
FOUNDATIONS *for* Hormones Balance

A 28 DAY GUIDE TO BETTER HORMONE HEALTH



Nourished ^{BY} Nutrition

Table of Contents

HORMONE HEALING HANDBOOK

Get To Know Your Hormones.....	04
Advanced Testing.....	08
Your Cycle.....	09
Foundations for Hormone Balance.....	12

NOURISHMENT

Quality Nutrition.....	14
Blood Sugar.....	19

STRESS RESILIENCE

Sleep.....	22
Stress Management.....	23
Movement.....	24

DETOXIFICATION

Detox Pathways.....	26
Digestion & Gut Health.....	28

28 DAY HORMONE BALANCING PROTOCOL

Get Started.....	31
Week One.....	37
Week Two.....	41
Week Three.....	44
Week Four.....	47
Snack Ideas.....	51
Grocery Lists.....	53

RECIPES

Recipe Index.....	61
-------------------	----

TEMPLATES

Habit Tracker.....	109
Meal Plan.....	110
Grocery List.....	111

It's Time To Feel Like The *Vibrant* Person You Are

Your hormone health is vital to your well-being. But you probably knew this, right? That's why you're here.

You know something is off and you're tired of consulting Google. You're experiencing a laundry list of symptoms (chronic fatigue, bloating, stubborn weight, adult acne, insomnia, etc). You're tired of painful or irregular periods. You're sick of turning into a completely different person with raging PMS before your period. Maybe you don't even have a period. You just want your energy back to be able to sleep through the night. I get it. I've been there.

You've probably tried a handful of supplements and maybe even cut out dairy or gluten—or both! You're confused and overwhelmed by all the information you see on social media. (Raw carrot salads anyone?!)

You just want answers. Legitimate ones. You're ready to get your hormones back into balance and to start feeling your best. But you don't know where to start.

I designed this guide for you. Consider this your trusty resource for understanding your hormones and what your body is trying to tell you. Since I believe knowledge is power, the first part of the guide breaks down the basics of getting your hormones back on track. It's a lot of information, but that's where the second part of the guide comes in. The four week hormone balancing protocol allows you to seamlessly integrate the foundational habits into your daily routine.

Say goodbye to your period problems, PMS, fatigue and acne. It's time to get your energy back and for you to feel like the glowing, vibrant person you are! Let's dive in together!



The Hormone
Healing Handbook

What Are *Hormones* & Why Do They Matter?

Hormones are chemical messengers in your body. They control your metabolism, hunger, mood, sleep, stress, sex drive, fertility, and so much more. They quite literally tell your body to do what it's supposed to do and when to do it.

Hormones play a role throughout every stage of life. They regulate everything from your body temperature, fertility, skin and hair, hunger, satiety, sleepiness, fat storage, stress response, and more. If you're feeling burnt out, missing periods, experiencing brain fog, or any other symptoms listed below, a hormone imbalance may be to blame.

Your hormones are very powerful, *but they're equally sensitive*. Hormones are easily influenced by lifestyle factors such as exercise, stress, sleep, and medications. One (or all) of these variables can throw your hormones out of balance.

As women, our bodies are especially sensitive to shifts in hormones. Even the slightest shift can throw off the entire system. Just one hormone can create a domino effect that negatively affects the entire balance. The good news? That same sensitivity means we have the power to positively impact our hormone balance with simple nutrition and lifestyle choices.

What Is *Hormone Imbalance*?

These days, hormone imbalances are incredibly common. In fact, studies show that upwards of 80% of women suffer from hormone imbalances. But common doesn't mean normal.

While your hormones fluctuate on a daily and monthly basis, imbalances happen when you have too much or too little of a particular hormone. Since your sex hormones, stress hormones and thyroid hormones are intricately connected, if one hormone is off it can affect all the others. For example, if you have high cortisol, this can impair thyroid function and sex hormones, just like thyroid fluctuations can contribute to imbalanced sex hormones. This can quickly create a snowball effect resulting in total hormonal mayhem.

