

A top-down view of a white bowl containing a healthy meal. The meal consists of a golden-brown tortilla topped with shredded purple cabbage, sliced avocado, and a piece of fried bread. A slice of lemon is placed on the tortilla. The bowl is garnished with fresh green cilantro leaves. The background is a light-colored surface with scattered cilantro and a slice of red onion.

# Healthy Hormones Recipe Bundle

SUPPORT YOUR HORMONES AND  
REBOOT YOUR HEALTH.

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# Healthy Hormones Breakfast

KICKSTART YOUR DAY

# Chocolate Nut Butter Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **0.66 cup** [161.7 g] Almond Milk
- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **0.33 cup** [79.2 g] Kefir (Whole Milk)
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **0.5 tsp** [2.1 g] Vanilla Extract
- **1.5 tbsp** [24 g] Almond Butter
- **1 tbsp** [5.4 g] Cocoa Powder (Unsweetened)
- **1 dash** [0.4 g] Sea Salt

## DIRECTIONS

1. Mix all ingredients together and store in a closed container in the refrigerator overnight.

## NUTRITION INFO

Energy : 447 kcal

Fat : 25.3 g

Carbs : 42 g

Protein : 16.6 g

Fiber : 11.7 g

Sugar : 5.7 g

# Complete Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **0.5 cup** [113 g] Light Coconut Milk
- **0.5 cup** [15 g] Baby Spinach
- **0.25 cup** [30.75 g] Raspberries
- **0.5 medium (7" to 7-7/8" long)** [59 g] Banana
- **0.5 avocado** [68 g] Avocado
- **1 scoop** [20 g] Collagen Powder
- **8 g** Dry Roasted Hulled Sunflower Seeds
- **0.25 cup** [59.25 g] Water

## DIRECTIONS

1. Blend all ingredients together in a blender until smooth. Enjoy!

## NUTRITION INFO

Energy : 348 kcal

Fat : 23.5 g

Carbs : 26 g

Protein : 15.5 g

Fiber : 9.7 g

Sugar : 9.1 g

# Greek Omelette w/ Avocado



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- **0.5 tbsp** [6.4 g] Clarified Butter Ghee
- **0.25 medium (approx 2-3/4" long, 2-1/2" dia)** [28.5 g] Red Bell Pepper (*Chopped*)
- **2 oz** [56.7 g] Ground Lamb
- **0.25 tsp** [0.07 g] Parsley (Dried)
- **0.25 tsp** [0.25 g] Dill (Dried)
- **0.25 tsp, ground** [0.35 g] Thyme (Dried)
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 tsp** [0.6 g] Onion Powder
- **1 tbsp** [14 g] Kalamata Olives (*Chopped*)
- **2 large** [100 g] Egg
- **0.25 avocado** [34 g] Avocado
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

## DIRECTIONS

1. Melt the ghee in a small skillet over medium heat.
2. Add the diced red peppers and sauté for 3-5 minutes.
3. Add the ground lamb to the red peppers and season with parsley, dill, thyme, garlic powder, and onion powder.
4. Once the lamb is cooked, add the olives and stir to combine.
5. In a separate bowl, scramble the two eggs together.
6. Add the scrambled raw eggs to the skillet
7. Cook for 5-8 minutes, (without stirring) until the edges set and the center is still a bit soft.
8. Flip the omelette, cook for another 2-3 minutes and season with salt and pepper.
9. Fold in half and serve on a plate with sliced avocado.

## NUTRITION INFO

Energy : 467 kcal

Fat : 36.8 g

Carbs : 9.2 g

Protein : 24.3 g

Fiber : 4.1 g

Sugar : 2.5 g

# Hearty Eggs and Broccoli



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- **0.5 tbsp** [7 g] Avocado Oil
- **1 cup chopped** [91 g] Broccoli
- **0.25 small** [17.5 g] Onions (*Diced*)
- **3 large** [150 g] Egg (*beaten*)
- **1 oz** [28.35 g] Goat Cheese (*Crumbled*)
- **1 dash** [0.1 g] Black Pepper
- **0.25 tsp** [0.55 g] Turmeric (*Ground*)
- **1 fruit (2-5/8" dia)** [131 g] Oranges

## DIRECTIONS

1. Heat avocado oil over medium heat in a medium skillet.
2. Sauté broccoli and onion for 5 minutes.
3. Add eggs, feta cheese, black pepper, and turmeric. Cook for approximately 3 minutes or until eggs cook through, scraping from the pan with a soft spatula as you go.
4. Serve warm with an orange.

