



Hormone Health
Meal Plan

REBALANCE YOUR
HORMONES AND REBOOT
YOUR HEALTH.

Week 1

SUNDAY

- B** Pumpkin Muffins (Make 1/2 batch and freeze remaining for Friday. Could make full batch and freeze remaining for week 4)
- L** Berry Sexy Salad
- D** Beef and Broccoli

MONDAY

- B** Hearty Eggs and Broccoli
- L** Chicken Bowl (save half recipe for tomorrow)
- D** Left overs from the night before

TUESDAY

- B** Complete Smoothie
- L** Chicken Bowl
- D** Honey Dijon Salmon & Roasted Tri-Color Carrots

WEDNESDAY

- B** Hearty Eggs and Broccoli
- L** Avocado Quinoa Bowl
- D** Left overs from the night before

THURSDAY

- B** Complete Smoothie
- L** Avocado Quinoa Bowl
- D** Weeknight Quick Pasta Dinner

FRIDAY

- B** Pumpkin Muffins
- L** Pomegranate Quinoa Salad w/ Grilled Chicken (save half recipe for tomorrow)
- D** Left overs from the night before

SATURDAY

- B** Greek Omelette w/ Avocado
- L** Pomegranate Quinoa Salad w/ Grilled Chicken
- D** Shrimp & Cabbage (make half recipe)

SHOPPING LIST

PRODUCE

- 2 heads broccoli
- 1 large sweet potato
- 1 yellow onion
- 1 large cucumber
- 1 bundle fresh parsley
- 1 bundle fresh dill
- 1 1/2 cups (224 g) cherry tomatoes
- 3 cups (90 g) baby spinach
- 2 1/2 cups (142 g) mixed salad greens
- 4 cups (80 g) arugula
- 1 bundle carrots
- 1/2 cup (59 g) shelled edamame
- 1 large jar kalamata olives
- 1 small package shredded carrots
- 1 red bell pepper
- 1 clove garlic
- 1 head green cabbage
- 3/4 cup (112 g) blueberries
- 3/4 cup (92 g) raspberries
- 1/3 cup (48 g) strawberries
- 1 lemon
- 2 oranges
- 1 banana
- 3 avocados
- 1 small package pomegranate arils
- 1 small jar sauerkraut

MEAT, POULTRY, DAIRY

- 10 eggs
- 1 small container feta cheese
- 8 oz (227 g) ground chicken
- 12 oz (340 g) lean ground beef
- Collagen peptides
- 10 oz (284 g) salmon
- 5 oz (124 g) shrimp or prawns, peeled/deveined
- 2 oz (57 g) ground lamb (could substitute with ground chicken)
- 2 chicken breasts, skinless

GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (240 g) canned or cooked chickpeas
- Almond butter
- Sesame seeds
- 2 3/4 cups (468 g) quinoa
- 1/2 cup (92 g) brown rice
- 1/3 cup (33 g) pecans
- 1/4 cup (20 g) almonds
- Sunflower seeds
- Tahini
- Almond flour
- Hemp hearts

MISCELLANEOUS

- Salt
- Pepper
- Cinnamon
- Ground cloves
- Nutmeg
- Garlic powder
- Ground ginger
- Ground turmeric
- Taco seasoning (Siete brand or organic brand)
- Dried parsley
- Dried thyme
- Onion powder
- 8 oz (227 g) lentil pasta
- Olive oil
- Avocado oil
- Pumpkin puree
- Vanilla extract
- Apple cider vinegar
- Dijon mustard
- Red wine vinegar
- Coconut aminos
- Canned coconut milk
- Baking soda
- Pesto sauce made with olive oil
- Ghee

How to Meal Prep Week 1

- Sunday evening make chicken bowl to be had for lunch on Monday and Tuesday.
- Sunday evening pre-chop broccoli to be had with breakfast on Monday and Wednesday.
- Tuesday evening cook quinoa to be had with lunch Wednesday, Thursday, Friday, and Saturday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1382