Let's take a closer look at the main hormones associated with common imbalances.

Cortisol

Cortisol (aka your stress hormone) is produced by your adrenal gland. While cortisol gets a bad rep, you need cortisol to survive. It helps regulate your stress response, metabolism and immune function. Your body produces cortisol whenever you experience perceived stress, either physical or mental.

THIS CAN LOOK LIKE

- Drinking too much alcohol
- Intense workouts
- Poor sleep
- Long fasting periods
- Mental stress and anxiety
- Drinking caffeine on an empty stomach
- Eating too low carbohydrate or low calorie for extended time periods

When high levels of cortisol are produced, it signals to the body that it is not safe. When your body doesn't feel safe, it shuts down production of sex hormones. Your body isn't thinking about baby making when it's in survival mode!

Cortisol also affects blood sugar. When your cortisol rises it causes your blood sugar to rise. It's essentially providing you energy to "run for your life" but it can't tell that you're just stressed over a work deadline, running on caffeine, no food and 5 hours of sleep last night. Experiencing chronic stress can lead to elevated fasting glucose levels in your body.

When your blood sugar rises, your body produces the hormone insulin. Think of it as the key that allows glucose to be shuttled out of your bloodstream and into your cells. When insulin levels are constantly elevated, it can cause a cascade of long-term negative health effects.

With chronically elevated insulin levels your body can become desensitized to the insulin (also known as insulin resistance). This is a stressor which in turn elevates cortisol. This turns into a vicious cycle as high cortisol can increase blood sugar, leading to elevated insulin and greater insulin resistance.

Additionally, when stress hormones are continuously high, it has a negative impact on your gut. It impairs digestive enzyme production and creates an imbalance of your gut microbiome. This can increase inflammation and negatively impact your thyroid and sex hormone balance, especially estrogen.

High cortisol levels can look like feeling "tired and wired", difficulty falling and / or staying asleep, weight gain / increased belly fat, sugar, salt or fat cravings, high blood sugar, frequent illness and digestive issues.

Thyroid Hormones

Your thyroid is like your body's furnace. It's responsible for regulating your metabolism, heart rate, body temperature, hair and nail growth, and energy levels.

The thyroid is controlled by the pituitary gland through the release of Thyroid Stimulating Hormone (TSH). This controls the production of your T4 hormone. Once T4 leaves the thyroid, it's converted to the active thyroid hormone T3. Conversion of T4 to T3 can be slowed by nutrient deficiencies, chronic stress, and imbalances in blood sugar.

Low thyroid function can lead to symptoms like thinning hair, cold hands and feet, constipation, low energy, rapid weight gain or stubborn fat that's hard to lose and menstrual cycle issues.

The Main Sex Hormones

ESTROGEN

Estrogen is essential for the development and regulation of the female reproductive system. It's needed for a healthy menstrual cycle, blood sugar balance, bone health, fertility, weight management, heart health and so much more.

Estrogen dominance can occur when you have too much estrogen in relation to progesterone. This can happen because your body has too much estrogen (from your internal production or the environment) or you have too much estrogen relative to progesterone. This can lead to water retention, heavy periods, breast tenderness, acne, migraines, and weight gain.

Low estrogen and subsequently, low progesterone often happens when the body is under a state of chronic stress (mental and / or physical). This also happens during menopause! Low estrogen can show up as irregular periods, vaginal dryness, fatigue, brain fog, mood swings, night sweats and hair loss.

TESTOSTERONE

This is an androgen hormone which is usually associated with males but both men and women have and need testosterone.

High testosterone levels may result from increased estrogen and low thyroid function. Excess estrogen from high insulin can signal to the ovaries to make more testosterone. High testosterone can show up as irregular periods, acne (especially on the jawline, chin and back), facial hair, and increased muscle mass.

Low testosterone often occurs as a normal result of menopause and aging but it can also occur from problems with the ovaries or adrenal glands. This can lead to symptoms like fatigue, low libido, mood swings, a decrease in bone density, memory loss and muscle weakness.