## NUTRITION INFO

Energy : 488 kcal    Fat : 30.7 g    Carbs : 25.3 g    Protein : 29.6 g    Fiber : 5.9 g    Sugar : 16.2 g

# Mushroom Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- **0.5 tbsp** [7 g] Olive Oil
- **1 clove** [3 g] Garlic (*Minced*)
- **3 large** [150 g] Egg (*beaten*)
- **0.25 cup, chopped** [17.5 g] Mushrooms
- **0.25 small** [37 g] Red Onions (*Sliced thin*)
- **0.25 tsp, ground** [0.15 g] Oregano
- **1 dash** [0.4 g] Salt
- **1 cup, cubes** [160 g] Cantaloupe Melons

## DIRECTIONS

1. Heat olive oil over medium heat in a medium skillet. Add garlic and cook 1 minute or until fragrant.
2. Add mushrooms, onions, and oregano and cook until mushrooms and onions are soft.
3. Pour eggs into the skillet over the mushroom mixture. Cook 1-2 minutes, until the eggs are firm, on the bottom, then flip and cook on the opposite side for 1-2 minutes.
4. Enjoy with a side of cantaloupe.

## NUTRITION INFO

Energy : 348 kcal

Fat : 22.1 g

Carbs : 16.7 g

Protein : 20.7 g

Fiber : 2 g

Sugar : 14.4 g

# Pretty in Pink Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **0.25 cup** [56.7 g] Pomegranate Juice
- **1 small (2" dia) (approx 5 per lb)** [79 g] Peach (*Pitted and sliced*)
- **0.5 small (6" to 6-7/8" long)** [50.5 g] Banana
- **1.5 scoop** [30 g] Collagen Powder
- **1 tbsp** [10 g] Hemp Hearts
- **0.25 cup** [59.25 g] Water (*To achieve desired consistency*)
- **1 oz** [28.35 g] Macadamia Nuts

## DIRECTIONS

1. In a blender, combine the pomegranate juice, peach slices, banana, collagen powder, and hemp hearts. Blend until smooth.
2. Add water a little at a time until you reach your desired consistency. Taste and add sweetener, if desired.
3. Pour into a glass or bowl and serve with macadamia nuts.

## NUTRITION INFO

Energy : 442 kcal

Fat : 27 g

Carbs : 33.7 g

Protein : 23.8 g

Fiber : 5.5 g

Sugar : 23.5 g

# Pumpkin Chia Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **1 cup** [240 g] Low Fat Greek Yogurt - Vanilla
- **2 tbsp** [28 g] Chia Seed
- **1 tsp** [4.2 g] Vanilla Extract
- **0.25 cup** [62.5 g] Pumpkin Puree
- **1 tbsp, chopped** [8 g] Pecans

## DIRECTIONS

1. In a bowl, combine the greek yogurt, chia seeds, and vanilla extract.
2. Stir everything together, cover with a lid, and refrigerate for at least 2 hours (or overnight).
3. Once the chia seeds are fully combined with the yogurt, build your glass.
4. Add 1/2 cup of chia pudding to a glass, then 1/8 cup of pumpkin puree, 1/4 cup chia pudding, 1/8 cup of pumpkin puree, 1/4 cup of chia pudding.
5. Top it with 1 tablespoon of chopped pecans.
6. Serve cold and enjoy!

## NOTES

1. **Refrigeration Time:** Refrigerate overnight or for at least 2 hours before serving.

## NUTRITION INFO

Energy : 400 kcal    Fat : 23.4 g    Carbs : 32.9 g    Protein : 20.2 g    Fiber : 12.8 g    Sugar : 18.9 g

# Pumpkin Muffins with Blueberries



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 22 MINUTES

## INGREDIENTS

- **0.75 cup** [84 g] Almond Flour
- **0.5 tsp** [2.3 g] Baking Soda
- **1 tsp** [2.3 g] Cinnamon
- **0.25 tsp** [0.53 g] Cloves (Ground)
- **0.25 tsp** [0.55 g] Nutmeg (Ground)
- **1 dash** [0.4 g] Salt
- **2 large** [100 g] Egg
- **3 tbsp** [60 g] Maple Syrup
- **0.5 cup** [125 g] Pumpkin Puree
- **4 tbsp** [64 g] Almond Butter
- **1 cup** [145 g] Blueberries

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl mix together almond flour, baking soda, cinnamon, ground cloves, nutmeg, and salt.
3. In a separate bowl whisk together eggs, maple syrup, and pumpkin puree.
4. Combine wet and dry ingredients until well blended.
5. Coat muffin pan with oil or paper liners.
6. Fill muffin tins (each cup half full). Bake in the oven for 20 - 22 minutes or fork that pierces the center comes out clean.
7. Spread with almond butter and a side of blueberries when serving.