Carbohydrates: 124 g, Protein: 77 g, Fat: 70 g

Week 2

SUNDAY

B Spinach & Mushroom Egg Bake

L Summer Salad

D Crispy Chicken and Asparagus

MONDAY

B Chocolate Nut Butter Overnight Oats

L Lemon Dill Chicken Salad

D Left overs from the night before

TUESDAY

B Smoked Salmon Avocado Toast

L Lemon Dill Chicken Salad

D Flaxseed Meatballs & Spaghetti Squash

WEDNESDAY

B Chocolate Nut Butter Overnight Oats

L High-Protein Butternut Squash Soup (save half recipe for tomorrow)

D Left overs from the night before

THURSDAY

B Smoked Salmon Avocado Toast

L High-Protein Butternut Squash Soup

D Lemon Skillet Chicken with Olives

FRIDAY

B Pretty in Pink Smoothie

L Cauliflower Taco Bowl (save half recipe for tomorrow)

D Left overs from the night before

SATURDAY

B Spinach & Mushroom Egg Bake

L Cauliflower Taco Bowl

D Fish Tacos (make half recipe)

SHOPPING LIST

PRODUCE

- 1 cup (54 g) mushrooms
- 4 cups (120 g) baby spinach
- 1 cup (20 g) arugula
- 1 cucumber
- 1 bundle fresh parsley
- 1 bundle asparagus
- 2 red onions
- 1 yellow onion
- 5 cloves garlic
- 2 tomatoes
- 2 cups riced cauliflower
- 1 head lettuce for shredding
- 1 small head purple cabbage (or pre-shredded)
- 1 spaghetti squash
- 1/2 cup (62 g) raspberries
- 1 cup (144 g) blackberries
- 2 cups (304 g) chopped watermelon
- 3 avocado
- 2 lemons
- 1 jar green olives
- 1 peach
- 1 banana
- 1 bundle fresh basil
- 1 bundle fresh dill
- 1 bundle fresh cilantro
- Broccoli sprouts

MEAT, POULTRY, DAIRY

- 5 eggs
- 2 oz (57 g) goat cheese
- 1/4 cup (60 g) plain Greek yogurt
- 26 oz (734 g) bonesless, skinless chicken thighs
- 1 1/4 cup (256 g) canned or shredded chicken
- 23 oz (643 g) ground beef
- 6 oz (170 g) smoked salmon
- 6 oz (170 g) cod or white fish
- 2/3 cup (160 g) kefir or Greek yogurt

GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (260 g) canned or cooked black beans
- 1/4 cup (42 g) ground flaxseed
- Almond butter
- 1 1/3 cup (320 g) almond milk
- 1/2 cup (48 g) almonds
- Hemp hearts
- 1/4 cup (34 g) macadamia nuts
- 1 cup (80 g) rolled oats
- 2 tortillas (sprouted grain or grain free)
- 1/2 cup (92 g) brown rice
- 2 slices Ezekiel or grain free bread

MISCELLANEOUS

- Salt
- Pepper
- Garlic powder
- Dried oregano
- Onion powder
- Sage
- Ground turmeric
- Thyme
- Chili powder
- Cayenne pepper
- Cacao powder
- Olive oil
- Ghee
- Apple cider vinegar
- Vanilla extract
- Balsamic vinegar
- 4 1/4 cups (1.15 liters) bone broth
- Marinara sauce (Rao's brand)
- Beet or pomegranate juice

How to Meal Prep Week 2

- Sunday and Tuesday evening prepare overnight oats to be had for breakfast on Monday and Wednesday.
- If you are cooking shredded chicken rather than using canned organic chicken, prepare this on Sunday evening to be had with lunch on Monday and Tuesday.
- Option to pre-cook flaxseed meatballs earlier in the week and store in the freezer. These are to be had with dinner on Tuesday and Wednesday.
- Tuesday evening make the high-protein butternut squash soup to be had for lunch on Wednesday and Thursday.
- Thursday evening make cauliflower taco bowls to be had with lunch on Friday and Saturday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1,369

