paste:

10g Almonds

Handful of Basil

1 Lemon

1 Garlic

1 tbsp Olive oil

Salt

Heat a frying pan and boil some water in a saucepan.

Oil the pan and then add the diced chicken breast.

Once the chicken starts to turn white add the peppers.

When the water has boiled in the saucepan add the pasta.

In a bowl blend the almonds, basil, lemon, garlic clove and olive oil.

Drain pasta once cooked and mix into the chicken and pour over the home made pesto.

Serve & Enjoy



Salmon & other oily fish are high in an important nutrient called Omega 3's.

Serves 1

SMOKEY CHORIZO SALMON

150g Salmon Fillet
150g Cherry Tomatoes
Fresh Basil
8 Black olives
15g chorizo
1tbsp Red Wine Vinegar

Place the salmon flesh side down in a large non-stick frying pan, on a medium-high heat. After about 3 minutes flip over and cook on skin side for 5 minutes, or until crisp.

Finely slice the chorizo and add to the pan for the last 2 minutes of cooking the salmon.

Meanwhile, halve the tomatoes and tear the basil before tossing together with a tbsp of red wine vinegar and a pinch of sea salt.

Add to the pan for the last 30 seconds of cooking.

If olives have stones, squash and discard the stones, chop the olive, mix with a tsp olive oil and a splash of water.



Sesame seeds are a rich source of natural oils, lignans, antioxidants, protein, dietary fibre, and minerals like calcium, iron, potassium, phosphorus, and magnesium

Serves 2

SESAME HONEY CHICKEN

300g Chicken breast
2 Garlic Cloves
1 Pepper
1 Carrot
4 Spring Onions
1 Pack of Egg Noodles
1 OXO cube
2 tbsp Honey
3tbsp Light Soy Sauce

Heat some oil in a pan on a medium heat. Once hot add the chicken breast
While it cooks chop the vegetables and grate the carrot.

Once the chicken has turned white on both sides add the garlic, pepper, grated carrot and spring onion.

Mix together on a low-medium heat while you boil your noodles in a saucepan.

In a bowl mix together some chicken stock, water and corn flower. Then add 2tbsp honey and 3tbsp soy sauce.

Once cooked add the noodles and sauce to the chicken and stir in.

Serve & enjoy



Butternut squash is a great source of fibre, as well as vitamins including A, C, E and B vitamins along with minerals such as calcium, magnesium, and zinc. Three tablespoons of cooked butternut squash counts as one of your five-a-day.

STUFFED BUTTERNUT SQUASH

Serves 2

1/2 Butternut squash
300g Chicken breast
1 Onion
1 Red Pepper
2 Cloves of Garlic
1 Courgette
2 tbsp Tomato Paste
2 OXO Cubes
2 tsp Paprika
2 tsp Cuming
40g Mozzarella



A winter favourite!

Preheat oven to 180 degrees and carefully slice the butternut squash in half lengthways. Scoop out the seeds and discard.

Season the squash halves with some salt and black pepper, spray with cooking oil and place flesh side down on a baking tray and cook for 30 minutes or until the butternut squash feels soft.

Remove and allow to cool slightly, then scoop out some of the flesh to make slightly hollow butternut squash boats. Set the butternut squash and removed flesh aside.

In the meantime, add oil to a hot large frying pan, add the chicken and fry until lightly golden, remove and set aside.

Add the onion and garlic and fry until softened. Add the courgette, red pepper and removed flesh of the squash and fry for a further few minutes.

Stir in the tomato paste, spices, chicken, and a little salt and black pepper and mix to evenly coat.

Add the stock, bring to a boil and then reduce heat and simmer until stock has reduced down and rice is cooked.

Spoon the mixture into the squash halves, top with the cheese and then return to the oven and bake for about 15-20mins until the cheese is melted and lightly golden.

Serve topped with chopped coriander or parsley and enjoy.



Here's a great trick for peeling your ginger: simply scrape the skin from your ginger using the edge of a spoon. Minimal waste and really easy! Now dice the ginger up finely.