## NUTRITION INFO

Energy : 340 kcal

Fat : 21.7 g

Carbs : 26.2 g

Protein : 12 g

Fiber : 5.7 g

Sugar : 16.9 g

# Smoked Salmon Avocado Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- **1 medium slice** [30 g] Gluten Free Bread
- **0.5 avocado** [68 g] Avocado
- **0.25 small** [37 g] Red Onions (*Sliced thin*)
- **0.5 small (6-3/8" long)** [79 g] Cucumber (*Sliced thin*)
- **3 oz, boneless** [85.05 g] Smoked Salmon (Wild Caught)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

## DIRECTIONS

1. Toast the bread to your desired level. Thinly slice the avocado and spread it on top of the toast.
2. Add the sliced red onion and cucumber on top of the avocado.
3. Sprinkle with salt and pepper to taste. Lay the smoked salmon on top.
4. Enjoy!

## NUTRITION INFO

Energy : 317 kcal

Fat : 15.2 g

Carbs : 21 g

Protein : 26 g

Fiber : 6.8 g

Sugar : 2.2 g

# Spinach & Mushroom Egg Bake



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **0.5 cup, chopped** [35 g] Mushrooms
- **2 cup** [60 g] Baby Spinach
- **2 large** [100 g] Egg
- **1 large** [33 g] Egg White
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 cup** [61.5 g] Raspberries
- **0.5 cup** [72.5 g] Blueberries

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a sauté pan, melt the ghee over medium heat.
3. Add the mushrooms and cook for 5–8 minutes or until soft.
4. Add the spinach and cook until wilted.
5. Season with salt and pepper.
6. Transfer the mushroom/spinach mixture into a small/mini skillet or oven-safe 6–8oz ramekin.
7. Make a small pocket in the center of the dish and crack the eggs inside the pocket.
8. Bake in the oven for 8–10 minutes, or until the egg white is fully cooked.
9. Remove from the oven, season with salt and pepper to taste.
10. Serve warm with side of berries and enjoy!

## NUTRITION INFO

Energy : 370 kcal

Fat : 23.7 g

Carbs : 21.7 g

Protein : 19.8 g

Fiber : 7.3 g

Sugar : 11.5 g



# Healthy Hormones Lunch

RE-FUEL AND RE-ENERGIZE

# Avocado Quinoa Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- **0.33 cup** [56.1 g] Quinoa (uncooked)
- **0.5 cup** [56.5 g] Shredded Carrots
- **0.33 cup** [56.1 g] Edamame (Shelled)  
(Cooked)
- **1 tbsp** [9 g] Sesame Seeds
- **0.5 tbsp** [7 g] Coconut Aminos
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **1 dash** [0.1 g] Black Pepper
- **0.5 avocado** [68 g] Avocado
- **0.25 cup** [35.5 g] Cooked Sauerkraut

## DIRECTIONS

1. Cook quinoa as instructed on package.
2. Mix together quinoa, shredded carrots, edamame, sesame seeds, coconut aminos, turmeric, and black pepper.
3. Top with avocado and sauerkraut or kimchi and enjoy!

## NUTRITION INFO

Energy : 488 kcal

Fat : 21.6 g

Carbs : 61.2 g

Protein : 16.9 g

Fiber : 15.1 g

Sugar : 7.2 g

# Berry Sexy Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **2 large** [100 g] Egg (*Hard boiled*)
- **0.25 cup** [36.25 g] Blueberries
- **0.25 cup** [30.75 g] Raspberries
- **0.25 cup, sliced** [41.5 g] Strawberries
- **2 tbsp, chopped** [16 g] Pecans
- **0.25 avocado** [34 g] Avocado (*Sliced or chopped*)
- **0.25 cup** [5 g] Broccoli Sprouts
- **1 tbsp** [14 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar

## DIRECTIONS

1. Top salad greens with eggs, berries, pecans, avocado, and sprouts.
2. Mix together olive oil, lemon juice, and apple cider vinegar. Pour over salad and enjoy!

