



**Women's Hormone Balancing
Diet Meal Plan**



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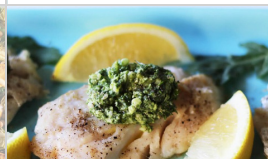
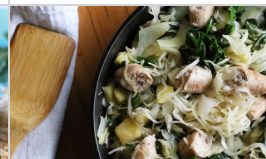
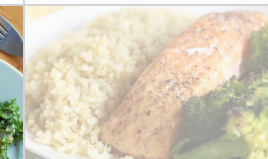
A diet to balance sex hormones, adrenals, and thyroid for optimal mood balance.






















Our Women's Hormone Balancing Diet contains key ingredients to promote healthy sex hormone production and detoxification, adrenal health, and thyroid function.

Recipes include the adaptogens maca and schisandra, as well as foods that support liver and gut health.

Focus is on indole-3-carbinol, calcium-d-glucarate, omega-3s, iodine, probiotics, and fibre, as well as regular meals and plenty of protein for balanced blood sugar.

Enjoy!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Berry Beet Smoothie Bowl	 Berry Beet Smoothie Bowl	 Berry Beet Smoothie Bowl
Snack 1	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Avocado Toast with a Poached Egg	 Avocado Toast with a Poached Egg	 Avocado Toast with a Poached Egg	 Bloat-Fighting Tropical Smoothie	 Bloat-Fighting Tropical Smoothie
Lunch	 Roasted Sweet Potato & Brussels Sprouts Salad	 Egg Roll in a Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 15 Minute Halibut with Dill Pesto	 Sausage & Sauerkraut Skillet	 Baked Salmon with Broccoli & Quinoa	 Kale Caesar Salad with Blackened Chicken
Snack 2	 Grapefruit	 Grapefruit	 Grapefruit	 Apple Slices & Nori Crisps	 Apple Slices & Nori Crisps	 Apple Slices & Nori Crisps	 Apple Slices & Nori Crisps
Dinner	 Egg Roll in a Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 15 Minute Halibut with Dill Pesto	 Sausage & Sauerkraut Skillet	 Baked Salmon with Broccoli & Quinoa	 Kale Caesar Salad with Blackened Chicken	 Baked Salmon with Broccoli & Quinoa

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 39%	 39%	 39%	 43%	 38%	 35%	 35%
Carbs	 36%	 36%	 38%	 35%	 42%	 41%	 41%
Protein	 25%	 25%	 23%	 22%	 20%	 24%	 24%
Calories	1604	1604	1510	1450	1310	1247	1247
Fat	72g	72g	69g	72g	58g	51g	51g
Saturated	14g	14g	12g	16g	13g	7g	7g
Polyunsaturated	13g	13g	12g	9g	10g	10g	10g
Monounsaturated	35g	35g	34g	34g	29g	26g	26g
Carbs	150g	150g	149g	131g	144g	133g	133g
Fiber	46g	46g	46g	39g	34g	30g	30g
Sugar	60g	60g	53g	59g	63g	61g	61g
Protein	106g	106g	90g	85g	66g	76g	76g

Fruits

- 20 Apple
- 8 Avocado
- 16 Banana
- 12 Grapefruit
- 4 1/2 Lemon
- 4 cups Papaya
- 4 cups Pineapple

Breakfast

- 1 cup Almond Butter
- 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tsps Black Pepper
- 1 3/4 tsps Cayenne Pepper
- 1/2 cup Chia Seeds
- 2 tsps Cumin
- 2 tbsps Paprika
- 1/2 cup Pumpkin Seeds
- 3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2/3 cup Slivered Almonds

Frozen

- 16 cups Frozen Cauliflower
- 6 cups Frozen Mango
- 6 cups Frozen Raspberries

Vegetables

- 28 cups Baby Spinach
- 4 cups Bean Sprouts
- 6 Beet
- 24 cups Broccoli
- 12 cups Brussels Sprouts
- 1 cup Cherry Tomatoes
- 12 cups Coleslaw Mix
- 6 Cucumber
- 1/2 cup Fresh Dill
- 16 Garlic
- 2 tbsps Ginger
- 14 stalks Green Onion
- 8 cups Kale Leaves
- 2 cups Mint Leaves
- 16 cups Mixed Greens
- 2 cups Parsley
- 1 cup Radishes
- 6 Sweet Potato
- 8 cups Swiss Chard
- 2 tbsps Thyme
- 4 Yellow Onion