Serves 2

GINGER BEEF STIRFRY

300g Flank Steak
200g Green Beans
2 Garlic Clove
300g Basmati Rice

1 tbsp Ginger
1 tbsp Cornflour
½ tbsp Soy Sauce
1 tbsp Oyster Style Sauce
½ Lime

Boil 700ml of water in one saucepan and put the green beans in another ensuring water is covering them.

Once the 1st saucepan begins to bubble add the rice & cover with a lid. This rice will want to cook for approximately 20 minutes and rest for 10.

Cut the steak into thin strips

Mix your beef strips in a bowl with the 2 tbsp of cornflour and a pinch of salt and pepper.

Add a tsp of oil into the pan on high heat and brown off the beef in two batches (just over a minute per batch). The outside should be brown but the centre should remain pink.

Remove the beef from the pan and cook the ginger and garlic in 2 tsp of olive oil for 30 seconds. Add back in all of the beef, the asparagus, the soy sauce, the oyster sauce, all the lime juice and 4 tbsp of water. Add 2 tsp of sugar if you have it. Cook for 2 more mins whilst tossing the ingredients.



I love batch cooking this chilli and storing in the freezer for when I don't have time to cook!

Serves 4

BLACKBEAN CHILLI

Oil

2 White Onions

4 Garlic Clove

2tsp Smoked Paprika

2tsp Chilli Flakes

1tsp Ground Cumin

1/2 tsp Cayenne Pepper

1 Carrot

800g Black Beans (drained)

1x Tin of Chopped Tomatoes

200ml Vegetable Stock

1 Juice of Lime

2tsp Coriander

Use a large frying pan that has a lid (or you could cover with a plate or tin foil)

Add the oil.

Once the oil is hot add onions and wait until soft.

Add garlic and cook for a minute before adding the spices and stir.

Cook for another minute and then add chopped carrots, beans, tomatoes and stock and cover.

Simmer over a medium heat, stirring regularly until carrots are cooked (20 minutes depending on chopped size)

Remove the lid for 5 minutes to let the chilli thicken before adding the lime juice & serving.



Cheese & Bacon?!? Aren't they fats?? See the next page for information on fats.

STUFFED MARROW

Serves 2

65g Bacon
1 Onion
300g Mince Meat
Tinned Tomatoes
Tomato puree

1 Marrow
20g Cheese
Paprika
Mixed Herbs

Heat a pan and add a tsp of coconut oil.

Once hot add the bacon and cook for 5 mins before adding a diced onion.

Once the onion begins to soften add the mince and cook for 5 minutes, ensure you're stirring regularly.

Add half a tin of chopped tomatoes, a tbsp of tomatoes purée, a tsp of paprika and a sprinkle of mixed herbs.

Keep stirring and simmer gently.

Meanwhile preheat the oven to 200 degrees.

Slice the marrow into 5cm disks and cut a hole through the inside, leaving a bit of flesh around the outside.

Pop onto a foil lined baking tray.

Add basil, salt and pepper to your mince and spoon into marrow holes.

Top with the Parmesan and cook for 20 minutes, or until marrow is soft.

Note: the skin is edible!

SHOULD I AVOID FAT?

Fats got a bad name during the 80's and 90's when people started swapping butter for margarine & eggs for cartons of egg whites. Ironically we didn't get any healthier, slimmer or fitter.

Fat is great for balancing & functioning hormones, plus it releases a satisfied hormone within the body.

There is no reason why anyone should avoid fats, but as with anything they should be consumed within moderation

Fat burning supplements on the other hand, are a total waste of money.



You'll need 3 wooden skewers, presoaked for 30 minutes in cold water 350g chicken breast, diced

Serves 2

CHICKEN KEBABS

300g chicken
1 green bell pepper
1 small white onion
2 cloves garlic
30g tomato purée
125g plain natural yoghurt
1 tsp garlic powder
1 tsp paprika
1/2 tsp black pepper
20ml extra virgin olive oil

Thread the chicken and pepper onto the skewers, alternating as you go.