## NUTRITION INFO

Energy : 513 kcal    Fat : 40.5 g    Carbs : 23.6 g    Protein : 18.2 g    Fiber : 10.8 g    Sugar : 8.8 g

# Cauliflower Taco Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- **1.5 tbsp** [19.2 g] Clarified Butter Ghee
- **2 cup** [200 g] Riced Cauliflower
- **1 cup** [240 g] Black Beans (Canned)  
(*Drained and rinsed*)
- **10 ounce** [280 g] Ground Beef (95% Lean / 5% Fat)
- **1 tsp** [2.6 g] Chili Powder
- **0.18 tsp** [0.32 g] Red or Cayenne Pepper  
(*Dash*)
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **1 small whole (2-2/5" dia)** [91 g] Tomatoes (*Chopped*)
- **0.5 cup** [23.5 g] Romaine Lettuce  
(*Shredded*)
- **0.25 cup** [56.75 g] Whole Milk Greek Yogurt Plain

## DIRECTIONS

1. Heat ghee in a medium sauté pan over medium heat.
2. Add the cauliflower rice and black beans and cook until the cauliflower rice is to your desired texture, remove from the pan and set aside.
3. While still on medium heat, add the ground beef, chili powder, cayenne pepper, garlic powder, salt, and pepper to the sauté pan.
4. Remove from heat once the ground beef is cooked through.
5. Place the cauliflower rice/black bean mix into a bowl with the ground beef.
6. Top with red onion, tomato, lettuce, and Greek yogurt.
7. Serve and enjoy!

## NUTRITION INFO

Energy : 456 kcal

Fat : 18.6 g

Carbs : 29.2 g

Protein : 43.4 g

Fiber : 11.6 g

Sugar : 4.6 g

# Chicken Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- **1 tbsp** [14 g] Avocado Oil
- **8 oz** [227.2 g] Ground Chicken
- **1 tbsp** [9 g] Taco Seasoning
- **1 cup** [250 g] Chickpeas (canned and drained) (*Drained and rinsed*)
- **1 medium (7" long)** [201 g] Cucumber (*Peeled and chopped*)
- **0.5 cup** [30 g] Parsley (*Chopped*)
- **1 cup** [149 g] Cherry Tomatoes (*Chopped*)
- **4 tbsp** [56 g] Kalamata Olives
- **1 dash** [0.4 g] Sea Salt (*To taste*)

## DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add ground chicken. Once slightly browned, add taco seasoning, and 1-2 tbsp water. Cook until browned all the way through, crumbling and flipping as it cooks.
2. In a salad bowl add cooked chicken and all other ingredients. Enjoy warm or cold.

## NUTRITION INFO

Energy : 453 kcal    Fat : 19.8 g    Carbs : 40.7 g    Protein : 29.6 g    Fiber : 7.4 g    Sugar : 3.5 g

# Coco Banana Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **0.75 cup** [170.25 g] Whole Milk Greek Yogurt Plain
- **3 tsp** [9.6 g] Cacao Nibs
- **0.25 tsp** [0.57 g] Cinnamon
- **0.5 medium (7" to 7-7/8" long)** [59 g] Banana
- **1 tbsp** [7 g] Pumpkin Seeds
- **0.5 cup** [61.5 g] Raspberries

## DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

## NUTRITION INFO

Energy : 384 kcal

Fat : 16.9 g

Carbs : 33.5 g

Protein : 24.1 g

Fiber : 9.1 g

Sugar : 15.6 g

# Cucumber Beet Salad w/ Shrimp



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- **3 beet (2" dia)** [246 g] Beets
- **1 medium (7" long)** [201 g] Cucumber
- **1 tbsp** [7.5 g] Slivered Almonds
- **8 oz, without shell, cooked** [224 g] Steamed or Boiled Shrimp
- **2 tbsp** [28 g] Olive Oil
- **1 tbsp** [14 g] Red Wine Vinegar
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **2 apple** Apples

## DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Peel the beets, chop into 1-2 inch cubes, and place on a non-stick baking sheet.
3. Drizzle half of the olive oil over the beets, season with salt and pepper, and bake for 20-30 minutes (until the beets are soft).
4. While the beets are baking, slice the cucumbers into slices and place in a mixing bowl.
5. Once cooked, remove the beets from the oven and add to the mixing bowl with the cucumbers.
6. Add the sliced almonds, shrimp, remaining olive oil, red wine vinegar, salt, and pepper.
7. Serve cold with an apple on the side and enjoy!