Boxed & Canned

- 6 cups Lentils
- 3 cups Quinoa
- 4 cans Tuna

Baking

- 2 cups Cacao Powder
- 1/3 cup Pitted Dates

Bread, Fish, Meat & Cheese

- 2 lbs Chicken Breast
- 2 1/2 lbs Halibut Fillet
- 2 lbs Lean Ground Pork
- 12 slices Organic Bread
- 1 1/4 lbs Organic Chicken Sausage
- 3 3/4 lbs Salmon Fillet

Condiments & Oils

- 3/4 cup Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1/2 cup Coconut Aminos
- 3 tbsps Coconut Oil
- 1/4 cup Dijon Mustard
- 1 2/3 cups Extra Virgin Olive Oil
- 4 cups Sauerkraut
- 3/4 cup Tahini

Cold

- 28 Egg
- 22 cups Unsweetened Almond Milk

Other

- 4 cups Chocolate Protein Powder
- 20 Ice Cubes
- 1/2 cup Maca Powder
- 32 Nori Sheets
- 2 tbsps Schisandra Berry Powder
- 9 1/4 cups Water



Chocolate Cauliflower Shake

8 servings

5 minutes

Ingredients

8 cups Frozen Cauliflower
8 Banana (frozen)
1/2 cup Almond Butter
1 cup Cacao Powder
2 cups Chocolate Protein Powder
8 cups Unsweetened Almond Milk
1/4 cup Maca Powder

Nutrition

Amount per serving	
Calories	450
Fat	16g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha, Replace half of the almond milk with chilled coffee.

Likes it Sweeter, Add pitted medjool dates.

No Maca Powder, Leave it out or use cinnamon instead.



Berry Beet Smoothie Bowl

12 servings

10 minutes

Ingredients

6 Beet (medium, peeled and diced)
6 cups Frozen Mango
6 cups Frozen Raspberries
1/3 cup Pitted Dates
2 tbsps Schisandra Berry Powder
6 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	136
Fat	2g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	29g
Fiber	6g
Sugar	22g
Protein	3g

Directions

- 1 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 2 Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas, Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

No Schisandra Berry Powder, Leave it out, or use acai powder instead.



Protein Packed Deviled Eggs

8 servings
20 minutes

Ingredients

16 Egg (hard boiled)
4 cans Tuna (drained)
2 Avocado
4 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
2 tsps Paprika
2 Cucumber (sliced)

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Nutrition

Amount per serving	
Calories	310
Fat	18g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g



Avocado Toast with a Poached Egg

4 servings
15 minutes

Ingredients

4 slices Organic Bread (we like Dimpflmeier)
2 Avocado
Sea Salt & Black Pepper (to taste)
4 Egg
1/4 cup Apple Cider Vinegar
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	315
Fat	22g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	22g
Fiber	8g
Sugar	4g
Protein	10g

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Bloat-Fighting Tropical Smoothie

4 servings

5 minutes

Ingredients

2 cups Papaya (chopped)
2 cups Pineapple (chopped)
2 Cucumber (chopped)
10 Ice Cubes
1 cup Mint Leaves
2 cups Baby Spinach
1/4 cup Chia Seeds
2 cups Water

Nutrition

Amount per serving	
Calories	162
Fat	5g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	31g
Fiber	7g
Sugar	16g
Protein	4g

Directions

- 1 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet, Add raw honey.

More Protein, Add hemp seeds or a scoop of vanilla protein powder.

No Papaya, Use extra pineapple or other fruit like mango or oranges.



Roasted Sweet Potato & Brussels Sprouts Salad

12 servings

30 minutes

Ingredients

6 Sweet Potato (medium. sliced into 1 inch cubes)
 12 cups Brussels Sprouts (washed and halved)
 3 tbsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 3/4 cup Tahini
 3 tbsps Maple Syrup
 3/4 cup Water (warm)
 3/4 tsp Cayenne Pepper (less if you don't like it spicy)
 1/3 tsp Sea Salt
 6 cups Lentils (cooked, drained and rinsed)
 24 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g

Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts, Use broccoli instead.