Mix all of the remaining ingredients together (except for the olive oil) and coat the kebabs thoroughly in the mixture. Cover and refrigerate for at least 4 hours or overnight.

Preheat oven to 180 °C. Line a baking tray with foil and coat evenly with the oil. Remove some of the marinade sauce from the kebabs, so that they still have a light, even covering. Place the kebabs on the tray and cook for 30-45 minutes until the chicken is cooked through.



This is a great recipe to take to work & have for lunch. But do you sometimes feel tired after your lunches? if so, have a read of the next page.

Serves 2

OPEN SUSHI BOWL

200g Cooked Sushi Rice**
1 Cucumber
1 Avocado
1 Carrot
120g Smoked Salmon
3 tbsp Soy Sauce
2 tbsp Rice Vinegar
3 tbsp Mayonnaise
1-2 tsp Sriracha (or to taste)
1 teaspoon fresh lime juice

Optional:
3 Radishes
2 Pickles
Chopped Pickled Ginger
Tsp Toasted Sesame Seeds

Mix the soy sauce and rice wine vinegar together to create a soy drizzle.

In another bowl mix the mayo, sriracha and lime juice to make a spicy mayo.

Add half the rice to each bowl

Top with the cucumber, avocado, carrot, and salmon.

Add any of the optional ingredients, and then drizzle the spicy mayo and soy mixture over top. Stir well before digging in.

(**may substitute short grain brown or white rice, cooked according to package directions)

DO YOU HAVE CRAVINGS AFTER A MEAL? MAYBE YOU FEEL TIRED AT YOUR DESK AFTER A BIG LUNCH?

As discussed earlier, insulin is released from the pancreas in response to our blood sugar levels. When our blood sugars increase, insulin is released and its job is to tell the body to store the sugar in our muscles and liver. In order for us to have steady energy levels throughout the day and to keep our metabolic functions (the energy we burn per day) running smoothly, we need to manage our insulin levels properly.

After eating a sugary snack you may have experienced an energy spike followed by an energy crash.

This happens because blood sugar levels increase rapidly, prompting the release of insulin to lower our blood sugars, since high blood sugar is toxic. We can then be left with blood sugar levels that are too low. This can make us feel lethargic and hungry. It's at these times when we are likely to crave more sugary, carbohydrate rich foods.

This causes us to experience “peaks and troughs” in our energy levels.

The ideal scenario, both from an energy perspective and for us to get the results we want is to consume the right nutrients that will allow us to have stable, steady blood sugars and well regulated insulin levels throughout the day.

These nutrients include:

- Proteins
- Fats
- Fibre-rich complex carbohydrates

Fats and proteins do not cause insulin levels to increase anywhere near as much as carbohydrates do, that's why it's essential that we incorporate proteins and fats into our diets. By doing this we can feel full and avoid energy crashes



THE NOURISH BOOK

SNACKS, SIDES AND SWEETS

Emma Nourishment



Delicious snack if you're craving something 'carby'

CRISPY CHICKPEAS

1 Tin of Chickpeas
1 tbsp Paprika
1 tbsp Chilli Flakes
Salt
Olive Oil

Preheat the oven to 180.

Drain a tin of chickpeas and wash them under a tap.

Once oven is hot enough add chickpeas to an oiled baking tray with a tbsp paprika, chili flakes and salt.

Cook for 10 minutes, or until brown.



Perfect Winter sides!

CREAMY KALE SALAD

1 Bunch Kale, any variety
30g Pine Nuts
30g Sour Cream
30g Parmesan Cheese, grated

tablespoons Olive Oil
1 juice of a lemon
1 clove garlic
¼ teaspoon salt

Add to a bowl and mix together sour cream, parmesan, olive oil, lemon juice, salt and minced garlic.

In another bowl add the kale, ensuring you discard any large stems and the pine nuts.

Pour over the the creamy mixture and serve.

CHILLI BROCCOLI

Broccoli
1 Chilli
1 Clove of Garlic

3 tbsp Olive Oil
Handful Sesame Seeds

Preheat the oven while you boil the broccoli for 2 minutes before transferring onto a hot baking tray with 2 tbsp olive oil, chopped chilli and finely sliced garlic.