## NOTES

1. **Reduce Cooking Time:** Option to purchase pickled or precooked if you do not have time to bake

## NUTRITION INFO

Energy : 454 kcal

Fat : 18.4 g

Carbs : 41.1 g

Protein : 33.5 g

Fiber : 8.9 g

Sugar : 28.7 g

# High-Protein Butternut Squash Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

## INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **1 small** [70 g] Onions
- **3 clove** [9 g] Garlic (*Minced*)
- **3 cup, cubes** [420 g] Butternut Winter Squash
- **3 cup** [720 g] Beef Bone Broth
- **2 leaf** [1 g] Sage
- **0.5 tbsp** [3.4 g] Turmeric (*Ground*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. In a large sauce pan, heat the olive oil over medium heat.
2. Dice the onion and sauté in the olive oil until the onion start to brown.
3. Once the onions begin to brown, add the garlic and sauté for another 1-2 minutes.
4. Add the butternut squash and sauté until the butternut squash begins to crisp on the edges.
5. Turn the stove down to medium-low heat and add the bone broth, sage, turmeric, salt, and pepper.
6. Simmer on low for 25-30 minutes or until the butternut squash is soft.
7. Transfer all ingredients into a blender or food processor and blend until smooth.
8. Serve warm and enjoy!

## NUTRITION INFO

Energy : 243 kcal

Fat : 7.3 g

Carbs : 31.1 g

Protein : 17.9 g

Fiber : 5.5 g

Sugar : 6.2 g

# Lemon Dill Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **1 can (5 oz) yields** [140 g] Canned Organic Chicken (*Drained, or shredded chicken*)
- **0.5 small lemon** [15 g] Lemon Juice
- **0.5 tsp** [0.5 g] Dill (Dried)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **3 large leaf** [45 g] Boston Lettuce
- **0.5 avocado** [68 g] Avocado (*Sliced*)
- **0.25 cup** [5 g] Broccoli Sprouts
- **1 oz** [28.35 g] Almonds

## DIRECTIONS

1. Mix chicken with lemon juice, dill, salt, and pepper.
2. Top bibb or boston lettuce leaves with chicken mixture, avocado, and broccoli sprouts.
3. Serve with a side of almonds.

## NUTRITION INFO

Energy : 533 kcal

Fat : 35.6 g

Carbs : 15.5 g

Protein : 40.4 g

Fiber : 9.3 g

Sugar : 2.1 g

# Pomegranate Quinoa Salad w/ Grilled Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- **4 cup** [80 g] Arugula (Rocket)
- **0.33 cup** [56.1 g] Quinoa (uncooked)
- **6 tbsp** [66 g] Pomegranate arils
- **10 oz** [280 g] Skinless Chicken Breast
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **2 tbsp** [28 g] Red Wine Vinegar
- **2 tbsp** [28 g] Olive Oil
- **1 tbsp** [15 g] Apple Cider Vinegar
- **1 tbsp** [15 g] Tahini
- **2 tsp** [11 g] Dijon Mustard
- **1 tbsp** [14 g] Lemon Juice

## DIRECTIONS

1. In a large bowl, combine arugula, cooked quinoa, and pomegranate seeds, and set aside.
2. Season the chicken breasts with salt and pepper and grill on both sides until cooked to 165 degrees F (74 degrees C). Slice into thin pieces.
3. While the chicken is cooking, make the dressing.
4. In a small bowl, combine red wine vinegar, olive oil, apple cider vinegar, tahini, dijon mustard, lemon juice, salt and pepper.
5. Whisk together until all the ingredients are fully combined.
6. Pour the dressing over the arugula mix. Top each serving with grilled chicken.
7. Serve and enjoy!
8. Cook quinoa according to package.

## NUTRITION INFO

Energy : 464 kcal    Fat : 21.9 g    Carbs : 29.4 g    Protein : 39.4 g    Fiber : 4.2 g    Sugar : 5.5 g

# Summer Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- **2 cup, diced** [304 g] Watermelon
- **1 medium (7" long)** [201 g] Cucumber  
*(Peeled and chopped)*
- **2 oz** [56.7 g] Goats Cheese (Soft)  
*(Crumbled)*
- **4 leaves** [2 g] Basil *(Chopped)*
- **1 tbsp** [14 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **2 tbsp** [14 g] Chopped Walnuts

## DIRECTIONS

1. Mix together lemon juice, salt, pepper, and apple cider vinegar.
2. Toss together with all other ingredients and enjoy!