No Lentils, Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Grapefruit

4 servings

5 minutes

Ingredients

4 Grapefruit

Nutrition

Amount per serving	
Calories	82
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	21g
Fiber	3g
Sugar	18g
Protein	2g

Directions

- 1 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour, Sprinkle with a pinch of sea salt.



Apple Slices & Nori Crisps

8 servings

5 minutes

Ingredients

16 Nori Sheets
1 1/2 tsps Extra Virgin Olive Oil
8 Apple (medium)

Nutrition

Amount per serving	
Calories	113
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	27g
Fiber	6g
Sugar	19g
Protein	2g

Directions

- 1 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 2 Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time, Buy pre-toasted nori sheets.



Egg Roll in a Bowl

8 servings

30 minutes

Ingredients

- 1/4 cup Avocado Oil
- 2 Yellow Onion (medium, diced)
- 10 stalks Green Onion (diced)
- 8 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 2 lbs Lean Ground Pork
- 12 cups Coleslaw Mix
- 4 cups Bean Sprouts
- 1/2 cup Coconut Aminos

Nutrition

Amount per serving	
Calories	407
Fat	26g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos, Use tamari or soy sauce instead.

Meat-Free, Replace the ground meat with scrambled eggs or tofu.



15 Minute Halibut with Dill Pesto

8 servings
15 minutes

Ingredients

2 cups Parsley (packed)
 1/2 cup Fresh Dill (packed)
 2/3 cup Slivered Almonds
 1/3 cup Extra Virgin Olive Oil
 2 Lemon (juiced)
 2 Garlic (clove)
 Sea Salt & Black Pepper
 2 1/2 lbs Halibut Fillet
 1 tbsp Coconut Oil
 16 cups Mixed Greens (or Arugula)

Nutrition

Amount per serving	
Calories	308
Fat	19g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	6g
Fiber	2g
Sugar	1g
Protein	30g

Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free, Use pumpkin seeds or sunflower seeds instead.

Save Time, Blend up the pesto in advance.

More Carbs, Serve it with rice, quinoa or roasted mini potatoes.



Sausage & Sauerkraut Skillet

8 servings

40 minutes

Ingredients

- 1 1/4 lbs Organic Chicken Sausage
- 2 tbsps Coconut Oil
- 2 Yellow Onion (diced)
- 4 Apple (peeled, cored and diced)
- 4 Garlic (cloves, minced)
- 8 cups Swiss Chard (washed, stems removed and chopped)
- 4 cups Sauerkraut (liquid drained off)

Nutrition

Amount per serving	
Calories	264
Fat	14g
Saturated	6g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	26g
Fiber	6g
Sugar	15g
Protein	12g

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Leftovers, Store in an airtight container in the fridge up to three days.

Vegan and Vegetarian, Skip the sausage and use cooked lentils instead.

No Swiss Chard, Use kale or spinach instead.



Baked Salmon with Broccoli & Quinoa

12 servings

20 minutes

Ingredients

3 3/4 lbs Salmon Fillet
 Sea Salt & Black Pepper (to taste)
 24 cups Broccoli (sliced into small florets)
 1/3 cup Extra Virgin Olive Oil
 3 cups Quinoa (uncooked)
 4 1/2 cups Water
 1 1/2 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	482
Fat	19g
Saturated	3g
Polyunsaturated	6g
Monounsaturated	9g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers, Store covered in the fridge up to 2 days.

Speed it Up, Cook the quinoa ahead of time.

Vegan, Use tofu steaks instead of salmon fillets.



Kale Caesar Salad with Blackened Chicken

8 servings

50 minutes

Ingredients

2 Garlic (entire bulb)
 2 lbs Chicken Breast
 1 1/3 tbsps Paprika
 1 tsp Sea Salt
 1 tsp Cayenne Pepper
 2 tsps Cumin
 2 tbsps Thyme
 2 tsps Black Pepper
 2/3 cup Extra Virgin Olive Oil
 1 Lemon (juiced)
 1/4 cup Dijon Mustard
 8 cups Kale Leaves
 1 cup Radishes (thinly sliced)
 1 cup Cherry Tomatoes (halved)
 1/2 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	354
Fat	24g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	15g
Carbs	6g
Fiber	3g
Sugar	1g
Protein	28g

Directions

- 1 Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
- 2 Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
- 3 In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
- 4 Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
- 5 Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
- 6 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
- 7 Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

Notes

Vegetarian, Swap the chicken for roasted chickpeas.