Cook for approxamitely 10 minutes before plating up and sprinkling with the last tbsp of olive oil and sesame seeds.



Two salads which go nicely with a Summer BBQ!

SPINACH, BEETROOT & POMEGRANATE SALAD

Toss Together:

100g Spinach

1 Medium Beetroot

50g Feta Cheese

1/2 Pomegranate

50g Grated Radish

Tbsp Olive Oil

Tsp Red Wine Vinegar

CHILLI CHICKPEA SALAD

On a Baking Tray Cook:

1tbsp Olive Oil

Tin of Chickpeas

Juice of a Lime

2 tsp Cumin

1 Chilli

1 tsp Pepper

Salt

Serve with Feta (optional)



There is nothing wrong with rice, sometimes it's just nice to try something different. It's always great to get more veggies onto your plate too.

CAULIFLOWER RICE

1 Cauliflower Head
Handful of Pomegranate
1 Tin of Chickpeas
Olive Oil
2 tsp Garlic
1 tsp Cumin
1 tsp Paprika
Fresh Parsley
Lemon Juice

Preheat the oven to 180 degrees.

Rinse the chickpeas in cold water before adding to a hot baking tray with a tbsp olive oil, garlic powder, cumin and paprika. Cook for 10 minutes.

Meanwhile cut the cauliflower into chunks and add to the blender. Blend until cauliflower starts to look like rice.

Add it to a serving bowl with pomegranate, chopped parsley and roasted chickpeas.

Squeeze the lemon on top and serve.



I love making my own suaces as I know exactly what goes in them. Jars can often be full of unessasery ingredients, plus we don't get as many nutrients from prepackaged food.

PESTO SAUCE

25g Almonds
3 tbsp Olive Oil
2 Cloves of Garlic
Handful of Basil
Lemon

Blend all your ingredients together and serve with chicken, salmon, pasta or so much more!

TOMATO SAUCE

Handful of Tomatoes
2 Cloves of Garlic
Handful of Basil
Salt
Pepper

Make It Spicy?
Paprika
Chilli
Honey
Oxo Cube

Blend all your ingredients together and serve with meat, veggies or fish.



Studies show we don't eat enough fruit and veggies. Why don't you try veggie sticks with one of these dips?

HUMMOUS

1 x Tin of Chickpeas
1 Clove of Garlic
1 tbsp Tahini
1 Lemon
Olive Oil

Drain the chickpeas before adding to a blender with the rest of the ingredients.

Blend until smooth, serve & enjoy.

TAZTZIKI

1 Cucumber
300g Greek Yoghurt
20g Mint
2 Garlic Cloves
1/2 Lemon

Grate the cucumber and place it in a sieve over a bowl. Sprinkle 1/2 tsp salt over it, mix through and then cover with a bowl. The excess water will begin to drip out. Leave for about an hour.

When the cucumber is ready add it to a bowl with the remaining ingredients, stir together before you serve & enjoy



Add some chocolate and there you've got home made Nutella too!

HOMEMADE NUTBUTTER

1 Cup of Almonds
1/2 Cup of Pecans
1/2 Cup of Walnuts
6 Medjool Dates
1 Tbsp Coconut Oil
1 Tbsp Cinnamon



Blend the almonds, walnuts and pecans in a food processor. After about five minutes they should be totally broken down and on their way to a liquid. At this point add the dates (pit them first), the coconut oil and the cinnamon. Then blend again; it should take about fifteen minutes to become totally smooth and creamy and you may need to scrape the nuts off the side of the processor a few times while it mixes.

Once it's ready put the butter into an air tight container and enjoy!



Cinnamon is one of the best spices on the planet, with so many health benefits including ability to lower blood sugar levels, reduce heart disease risk factors and has a plethora of other impressive health benefits

CINNAMON APPLES

4 Apples
50g Raisins
1/2tbsp Olive Oil
1tsp Ground Cinnamon
1/4 tsp Nutmeg

Preheat the oven to 180 degrees.