## NUTRITION INFO

Energy : 368 kcal

Fat : 22 g

Carbs : 30.3 g

Protein : 17.4 g

Fiber : 3.8 g

Sugar : 22.6 g



# Healthy Hormones Dinner

FINISH STRONG

# Beef and Broccoli



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 50 MINUTES

## INGREDIENTS

- **12 oz** [340.2 g] Ground Beef (95% Lean / 5% Fat)
- **3 cup, florets** [213 g] Broccoli
- **3 tbsp** [42 g] Coconut Aminos
- **0.5 tbsp** [4.2 g] Garlic Powder
- **0.5 tsp** [0.9 g] Ginger (Ground)
- **1 tbsp** [9 g] Sesame Seeds
- **2 tbsp** [15 g] Slivered Almonds
- **2 sweetpotato, 5" long** [260 g] Sweet Potato

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C) and bake sweet potatoes on a baking sheet for approximately 50 minutes, or until potato is soft all the way through when pierced with a fork.
2. Add ground beef to a large skillet and cook over medium heat, crumbling and breaking apart as you go along.
3. Once beef is mostly browned through, drain excess liquid from the skillet. Add broccoli, coconut aminos, garlic powder, ground ginger, and sesame seeds. Mix well until beef and broccoli are evenly coated.
4. Cook for approximately 5 more minutes, until beef and broccoli are of desired consistency.
5. Top beef and broccoli with sliced almonds and serve with a baked sweet potato.

## NUTRITION INFO

Energy : 487 kcal    Fat : 14.7 g    Carbs : 45.1 g    Protein : 44.3 g    Fiber : 7.7 g    Sugar : 15.2 g

# Chicken Stew



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- **12 oz** [336 g] Skinless Chicken Breast
- **3 tbsp** [42 g] Avocado Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **3 clove** [9 g] Garlic (*Minced*)
- **0.5 tsp** [0.9 g] Ginger (*Ground*)
- **0.5 tsp** [1.1 g] Turmeric (*Ground*)
- **3 stalk, medium (7-1/2" - 8" long)** [120 g] Celery (*Chopped*)
- **0.5 medium (2-1/2" dia)** [55 g] Onions (*Chopped*)
- **0.75 cup** [127.5 g] Quinoa (*uncooked*)
- **4 cup** [960 g] Beef Bone Broth
- **1 cup, chopped** [128 g] Carrots

## DIRECTIONS

1. Heat olive oil in a large pot over medium to high heat.
2. Season chicken breast with salt and pepper and add to pot. Cook approximately 5 minutes on one side.
3. Add chopped carrots, garlic, ginger, turmeric, celery, and onion. Flip chicken and cook 5 more minutes.
4. Add super grains and bone broth.

## NUTRITION INFO

Energy : 373 kcal    Fat : 13.7 g    Carbs : 28.4 g    Protein : 34.5 g    Fiber : 3.6 g    Sugar : 2.6 g

# Crispy Chicken and Asparagus



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- **14 oz** [395.5 g] Boneless Skinless Chicken Thighs (raw)
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **0.25 cup** [60 g] Beef Bone Broth
- **0.25 cup** [15 g] Parsley
- **20 spear, medium (5-1/4" to 7" long)** [320 g] Asparagus
- **0.5 cup** [62.5 g] Brown Rice

## DIRECTIONS

1. Cook rice according to package.
2. Trim undesired fat from chicken thighs. Season both sides of chicken thighs with garlic powder, salt, and pepper.
3. Heat ghee in a medium skillet over medium heat. Add chicken and cook 5-6 minutes on one side.
4. Flip chicken and add bone broth and asparagus to the skillet.
5. Cook for approximately 6-8 minutes until chicken is cooked through and asparagus is at desired consistency. Serve over brown rice.

