



Healthy Snacking for a Healthy Cycle

Fatema Golwala

<https://soulfulnutrition.ca/>



Hi!

Thank you so much for downloading my guide, "Healthy Snacking for a Healthy Cycle". My name is Fatema Golwala and I am a Holistic Nutritionist who empowers women to not just understand but optimize their menstrual cycles.

What we eat can have a big impact on how we experience our monthly cycles. Now, I have worked with a lot of women dealing with hormonal imbalances in my day, so I know that snacking can often be our downfall. That afternoon craving hits and we're off to Starbucks to grab a sugary caffeinated drink and chocolate chip cookie. Not the best choice for having an easy-breezy menstrual cycle, right?

I get it. And that is exactly why I have created you this snack guide. This guide will inspire you with delicious snacks to help you feel your best in each phase of your cycle.

"Each phase?" I hear you ask. Yes. You see, a typical menstrual cycle can be broken down into two phases:

1.The Follicular Phase

2.The Luteal Phase

During your follicular phase, supporting healthy estrogen levels is key. Flax seeds and cruciferous vegetables are great foods to help your body naturally regulate estrogen levels so they stay at a healthy level. This is why the first four recipes in this guide contain flax seeds and cruciferous vegetables like Brussels sprouts and cauliflower.

During your luteal phase, cravings are more common. Meals high in protein, fat, and fiber, but low in simple carbs and sugar can help minimize your cravings and keep blood sugar stable. This is why the last four recipes in this guide contain snacks that are sugar-free and also high in protein, fat and fiber.

I think you will love what I've put together for you, and this is just the beginning of what I offer.

And hey, when you make these snacks, be sure to snap a pic and tag me on Instagram! I love seeing what you are up



to in the kitchen.

Yours throughout your cycle,

Fatema Golwala





Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

1 cup Plain Coconut Milk
(unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Salmon Avocado Salad with Crackers

2 servings

5 minutes

Ingredients

1 Avocado
213 grams Canned Wild Salmon
(drained)
2 tbsps Lemon Juice
Sea Salt & Black Pepper (to taste)
4 slices Light Rye Crisp Bread

Directions

- 1 In a bowl, mash together the avocado, salmon, and lemon juice. Season with salt and pepper to taste.
- 2 Spread the mixture onto the crisp bread and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup of salmon avocado salad and two crackers.

Additional Toppings: Add sliced celery, minced garlic, red onion or fresh herbs.

No Canned Salmon: Use tuna instead.



Shredded Creamy Brussels Sprouts Salad

4 servings

15 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 2 tsps Dijon Mustard
- 1/4 cup Plain Greek Yogurt
- 2 tsps Maple Syrup
- Sea Salt & Black Pepper
- 4 cups Brussels Sprouts (trimmed and very thinly sliced)
- 1 cup Parsley (chopped and packed)
- 1 Apple (cored and thinly sliced)
- 1/3 cup Pumpkin Seeds (toasted)

Directions

- 1 In a bowl, combine the extra virgin olive oil, apple cider vinegar, mustard, yogurt, maple syrup, sea salt and pepper. Mix well and set aside.
- 2 Add the thinly sliced brussels sprouts to a bowl and pour the dressing over top. Add the parsley, apple and pumpkin seeds then toss well to coat. Enjoy!

Notes

Dairy-Free: Use plain coconut yogurt instead of Greek yogurt.

Leftovers: Store in an airtight container in the fridge for up to 3 days.

More Protein: Add sliced chicken breast, bacon or toasted chickpeas.



Peach Blueberry Smoothie

1 serving

5 minutes

Ingredients

1 cup Oat Milk
1/2 cup Frozen Blueberries
3/4 cup Frozen Peaches
2 tbsps Ground Flax Seed
1/4 cup Vanilla Protein Powder

Directions

1

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

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

No Oat Milk: Use plain coconut milk instead.

No Frozen Peaches: Use frozen mango.



Carrot & Date Muffins

5 servings

40 minutes

Ingredients

1 tbsp Ground Flax Seed
1/4 cup Water
2 tbsps Extra Virgin Olive Oil
1/4 cup Coconut Sugar
1 cup Grated Carrot
1 cup All Purpose Gluten-Free Flour
1 tsp Baking Powder
1/4 tsp Sea Salt
1/4 cup Pitted Dates (chopped, divided)

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl mix the flax seed with water and let it sit for five minutes to congeal. Then, add the oil and sugar and whisk well. Mix in the carrots.
- 3 In a separate bowl, mix the flour, baking powder, and salt together. Add the dry ingredients to the wet and mix well. The mixture will be thick. Fold in the dates, reserving a few to top the muffins with if desired.
- 4 Evenly divide the muffin batter between the muffin cups. Top the batter with the reserved dates.
- 5 Bake in the oven for 20 minutes or until a toothpick comes out clean. Enjoy!

Notes

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

Serving Size: One serving is one muffin.

More Flavor: Add ground cinnamon to the batter.

Additional Toppings: Pumpkin seeds, walnuts, and/or oats.



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

2 cups Ground Flax Seed
1 tbsp Baking Powder
1/4 tsp Sea Salt
2 tbsps Cinnamon
6 Egg (room temperature)
1/3 cup Coconut Oil (melted)
1/2 cup Water (warm)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!

Notes

Storage: Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size: One serving is equal to one muffin.

Likes it Sweet: If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.