Cut the apples in half, through the stem, and use a spoon to remove the core and pips to make enough room for the filling.

Mix together all the other ingredients and then spoon the mixture into each apple.

Place on the baking tray in the oven and cook for 25-30 minutes.

Serve for desert with some Greek yoghurt, or even have for breakfast with porridge.



Great afternoon snack!

CACAO & ALMOND ENERGY BALLS

200g Almonds
400g Medjool Dates
4 tbsp cacao powder
2 tbsp almond butter
2tbsp coconut oil
2tbsp chia seeds

Blend almonds in a blender for 30 seconds, or until crushed.

Pit dates and then add all ingredients to the blender and blend until smooth.

Take out and roll into 20 individual balls & refrigerate for 20 minutes before serving.

6 THINGS I DO TO STAY HEALTHY



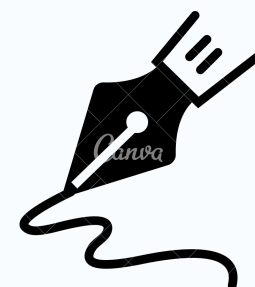
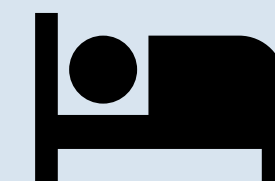
Eat More Whole, Minimally
Processed Foods Where Possible

Move As Much As I Can



Drink Plenty Of Water

Have A Bedtime Routine That Helps
Me To Sleep For 8 Hours Per Night



Journal Or Talk About Feelings To
Avoid Comfort Eating

Listen And Understand My Body





THE NOURISH BOOK

HORMONE HEALTH

Emma Nourishment

A FEW HORMONES TO MENTION

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INSULIN

Insulin is released from the pancreas in response to our blood sugar levels. When our blood sugars increase, insulin is released and its job is to tell the body to store the sugar in our muscles and liver. In order for us to have steady energy levels throughout the day and be able to burn body fat, we need to manage our insulin levels properly.

SEE MORE ON PG 33

GLUCAGON

Glucagon tells our muscle and fat cells to release energy for us to use to fuel our daily activities. If we consume too much energy and lots of sugary carbohydrates, glucagon doesn't need to do its job because there's already too much energy available. Insulin and glucagon are both released from the pancreas and work with each other to regulate our blood sugars and energy levels.

CORTISOL

Cortisol is our stress hormones, released from the adrenal glands, along with adrenaline. Although cortisol gets a bad rap, it's actually necessary for us, just not at elevated levels. Cortisol levels should rise in the mornings so that we feel energetic in the daytime, then gradually lower throughout the day, so we feel relaxed and naturally tired in the evenings.

SEE MORE ON PG 47

THYROID

Thyroid hormones have a huge impact on metabolic rate. People with underactive thyroid can gain weight easily and find their energy levels are low. On the contrary, when thyroid is over-active, people lose weight rapidly and can become anxious. Important nutrients for thyroid health include iodine, selenium, vitamin D3 and vitamin B12.

A FEW HORMONES TO MENTION

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LEPTIN

Leptin is a hormone that decreases hunger by signalling to the brain that we have enough energy stored in our body. The problem is that we can become resistant to leptin. The leaner someone is, the more sensitive to leptin they are.

When someone is leptin resistant, although they may have more leptin, the message doesn't get through, and the result is they feel hungry.

GHRELIN

Ghrelin is the hormone that tells us that we're hungry. When it's coming up to meal time, we will naturally feel hungry, this is because ghrelin is being released. There's not a lot we can do to directly influence ghrelin, apart from, you guessed it, sleep well! Studies show that lack of sleep increases ghrelin, possibly making us hungrier and more likely to make poor food choices.

TESTOSTERONE

Although testosterone is the dominant male sex hormone, it is produced by women too. Healthy testosterone levels are associated with drive, motivation and virility. As we age, testosterone production declines and this contributes to the loss of muscle mass. Low testosterone levels are associated with increased risk of CV diseases, depression, lethargy and lack of motivation.

