HEALTHY HORMONE DIET

The Healthy Hormone Diet is a short-term eating plan designed to help bring your hormones back into balance and recalibrate your body's natural ability to regulate energy and fuel levels.

GENERAL GUIDELINES

▸ The diet should be followed for at least 21 days to experience the full benefits, but always work with a qualified practitioner to determine the length of time appropriate for your body.

▸ You do not need to count calories or intentionally reduce the quantity of food you eat. As long as you stick to the food guidelines below, you are encouraged to eat to satiety. At the end of a meal, you should feel pleasantly full and satisfied, neither stuffed nor hungry for more.

▸ After the diet, we recommend reintroducing foods one at a time to determine how they make you feel. We recommend keeping a food journal and working with a practitioner during this process.

▸ Try to avoid snacking between meals, unless otherwise instructed by your practitioner. If you find yourself needing to snack, try increasing the quantity of fat and protein during each meal.

▸ Eat whole, nutrient-dense, properly prepared foods that your great-grandparents would recognize as "food". Whenever possible, source your food from properly raised plants and animals (local, seasonal, and organic produce; grass-fed meat; pasture-raised poultry; and wild-caught fish).

▸ Try to eat at least some raw vegetables every day, and always add some healthy fats (coconut oil, extra virgin olive oil, butter, etc.) to vegetables to help absorb the fat-soluble vitamins they contain.

▸ Avoid all processed foods. A general—though imperfect—guideline is to only buy items from the perimeter of the grocery store, and to avoid anything that comes in a bag or box.

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WHAT TO EXPECT

▸ If properly followed, this eating approach can help increase your energy, sharpen your focus, and reduce energy swings. After a few weeks, you may notice that you will have stable energy throughout the day, and won't feel the need to snack between meals.

▸ Eating "real food" requires some planning, shopping, and cooking. But the investment is well worth the benefits it provides to your health. To reduce the amount of time you need to spend each day in the kitchen, you can batch cook all the meals for the week over the weekend, and freeze them for later.

▸ Some people may notice a reduction in body weight or looser fitting clothing. While weight loss is not the primary goal of this diet, it is a natural result for many people.

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WHAT FOODS TO EAT & AVOID DURING DIET

	YES	NO
Proteins	Minimum of 2-6 ounces of protein per meal. If tolerated, you can have as much as you desire of beef, lamb, poultry, fish, eggs, collagen, etc.	Avoid processed meat alternatives, especially those containing soy and gluten-containing grains.
Fats	Eat plenty of wholesome, natural fats, such as grass-fed butter, coconut oil, extra virgin olive oil, etc.	Avoid all processed vegetable/seed oils (e.g. canola, soybean, corn, safflower, sunflower, cottonseed, peanut, etc.), hydrogenated fats, trans fats, margarine, etc.
Vegetables	Eat as many vegetables as desired, focusing on dark, leafy greens and a variety of colors. Limit starchy carbs and root vegetables to 1-2 servings per day.	Avoid raw bok choy, broccoli, Brussels sprouts, cabbage, collards, kale, and spinach (always cook these to minimize goitrogens).
Fruits	Limit fruit to 1-3 servings per day, focusing on lower-glycemic fruits like berries.	Avoid dried fruits and fruits sweetened with added sugar.
Nuts & Seeds	If tolerated, 1-2 servings of nuts or seeds are permitted per day. Choose raw, slow roasted, or soaked and sprouted nuts and seeds when possible.	Avoid peanuts (which is actually a legume, not a nut) and all nuts and seeds roasted in vegetable or seed oils.
Grains & Legumes	If tolerated, 1-2 servings of soaked and sprouted non-glutenous grains and legumes are permitted per day, such as lentils, brown rice, quinoa, millet, etc.	Avoid all grains (including whole grains), all legumes (with the exception of lentils), and all soy products (with the exception of gluten-free tamari).
Dairy	If tolerated, 100% grass-fed butter, ghee, cream, and yogurt are permitted. Be careful not to burn butter if used for cooking.	Avoid non-fat or low-fat milk, powdered milk, and condensed milk.
Sweeteners	Limit sweeteners as much as possible and only use natural options like raw honey and maple syrup.	Avoid all artificial sweeteners, including aspartame (NutraSweet®), sucralose (Splenda®), etc.

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SHOPPING LIST

Proteins

- [ ] anchovies (wild-caught)
- [ ] beef (grass-fed)
- [ ] bison (grass-fed)
- [ ] chicken (pasture-raised)
- [ ] collagen or gelatin (grass-fed)
- [ ] eggs (pasture raised)
- [ ] lamb (grass-fed)
- [ ] haddock (wild-caught)
- [ ] salmon (wild-caught)
- [ ] sardines (wild-caught)
- [ ] turkey (pasture-raised)

Fats

- [ ] 100% grass-fed ghee
- [ ] 100% grass-fed butter
- [ ] avocado oil
- [ ] coconut oil
- [ ] MCT oil
- [ ] olive oil

Vegetables

- [ ] artichokes
- [ ] asparagus
- [ ] bell pepper
- [ ] bok choy
- [ ] broccoli
- [ ] Brussels sprouts
- [ ] butternut squash
- [ ] cabbage (green or red)
- [ ] cauliflower
- [ ] celery
- [ ] coconuts
- [ ] collard greens
- [ ] cucumbers
- [ ] dandelion greens
- [ ] eggplant
- [ ] fennel
- [ ] garlic
- [ ] ginger
- [ ] green onion
- [ ] kale
- [ ] leek
- [ ] lettuce
- [ ] mushrooms
- [ ] onions
- [ ] pumpkin
- [ ] radish
- [ ] spinach
- [ ] sweet potatoes
- [ ] taro
- [ ] tomatoes
- [ ] winter squash
- [ ] yams
- [ ] zucchini

Fruits

- [ ] avocados
- [ ] blackberries
- [ ] blueberries
- [ ] green apple
- [ ] limes
- [ ] lemons
- [ ] raspberries
- [ ] strawberries

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Nuts & Seeds

- [ ] almonds
- [ ] brazil nuts
- [ ] cashews
- [ ] chestnuts
- [ ] hazelnuts
- [ ] macadamia nuts
- [ ] pecans
- [ ] pumpkin seeds
- [ ] sesame seeds
- [ ] sunflower seeds
- [ ] tahini
- [ ] walnuts

Grains & Legumes

- [ ] black beans
- [ ] buckwheat
- [ ] kidney beans
- [ ] lentils
- [ ] millet
- [ ] rice (black, brown, or wild)
- [ ] quinoa

Dairy

- [ ] butter
- [ ] colostrum
- [ ] ghee
- [ ] kefir
- [ ] yogurt

Herbs & Spices

- [ ] allspice
- [ ] chocolate
- [ ] cilantro
- [ ] cinnamon
- [ ] cloves
- [ ] ginger
- [ ] lavender
- [ ] oregano
- [ ] parsley
- [ ] rosemary
- [ ] thyme
- [ ] turmeric
- [ ] vanilla

Condiments

- [ ] sea salt (unrefined)
- [ ] apple cider vinegar (raw, unfiltered)
- [ ] tamari (gluten-free soy sauce)
- [ ] mustard (without malt vinegar)
- [ ] mayonnaise (with avocado oil instead of canola)