## NUTRITION INFO

Energy : 495 kcal

Fat : 15.7 g

Carbs : 42.8 g

Protein : 47.4 g

Fiber : 5 g

Sugar : 3.6 g

# Detox Soup



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- **1.5 tbsp** [21 g] Olive Oil
- **1 clove** [3 g] Garlic (*Minced*)
- **0.5 medium (2-1/2" dia)** [55 g] Onions (*Diced*)
- **0.5 tsp** [0.9 g] Ginger (*Ground*)
- **0.5 tsp** [1.1 g] Turmeric (*Ground*)
- **4 cup** [960 g] Beef Bone Broth
- **1 cup, cubes** [133 g] Sweet Potato (*Diced*)
- **0.75 cup, dry** [150 g] Brown Lentils
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add garlic and onions. Cook 1-2 minutes, until fragrant.
2. Add remaining ingredients. Bring to a boil, then reduce heat to a simmer and cook covered for approximately 35 minutes (until lentils are soft).

## NUTRITION INFO

Energy : 506 kcal    Fat : 11.4 g    Carbs : 63.1 g    Protein : 39.5 g    Fiber : 22.9 g    Sugar : 4.8 g

# Fish Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- **12 oz** [336 g] Cod
- **1 tbsp** [14 g] Olive Oil
- **2 tbsp** [28 g] Lemon Juice
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 cup** [56.7 g] Shredded Red Cabbage
- **1 avocado** [136 g] Avocado (*Peeled and diced*)
- **0.5 small** [74 g] Red Onions (*Sliced thin*)
- **0.25 cup** [4 g] Cilantro (Coriander) (*Chopped*)
- **4 medium (approx 5" dia)** [53.2 g] Taco Shell (grain free)

## DIRECTIONS

1. Warm olive oil over medium heat in a medium skillet. Add cod, lemon juice, salt, and pepper. Cook for approximately 5 minutes on each side (until internal temperature reaches 145 degrees F or 63 degrees C).
2. Remove cod from heat and break apart into small pieces. Warm tortillas in the oven or microwave (only takes 10 seconds in the microwave).
3. Fill tortillas with cod, cabbage, avocado, red onion, and cilantro.

## NUTRITION INFO

Energy : 480 kcal    Fat : 25.3 g    Carbs : 29.6 g    Protein : 34.9 g    Fiber : 10.8 g    Sugar : 2.7 g

# Flaxseed Meatballs & Spaghetti Squash



SERVINGS: 3

PREP TIME: 15 MINUTES

COOKING TIME: 60 MINUTES

## INGREDIENTS

- **1 large** [1437 g] Spaghetti Winter Squash
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **16 oz** [453.6 g] Ground Beef (95% Lean / 5% Fat)
- **1 large** [50 g] Egg
- **2 tbsp, ground** [13 g] Flaxseeds
- **2 tsp, ground** [1.2 g] Oregano
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.4 g] Onion Powder
- **1 cup** [245 g] Tomato Sauce (no sugar added)

## DIRECTIONS

1. Preheat the oven to 400 F (204 C).
2. Slice the spaghetti squash in half and scoop out the seeds.
3. Drizzle 1 tbsp olive oil onto both halves and season with salt and pepper.
4. Place face down onto a baking sheet or shallow oven-safe dish.
5. Bake for 30-40 minutes (it is ready once you can easily stab a fork through the skin), once cooked through, remove from the oven and set aside to cool.
6. In a large mixing bowl, combine ground beef, egg, ground flaxseeds, oregano, garlic powder, onion powder, salt and pepper.
7. Heat tomato sauce in a large sauté pan.
8. Roll the meat mixture into meatballs and place in the pan.
9. Cook for 8 minutes, then flip and cook for another 8 minutes.
10. Serve the meatballs and sauce over the spaghetti squash.
11. Serve hot and enjoy!

## NUTRITION INFO

Energy : 486 kcal

Fat : 20 g

Carbs : 38.1 g

Protein : 40 g

Fiber : 14.1 g

Sugar : 15.6 g

# Honey Dijon Salmon & Roasted Tri-Color Carrots



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- **12 oz, boneless, raw** [340.2 g] Salmon  
(*Wild caught salmon*)
- **2 tbsp** [33 g] Dijon Mustard
- **3 tbsp** [63 g] Honey
- **1 tbsp** [14 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **1 tsp** [2.8 g] Garlic Powder
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **2 cup** [298 g] Baby Carrots (*Tri-color baby carrots*)

## DIRECTIONS

1. Preheat the oven to 375 F (162 C).
2. In a small bowl, combine Dijon mustard, raw honey, olive oil, lemon juice, garlic powder, salt, and pepper. Stir until combined into a sauce.
3. Place the salmon on a non-stick baking sheet.
4. Brush the Dijon honey sauce over the salmon filets.
5. Mix the carrots with the remaining Dijon honey sauce and place the carrots on the baking sheet.
6. Place the baking sheet in the oven for 10 - 15 minutes.
7. Remove the cooked salmon from the oven, stir the carrots, and place the carrots back in the oven for another 15 minutes.
8. Serve and enjoy!