OESTROGEN

For women, healthy oestrogen levels are essential for heart and bone health as well as many other functions in the body. Two types of Oestrogen show up during a women life: Estradiol, during the early years and Estrone, during and after the menopause.

SEE MORE ON PG 48

HOW STRESS CAN EFFECT OUR DIET

Modern life can be stressful and if, for example, we are stressing out over a work situation at night, then our cortisol levels can become elevated at a time when they should be low.

Overtraining can also cause our cortisol levels to become chronically elevated so it's important that our training programmes are assessed regularly.

Some of the reasons that our cortisol levels become imbalanced:

- Poor sleeping habits
- Inability to handle or manage stress
- Overconsumption of stimulants; caffeine for example
- Overtraining; training too long / frequently at high intensity

When cortisol gets out of control we can experience suppressed immune system function, elevated blood sugars, faster ageing, poor insulin sensitivity, lower sex drive and an increase in abdominal fat storage. As if that's not bad enough, chronically elevated cortisol often leads to cravings for high calorie, sugary foods.

Things that can help to restore healthy cortisol levels:

- Getting to bed before 10:30pm every night
- Learning a cognitive strategy such as CBT to learn how to cope better with stress
- Taking time to meditate / relax / chill out more often.
- Getting a coach.
- Reducing caffeine intake, especially in the afternoons
- Ensuring your training regime is assessed regularly

MENOPAUSE

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Estradiol is the primary oestrogen that a woman relies upon during her younger years to keep her healthy and lean.

Estradiol also helps to regulate appetite, mood and energy levels.

As a woman goes through the menopause, production of estradiol decreases and this leaves another form of oestrogen, estrone, as the main oestrogen.

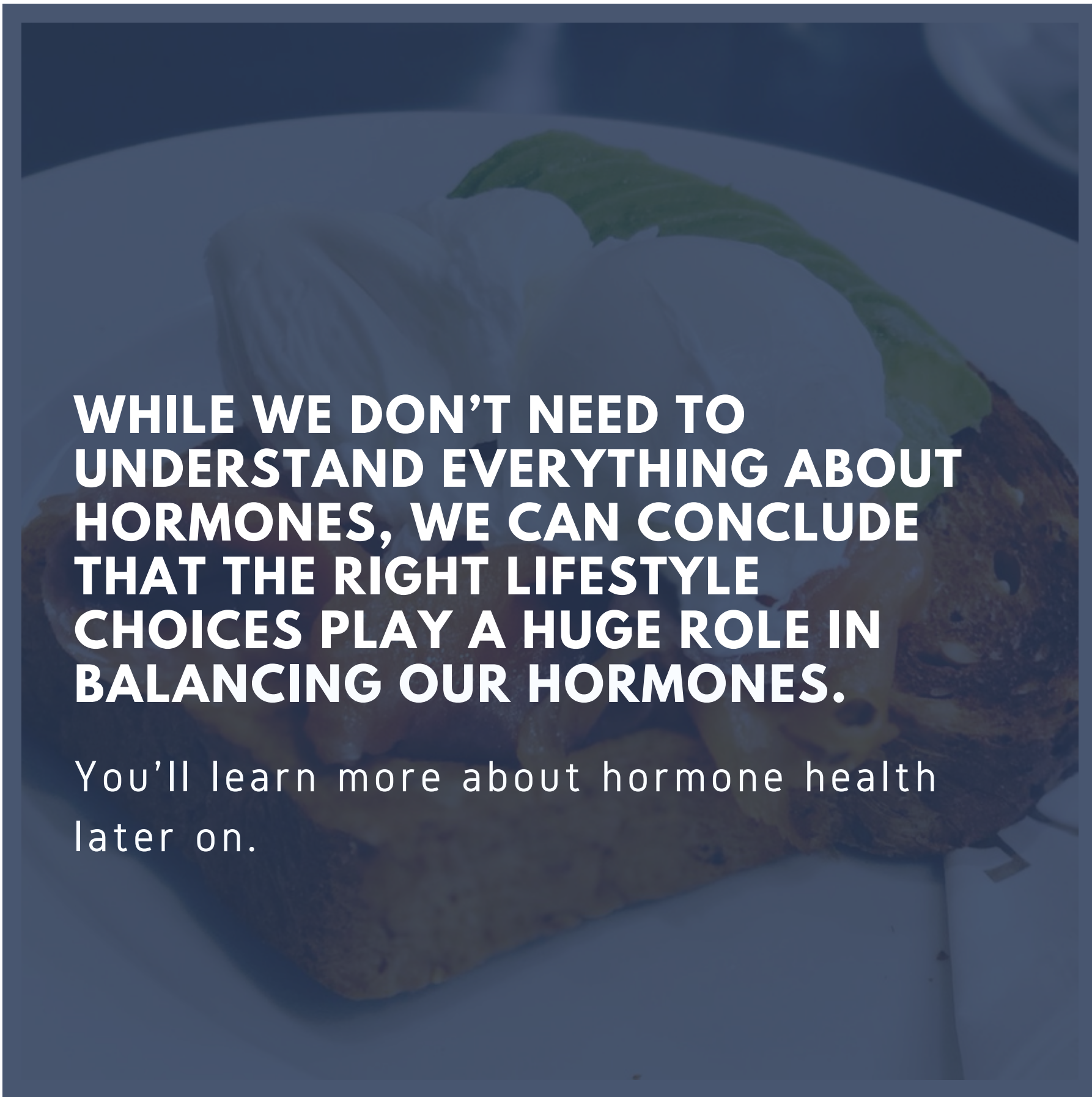
Estrone is linked with increased abdominal fat storage and unfortunately, the more fat that is gained, the more estrone is produced. This can make losing body fat much more difficult and extra attention must be placed upon diet and exercise during and after the menopause.