PROGESTERONE

This is the key hormone in the second half of your menstrual cycle and essential for preparing for and supporting pregnancy, maintaining the uterine lining, and promoting sleep.

Progesterone is produced after ovulation. If you aren't ovulating (due to excess estrogen, high testosterone, high cortisol or low thyroid), your body isn't producing progesterone. Low progesterone is often accompanied by high estrogen levels putting the body into a state of estrogen dominance.

Common symptoms of low progesterone include sleep issues, brain fog, mood swings, anxiety, fluid retention, heavy menstrual bleeding, low libido, and difficulty with conception or maintaining a healthy pregnancy.

Advanced Testing

Your symptoms can be clear indicators of what's going on with your body but it's not a diagnostic test. To fully understand what's going on with your hormones, you'd have to test your hormone levels. However, this isn't the first place I'd start. Testing can be expensive and regardless of the results, the first step in healing is putting the foundational practices in place.

Commit to the diet and lifestyle changes that are part of this plan. Remember, it can take time to implement habits and your body to regulate. If you've fully committed and not seeing improvements after 8 weeks, testing may be a good option for you.

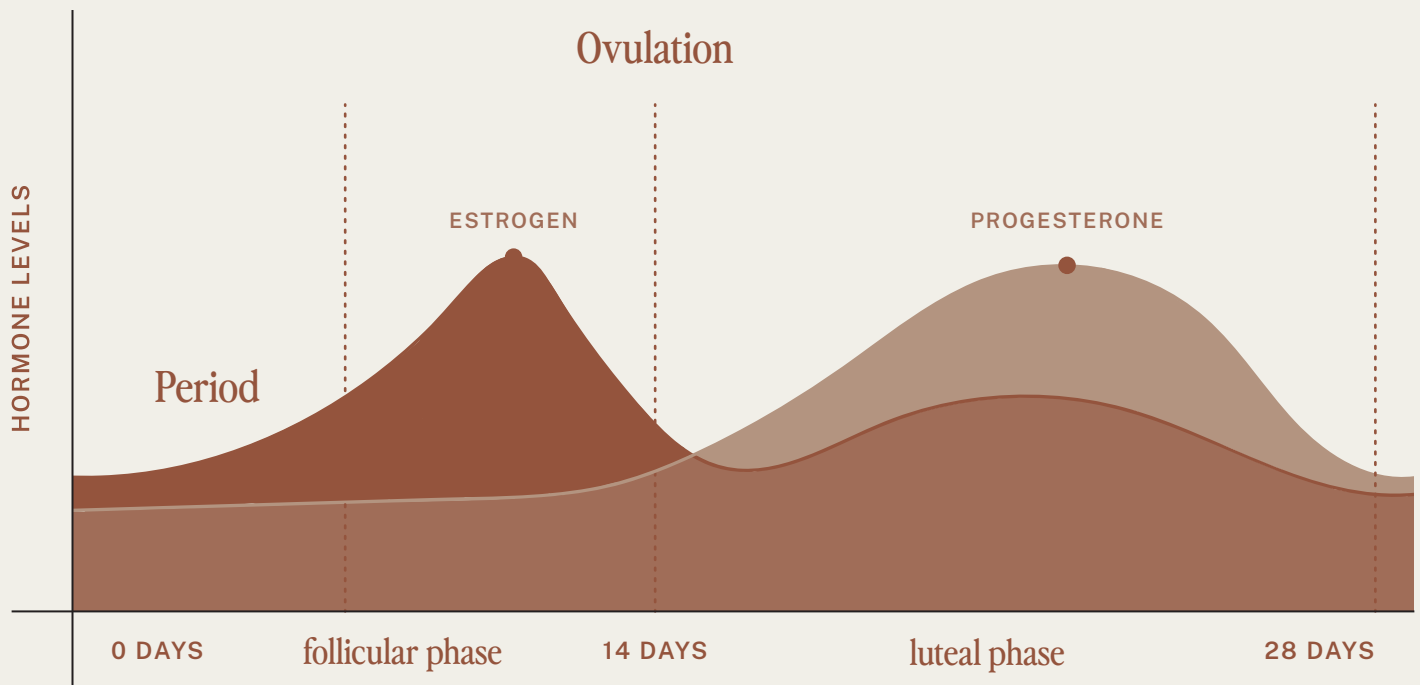
COMMON SIGNS OF HORMONE IMBALANCE

- Frequent mood swings
- PMS
- Painful periods
- Anxiety or depression
- Low libido
- Weight gain
- No period, irregular periods or infertility
- Brain fog
- Cold intolerance
- Restless sleep or insomnia
- Intense food cravings
- Weight fluctuations
- Digestive issues like bloating
- Chronic fatigue
- Hair loss
- Unwanted hair growth
- Joint pain
- Vaginal dryness
- Hot flashes
- Night sweats
- Dry, dull, or blemished skin



Monthly Report Card *...aka* Your Period

One of the biggest signs you have a hormone imbalance is period problems. Your menstrual cycle is like a report card each month for your hormone health.



IDENTIFYING COMMON ISSUES

While every woman's cycle is unique, here are a few signs of a problem with your menstrual cycle:

- You've skipped periods, or your periods have stopped entirely.
- Your periods are irregular.
- You bleed for more than 7 days.
- Your periods are less than 21 days or more than 35 days apart.
- You have spotting between periods

One way to find out if you're having any issues with your menstrual cycle is to track your periods. Write down when they start and end. Also record any changes to the amount or number of days you bleed, any PMS symptoms you notice and whether you have spotting between periods.

