

the
METABOLIC
FEMALE

ESSENTIAL NUTRITION:

6 HIGH PROTEIN RECIPES TO IMPROVE YOUR MOOD





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.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Welcome...



... to My Essential Nutrition High Protein Recipe Book.

Below I have included 6 principles of nutrition. If you read, see or hear anything that deviates from these six principles, chances are you can dismiss it immediately as a short-term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable and will keep your hormones happy.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
3. Eat more vegetables, fibre and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods, refined sugar, artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Get in touch



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apply to work with me: **bit.ly/themetabolicfemaleconsult**



www.instagram.com/themetabolicfemale/



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Tropical chia breakfast



50ml unsweetened coconut milk
120g Greek yoghurt (use dairy free if preferred)

20g chia seeds

1-2 tps fresh lime juice (optional)

15g vanilla flavour whey or rice protein powder (or substitute with 1 tsp maple syrup)

for the toppings:

20g blueberries

20g kiwi, chopped

a sprig of fresh mint (optional)

Place the ingredients into a sealable container. Stir well until smooth.

Cover and refrigerate for 1 hour.

Stir well. If the mixture is too thick, add a splash of long life coconut milk or almond milk.

Transfer to a serving bowl or dessert glass.

Add the toppings and serve.

Cover any leftovers and refrigerate for up to 24 hours.

SERVES 1



PER SERVING:
310 Calories
20g Carbs
26g Protein
14g Fat



Chicken & lentil salad



150g chicken breast
2 tps olive oil
¾ tsp dried mixed herbs
100g tinned lentils, rinsed and drained
a handful of mangetout or sugar snap peas
30g mixed lettuce leaves
5 fresh mint leaves
for the dressing:
juice of ½ a lemon
2 tps extra virgin olive oil
a pinch of sea salt and ground black pepper

SERVES 1

Place the chicken breast between two pieces of baking paper. Using a rolling pin, bash to around 2cm thickness.

Transfer to a bowl and top with the oil and mixed herbs. Stir well to coat.

Place a frying pan or griddle over a medium flame. Add the chicken and fry for 5-6 minutes on each side or until cooked through. Rest on a plate for 5 minutes, then slice.

Mix the dressing ingredients in a large bowl. Add the lentils, mangetout, salad leaves and fresh mint. Gently mix together.

Serve the salad topped with the chicken.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



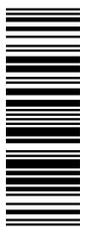
PER SERVING:

433 Calories

18g Carbs

43g Protein

21g Fat



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Beef shawarma



350g fillet steaks

2 tsps olive oil or 10g butter

for the spice rub:

½ tsp ground cumin

½ tsp ground coriander

½ tsp paprika

½ tsp ground turmeric

½ tsp cayenne pepper

¼ tsp ground cinnamon

¼ tsp garlic powder

a pinch of sea salt and ground black pepper

Place the spice rub ingredients in a bowl and stir well. Pour the mixture onto a plate. Add the steaks and turn to coat in the spices.

Melt the oil/butter in a heavy-based pan or skillet over a medium heat. Add the steak and cook for the following times:

Rare – 2-4 minutes each side.

Medium – 3-6 minutes each side.

Well done – 7-8 minutes each side.

Slice the steaks and serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve with rice, salad and mixed pickles.

SERVES 2



PER SERVING:
(Serving suggestions not included)
285 Calories
1g Carbs
32g Protein
17g Fat



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Enchilada soup



200g fresh chicken breast
1½ tbsps olive oil
1 tsp sea salt
60g white onion, chopped
60g celery, chopped
½ a red bell-pepper, chopped
2 garlic cloves, crushed
½ tsp dried chilli flakes
½ tbsp paprika
½ tbsp ground cumin
2 litres vegetable stock (made with one organic stock cube)
400g tinned tomatoes
35g tinned kidney beans, rinsed and drained
40g tinned sweetcorn, rinsed and drained
60g avocado, sliced
10g fresh coriander, chopped
15g mozzarella cheese, grated

Preheat oven to 180°C/350°F. Place the chicken onto a foil-lined baking tray. Drizzle 1 tbsp olive oil over the chicken and season with ½ tsp sea salt.