Carbohydrates: 113 g, Protein: 93 g, Fat: 69 g

Week 3

SUNDAY

- B** Spinach & Mushroom Egg Bake
- L** Cucumber Beet Salad w/ Shrimp
- D** Flaxseed Meatballs & Spaghetti Squash

MONDAY

- B** Pumpkin Chia Pudding
- L** Chicken Bowl (save half recipe for tomorrow)
- D** Left overs from the night before

TUESDAY

- B** Greek Omelette w/ Avocado
- L** Chicken Bowl
- D** Detox Soup

WEDNESDAY

- B** Pumpkin Chia Pudding
- L** Lemon Dill Chicken Salad
- D** Left overs from the night before

THURSDAY

- B** Greek Omelette w/ Avocado
- L** Lemon Dill Chicken Salad
- D** Weeknight Quick Pasta Dinner

FRIDAY

- B** Spinach & Mushroom Egg Bake
- L** Coco Banana Yogurt Bowl
- D** Left overs from the night before

SATURDAY

- B** Smoked Salmon Avocado Toast
- L** Coco Banana Yogurt Bowl
- D** Beef and Broccoli

SHOPPING LIST

PRODUCE

- 1 cup (54 g) mushrooms
- 6 cups (180 g) baby spinach
- 1 large or 2 medium beets
- 2 cucumbers
- 1 spaghetti squash
- 1 bundle fresh parsley
- 1 bundle fresh dill
- 1 1/2 (224 g) cups cherry tomatoes
- 1 red bell pepper
- 2 cloves garlic
- 1 yellow onion
- 1 red onion
- 1 head broccoli
- 1 cup (123 g) raspberries
- 1 cup (144 g) blackberries
- 1 red apple
- 1 lemon
- 1 banana
- 2 avocados
- 1 jar kalamata olives
- Broccoli sprouts
- 2-3 sweet potatoes
- 1 head romaine lettuce

MEAT, POULTRY, DAIRY

- 8 eggs
- 2 cups (480 g) non-fat Greek yogurt
- 1 1/2 cups (360 g) plain whole fat yogurt
- 8 oz (227 g) ground chicken
- 1 1/4 cups (256 g) shredded or canned chicken
- 16 oz (473 g) lean ground beef
- 4 oz (113 g) cocktail shrimp (cooked)
- 3 oz (85 g) smoked salmon
- 4 oz (113 g) ground lamb

GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (240 g) canned or cooked chickpeas
- 3/4 cup (144 g) dried lentils
- Sesame seeds
- Cacao nibs (or powder)
- 1 slice Ezekiel or grain free bread
- 1/4 cup (28 g) pecans
- 1/2 cup (40 g) almonds
- 1/4 cup (42 g) ground flaxseed
- 4 tbsp (48 g) chia seeds
- 1/4 cup (32 g) pumpkin seeds

MISCELLANEOUS

- Salt
- Pepper
- Oregano
- Garlic powder
- Taco seasoning (Siete brand)
- Dried parsley
- Thyme
- Ground ginger
- Ground turmeric
- Cinnamon
- Pumpkin puree
- Red wine vinegar
- Coconut aminos
- Ghee
- Marinara sauce
- 4 cups (1 liter) Bone broth
- 8 oz (227 g) lentil pasta
- Pesto sauce (made with olive oil)

How to Meal Prep Week 3

- Sunday and Tuesday evening prepare chia seed pudding to be had for breakfast on Monday and Wednesday.
- Sunday evening make chicken bowls to be had for lunch on Monday and Tuesday)
- Option to precook detox soup earlier in the week and store in the refrigerator or freezer. This will be had for dinner on Tuesday and Wednesday.
- If you are cooking shredded chicken rather than using canned organic chicken, prepare this on Sunday evening to be had with lunch on Wednesday and Thursday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1,309