Best Ways to *Track Your Cycle*

USE A CALENDAR OR APP

The simplest way to track your cycle is with the calendar method. Start by logging the first day of your period, the duration (number of days that you bleed), and how heavy your flow. You can take it a step further by documenting how you feel throughout your cycle (think headaches, cramps, mood swings, insomnia, etc.). You'll continue to do this on a monthly basis so you can see how frequently you are getting your period and when symptoms may occur. Over the next 6 months you'll start to see a pattern or be able to tell if your cycle is irregular.

There are also apps to help with period tracking. This can be convenient since they can also provide intel on fertility, mood and more, as well as keep tabs on any trends and health issues that may be directly related to your hormones.

USE A BASAL BODY TEMPERATURE (BBT) CHART

Your basal body temperature indicates the temp of your body when it's fully at rest. It also gives you amazing information about your cycle. When you ovulate, the hormone progesterone causes your temperature to rise. It remains higher throughout the rest of the menstrual cycle. Then, just before your period starts, progesterone drops. This means your basal body temperature will drop too – unless you're pregnant, in which case your temperatures will remain higher because progesterone will stay high.

By tracking your BBT daily you can see patterns in your cycle to confirm ovulation. This along with tracking cervical mucus changes can help pinpoint your fertile window. This information can help you know if you're ovulating and you can use it to plan sex carefully around those days depending on your personal reproductive goals.

That being said, BBT can be a bit of a pain because you must take your temperature first thing when you wake up before doing anything else! But there are wearables like [Ava Bracelet](#), [Temp Drop](#) or [Oura Ring](#) (also connected to [Natural Cycles](#)) that does all the tracking for you. This is what I personally recommend doing. It makes it so much easier.

What *Causes* Hormone Imbalances

The truth? In today's modern society, almost everything! Hormones are easily influenced by lifestyle and environmental factors: poor sleep, stress, processed foods, sedentary living, excessive screen time, exposure to toxins, and medication. Any of these factors can easily throw your hormones out of balance.