Bake for 15-20 minutes, or until golden. Rest for 5 minutes then shred with a fork.

In a large saucepan, heat the remaining oil over a medium flame. Add the onion, celery, bell-pepper and garlic. Cook for 5 minutes, stirring occasionally.

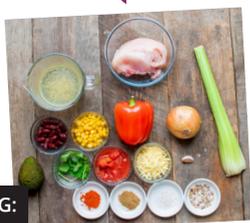
Add the dried spices, remaining salt, stock and tinned tomatoes. Bring to a boil then reduce heat and simmer for 15 minutes.

Add the kidney beans and sweetcorn. Stir well and simmer for 10 minutes.

Remove the saucepan from the heat and stir in the chicken. Serve topped with avocado, coriander and cheese.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 2



PER SERVING:
416 Calories
26g Carbs
33g Protein
20g Fat



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White fish tagine



1 tbsp olive oil
100g white onion, chopped
2 garlic cloves, crushed
2 tsps fresh ginger, chopped
½ tsp dried red chilli flakes
1 heaped tsp ground cumin
1 heaped tsp ground coriander
2 heaped tsps Lebanese 7 spice or dried mixed spice
juice of ½ a lemon
1½ tbsps tomato purée
750ml cold water
600g cod fillet, diced
25g almonds, chopped
a small bunch of fresh coriander, chopped

SERVES 3

Heat the oil in a tagine or large saucepan over a medium flame. Add the onion and fry for 4 minutes, stirring occasionally until soft.

Add the garlic and ginger and fry for 1 minute, stirring.

Add the chilli flakes, cumin, coriander, Lebanese 7 spice, lemon juice and tomato purée. Stir well and cook for 1 minute.

Add the water, bring to a boil and simmer for 10 minutes. Add a drop more water if the mixture is too thick.

Add the fish. Cover and simmer for 5 minutes.

Serve topped with almonds and garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
262 Calories
10g Carbs
33g Protein
10g Fat



Teriyaki chicken



2 tbsps soy sauce or tamari
2 tbsps honey
2 garlic cloves, minced
½ tsp sea salt
350g chicken breast, diced
2 tpsps olive oil
80g white onion, chopped
1 tbsp cornflour or rice flour
1 tbsp malt vinegar
100ml cold water
1 tsp sesame oil
1 tsp sesame seeds

SERVES 2

Place the soy sauce, honey, garlic and salt in a large bowl and stir well. Add the chicken breast and stir. Cover and refrigerate for 15 minutes.

Heat the olive oil in a frying pan over a medium flame. Add the onion and fry for 5 minutes, stirring occasionally until soft.

Add the chicken and marinade. Cook for 5 minutes, stirring frequently. Remove the chicken from the pan and set aside.

Add the cornflour, vinegar and water to the pan. Increase the heat to medium/high and stir for 30 seconds.

Reduce heat to low. Add the cooked chicken and sesame oil. Stir well and heat through for 2 minutes.

Serve garnished with sesame seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed rice and vegetables.



PER SERVING:
370 Calories
25g Carbs
45g Protein
10g Fat



SCAN TO MYFITNESSPAL

About Emma...



Emma Melhuish, BSc Honours Degree in Sport & Nutrition, Advanced Certification in Female Metabolism and Hormones.



With over 21 years of experience in the Health & Wellness industry, Emma understands exactly how to achieve sustainable fat loss and transformational results (both body & mind) for her female clients.

Having struggled with her own hormone changes in her late 30's, Emma has the unique ability to understand firsthand how to help women navigate through this sensitive period to become fit, fearless, healthy, and strong with unstoppable confidence in the second of their life.

P.S. Whenever you are ready here are 2 of the best ways we can help you:

- 1. For more free advice and support make sure you're following me on Instagram [@themetabolicfemale](https://www.instagram.com/themetabolicfemale)**
- 2. Want bespoke help with how to eat to support your hormones? Fill in this short form here => bit.ly/themetabolicfemaleconsult**