Estrone can also contribute to insulin resistance; another good reason to avoid binging on sugary carbohydrates and opt instead for proteins, fats, vegetables and complex carbohydrates.

Another hormone that drops at the menopause is progesterone because it is a precursor for testosterone and estradiol. This now means that there is less testosterone and estradiol available to have a positive effect on body composition, mood and appetite regulation. This is why it's so important to do everything within our control to promote healthy body composition, mood and appetite regulation. We can do this by paying attention to diet, exercise and stress levels.

Chronically elevated cortisol around the time of the menopause needs to be avoided because cortisol and progesterone may compete for the same receptors. This means that cortisol can exhibit a blocking affect on progesterone. This is definitely not good if we consider progesterone levels are already dramatically lowered after the menopause.

The key message is to learn how to manage stress and make the right lifestyle choices, especially dietary choices



WHILE WE DON'T NEED TO UNDERSTAND EVERYTHING ABOUT HORMONES, WE CAN CONCLUDE THAT THE RIGHT LIFESTYLE CHOICES PLAY A HUGE ROLE IN BALANCING OUR HORMONES.

You'll learn more about hormone health later on.

TO HELP BALANCE THE HORMONES IN OUR BODY NATURALLY WE NEED TO:

Set a bedtime routine

Learn strategies to cope better with stress

Taking time to meditate / relax / chill out

Perform a good balance of resistance training

Reduce caffeine intake

Eat well

Please be aware that this information does not constitute medical advice. If you are concerned about your hormonal health, please see a qualified medical professional.



Emma Regan

Nutrition Coach, Inspiring Body
Confidence

EMMANOURISHMENT

”AFTER MY OWN JOURNEY I WAS ABLE TO QUALIFY
TO HELP OTHER PEOPLE WITH THEIRS”

I became so fed up with the directionless and contradicting information out there about health, wellness and most importantly diet that I decided to take it into my own hands by learning the facts of good health and nutrition.

Now I’m able to help others do the same.

I BELIEVE EVERYONE DESERVES TO BE THE BEST,
HEALTHIEST AND MOST CONFIDENT VERSION OF
THEMSELVES.

I’ve helped 100s of ladies to tune in and understand their own bodies to help them reach their goal.



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