## NUTRITION INFO

Energy : 469 kcal    Fat : 17.6 g    Carbs : 40.5 g    Protein : 38.9 g    Fiber : 5.5 g    Sugar : 31.2 g

# Lemon Skillet Chicken with Olives



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- **1 tbsp** [14 g] Avocado Oil
- **14 oz** [395.5 g] Boneless Skinless Chicken Thighs (raw)
- **2 clove** [6 g] Garlic (*Minced*)
- **3 oz** [85.05 g] Green Olives
- **1 cup** [242 g] Diced Canned Tomatoes
- **1 cup** [240 g] Beef Bone Broth
- **1.5 tbsp** [22.5 g] Balsamic Vinegar
- **0.5 tsp, ground** [0.7 g] Thyme (Dried)
- **0.5 tsp** [0.6 g] Rosemary (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 medium** Lemon (*Sliced*)
- **2 cup** [40 g] Arugula (Rocket)
- **1 tbsp** [14 g] Olive Oil

## DIRECTIONS

1. In a large skillet, heat avocado oil over medium heat.
2. Add garlic and cook 1-2 minutes until fragrant.
3. Add chicken thighs to the skillet and season with salt and pepper. Cook for 2-3 minutes per side.
4. Add olives, diced tomatoes, bone broth, balsamic vinegar, thyme, and rosemary.
5. Top with lemon slices.
6. Bring liquid to a simmer and cook for 20 - 25 minutes or until internal temperature of chicken reaches 165 degrees F (74 degrees C).
7. Allow 5-10 minutes to rest and enjoy warm.
8. Serve with a side of arugula drizzled with olive oil.

## NUTRITION INFO

Energy : 479 kcal

Fat : 28.3 g

Carbs : 13.4 g

Protein : 46 g

Fiber : 3.8 g

Sugar : 6.1 g

# Shrimp & Cabbage



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- **0.75 cup** [93.75 g] Brown Rice
- **1 tbsp** [14 g] Olive Oil
- **2 clove** [6 g] Garlic (*Minced*)
- **10 oz** [284 g] Shrimp (Prawns) (*Peeled and deveined*)
- **2 cup** [113.4 g] Shredded Green Cabbage
- **2 tbsp** [28 g] Coconut Aminos
- **0.5 tsp** [0.9 g] Ginger (Ground)
- **1 tsp** [7.1 g] Honey
- **1 tbsp** [10 g] Hemp Hearts
- **0.25 cup** [15 g] Parsley (*Chopped*)

## DIRECTIONS

1. Cook brown rice as directed on package.
2. Warm olive oil in a large skillet. Add garlic and cook 1 minute.
3. In a small bowl mix together coconut aminos, ground ginger, and honey.
4. Add the shrimp to one side of the skillet in a single lay, and the cabbage to the other side. Cook shrimp 2-3 minutes on one side, then flip.
5. Pour coconut aminos mixture over shrimp and cabbage. Cook for another 2- 3 minutes. Mix shrimp and cabbage together.
6. In a dinner bowl, add rice, shrimp, and cabbage. Top with hemp hearts and parsley.

## NUTRITION INFO

Energy : 513 kcal

Fat : 13.6 g

Carbs : 69 g

Protein : 29 g

Fiber : 5 g

Sugar : 11.5 g

# Weeknight Quick Pasta Dinner



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 12 MINUTES

## INGREDIENTS

- **7 oz, dry** [196 g] Red Lentil Pasta
- **2 cup** [60 g] Baby Spinach
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Halved*)
- **4 tbsp** [56 g] Kalamata Olives
- **3 tbsp** [42 g] Pesto Sauce

## DIRECTIONS

1. Cook pasta as directed on package.
2. Drain and rinse pasta then return to pot and toss with pesto sauce and spinach.
3. Warm for 1-2 minutes over medium heat until spinach is wilted.
4. Toss with remaining ingredients and enjoy!

## NUTRITION INFO

Energy : 534 kcal

Fat : 16.8 g

Carbs : 66 g

Protein : 31.8 g

Fiber : 11.8 g

Sugar : 3.6 g