Carbohydrates: 103 g, Protein: 81 g, Fat: 68 g

Week 4

SUNDAY

- B** Pumpkin Muffins (use remaining from week 1 or make half recipe and store remaining in freezer)
- L** Pomegranate Quinoa Salad w/ Grilled Chicken
- D** Chicken Stew

MONDAY

- B** Complete Smoothie
- L** Berry Sexy Salad
- D** Left overs from the night before

TUESDAY

- B** Hearty Eggs and Broccoli
- L** Berry Sexy Salad
- D** Fish Tacos

WEDNESDAY

- B** Complete Smoothie
- L** Cauliflower Taco Bowl
- D** Left overs from the night before

THURSDAY

- B** Hearty Eggs and Broccoli
- L** Cauliflower Taco Bowl
- D** Beef and Broccoli

FRIDAY

- B** Pumpkin Muffins
- L** Avocado Quinoa Bowl
- D** Left overs from the night before

SATURDAY

- B** Mushroom Omelette
- L** Avocado Quinoa Bowl
- D** Honey Dijon Salmon & Roasted Tri-Color Carrots

SHOPPING LIST

PRODUCE

- 2 cups (40 g) arugula
- 1 cup (30 g) baby spinach
- 4 1/4 cup (237 g) mixed salad greens
- 3 cloves garlic
- 3 stalks celery
- 1 yellow onion
- 1 bundle carrots
- 1 small package shredded carrots
- 2 heads broccoli
- 1 small red purple cabbage
- 1 red onion
- 2 cups (170 g) riced cauliflower
- 1 tomato
- 1 small head romaine lettuce
- 1 bundle fresh cilantro
- 1-2 sweet potatoes
- 1/2 cup (59 g) shelled edamame
- 1 jar sauerkraut
- 1/2 cup (22 g) mushrooms
- 1 cup (148 g) blueberries
- 1 package pomegranate arils
- 2 lemons
- 1 banana
- 3 avocados
- 1 cup (123 g) raspberries
- 2/3 cups (96 g) strawberries
- 2 oranges
- 1 cantaloupe

MEAT, POULTRY, DAIRY

- 13 eggs
- Feta cheese
- 1/2 cup (60 g) plain whole fat yogurt
- 2 skinless chicken breasts
- 12 oz (340 g) cod or white fish
- 5 oz (142 g) salmon
- 24 oz (680 g) lean ground beef
- Collagen peptides

GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (260 g) canned or cooked black beans
- Almond flour
- Almond butter
- Tahini
- 1/2 cup (120 g) canned coconut milk
- 1/2 cup (24 g) sunflower seeds
- 2/3 cup (66 g) pecans
- Sesame seeds
- 1/4 cup (20 g) sliced almonds
- 3 cups (480 g) quinoa

MISCELLANEOUS

- Salt
- Pepper
- Cinnamon
- Ground cloves
- Nutmeg
- Ground ginger
- Ground turmeric
- Chili powder
- Cayenne pepper
- Garlic powder
- Oregano
- Honey
- Maple syrup (could substitute with honey)
- Olive oil
- Avocado oil
- Ghee
- 2 cups (412 g) bone broth
- Vanilla extract
- Red wine vinegar
- Apple cider vinegar
- Dijon mustard
- Coconut aminos
- Baking soda
- 4 sprout grain or grain free tortillas
- Pumpkin puree

How to Meal Prep Week 4

- Sunday evening hard boil four eggs to be had with lunch on Monday and Tuesday.
- Tuesday evening make cauliflower taco bowls to be had for lunch on Wednesday and Thursday.
- Thursday evening pre-cook quinoa to be had with lunch on Friday and Saturday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1,319

Carbohydrates: 103 g, Protein: 80 g, Fat: 70 g