



## Women's Hormone Balancing Plan

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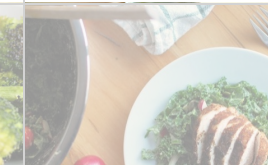




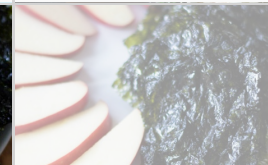
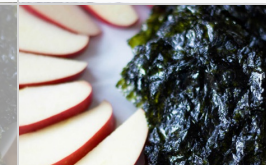
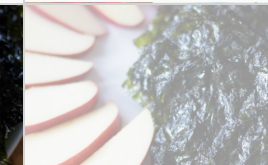


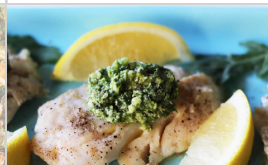

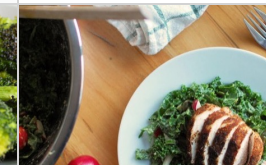
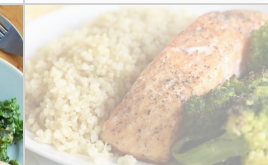


A diet to balance sex hormones, adrenals, and thyroid for optimal fertility and vitality.

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, omega-3s, iodine, probiotics, and fiber, as well as regular meals and plenty of protein for balanced blood sugar.



	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



**Fruits**

- ☐ 5 Apple
- ☐ 2 Avocado
- ☐ 4 Banana
- ☐ 3 Grapefruit
- ☐ 1 1/8 Lemon
- ☐ 1 cup Papaya
- ☐ 1 cup Pineapple

**Breakfast**

- ☐ 1/4 cup Almond Butter
- ☐ 2 1/4 tsps Maple Syrup

**Seeds, Nuts & Spices**

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

**Frozen**

- ☐ 4 cups Frozen Cauliflower
- ☐ 1 1/2 cups Frozen Mango
- ☐ 1 1/2 cups Frozen Raspberries
- ☐ 5 Ice Cubes

**Vegetables**

- ☐ 7 cups Baby Spinach
- ☐ 1 cup Bean Sprouts
- ☐ 1 1/2 Beet
- ☐ 6 cups Broccoli
- ☐ 3 cups Brussels Sprouts
- ☐ 1/4 cup Cherry Tomatoes
- ☐ 3 cups Coleslaw Mix
- ☐ 1 1/2 Cucumber
- ☐ 2 tbsps Fresh Dill
- ☐ 4 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 3 1/2 stalks Green Onion
- ☐ 2 cups Kale Leaves
- ☐ 1/2 cup Mint Leaves
- ☐ 4 cups Mixed Greens
- ☐ 1/2 cup Parsley
- ☐ 1/4 cup Radishes
- ☐ 1 1/2 Sweet Potato
- ☐ 2 cups Swiss Chard
- ☐ 1 1/2 tsps Thyme
- ☐ 1 Yellow Onion

**Boxed & Canned**

- ☐ 1 1/2 cups Lentils
- ☐ 3/4 cup Quinoa
- ☐ 1 can Tuna

**Baking**

- ☐ 1/2 cup Cacao Powder
- ☐ 1 1/2 tbsps Pitted Dates

**Bread, Fish, Meat & Cheese**

- ☐ 3 slices Bread
- ☐ 227 grams Chicken Breast
- ☐ 142 grams Chicken Sausage
- ☐ 283 grams Halibut Fillet
- ☐ 227 grams Lean Ground Pork
- ☐ 425 grams Salmon Fillet

**Condiments & Oils**

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

**Cold**

- ☐ 7 Egg
- ☐ 5 1/2 cups Unsweetened Almond Milk

**Other**

- ☐ 1 cup Chocolate Protein Powder
- ☐ 2 tbsps Maca Powder
- ☐ 8 Nori Sheets
- ☐ 1 1/2 tsps Schisandra Berry Powder
- ☐ 2 1/3 cups Water



## Chocolate Cauliflower Shake

2 servings

5 minutes

### Ingredients

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

### 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.





## Protein Packed Deviled Eggs

2 servings

20 minutes

### Ingredients

4 Egg (hard boiled)  
1 can Tuna (drained)  
1/2 Avocado  
1 stalk Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/2 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.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Avocado Toast with a Poached Egg

1 serving

15 minutes

### Ingredients

1 slice Bread  
1/2 Avocado  
Sea Salt & Black Pepper (to taste)  
1 Egg  
1 tbsp Apple Cider Vinegar  
1/8 tsp Sea Salt

### 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

1 serving

5 minutes

### Ingredients

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

### 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

3 servings

30 minutes

### Ingredients

1 1/2 Sweet Potato (medium. sliced into 1 inch cubes)  
3 cups Brussels Sprouts (washed and halved)  
2 1/4 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
3 tbsps Tahini  
2 1/4 tsps Maple Syrup  
3 tbsps Water (warm)  
1/8 tsp Cayenne Pepper (less if you don't like it spicy)  
1/16 tsp Sea Salt  
1 1/2 cups Lentils (cooked, drained and rinsed)  
6 cups Baby Spinach (chopped)

### 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 chickpeas, tempeh, or tofu instead.



## Grapefruit

1 serving

5 minutes

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### Ingredients

1 Grapefruit

### 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

2 servings

5 minutes

### Ingredients

4 Nori Sheets  
1/3 tsp Extra Virgin Olive Oil  
2 Apple (medium)

### 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

2 servings

30 minutes

### Ingredients

1 tbsp Avocado Oil  
1/2 Yellow Onion (medium, diced)  
2 1/2 stalks Green Onion (diced)  
2 Garlic (cloves, minced)  
1 1/2 tsps Ginger (peeled and grated)  
227 grams Lean Ground Pork  
3 cups Coleslaw Mix  
1 cup Bean Sprouts  
2 tsps Coconut Aminos

### 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

2 servings

15 minutes

### Ingredients

1/2 cup Parsley (packed)  
2 tbsps Fresh Dill (packed)  
2 2/3 tbsps Slivered Almonds  
1 1/2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
1/2 Garlic (clove)  
Sea Salt & Black Pepper  
283 grams Halibut Fillet  
3/4 tsp Coconut Oil  
4 cups Mixed Greens (or Arugula)

### 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

2 servings

40 minutes

### Ingredients

- 142 grams Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)

### 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

3 servings

20 minutes

### Ingredients

425 grams Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
6 cups Broccoli (sliced into small florets)  
1 1/2 tbsps Extra Virgin Olive Oil  
3/4 cup Quinoa (uncooked)  
1 1/8 cups Water  
1/3 Lemon (sliced into wedges)

### 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

2 servings

50 minutes

### Ingredients

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

### 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.