COMMON UNDERLYING CAUSES OF HORMONAL IMBALANCE INCLUDE:

- Lack of quality sleep
- Compromised gut health
- Excess body fat
- Exposure to endocrine disruptors
- Thyroid disorders
- High stress levels
- Birth control or hormonal replacement
- Poor diet or undernourishment
- Blood sugar imbalances
- Chronic inflammation

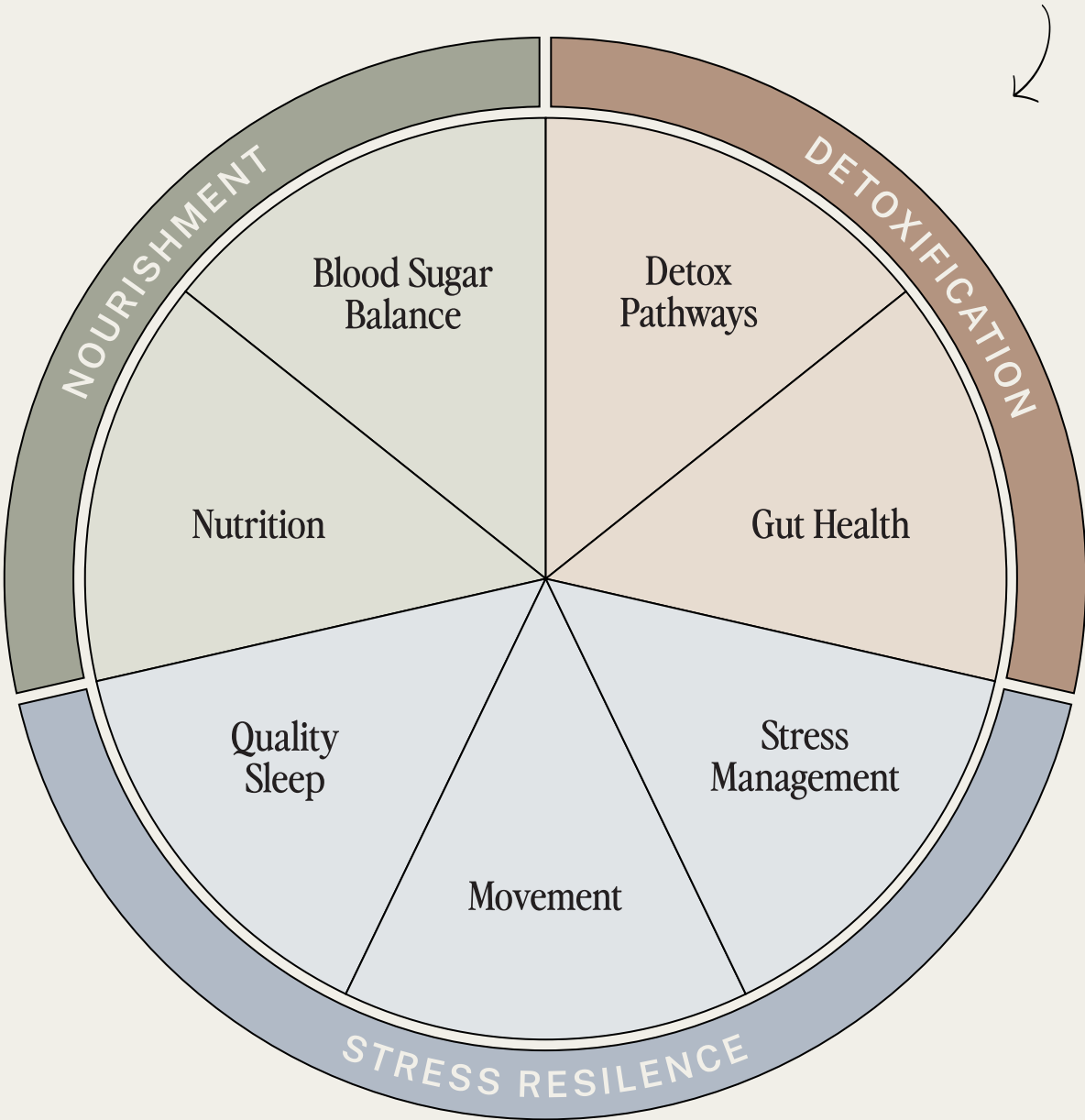
I know you're probably feeling overwhelmed but don't worry! This can be a lot to take in. *But the good news?* There are positive choices you can make to support your hormonal health, reduce your symptoms, and start feeling your best. And I'm going to walk you through them.

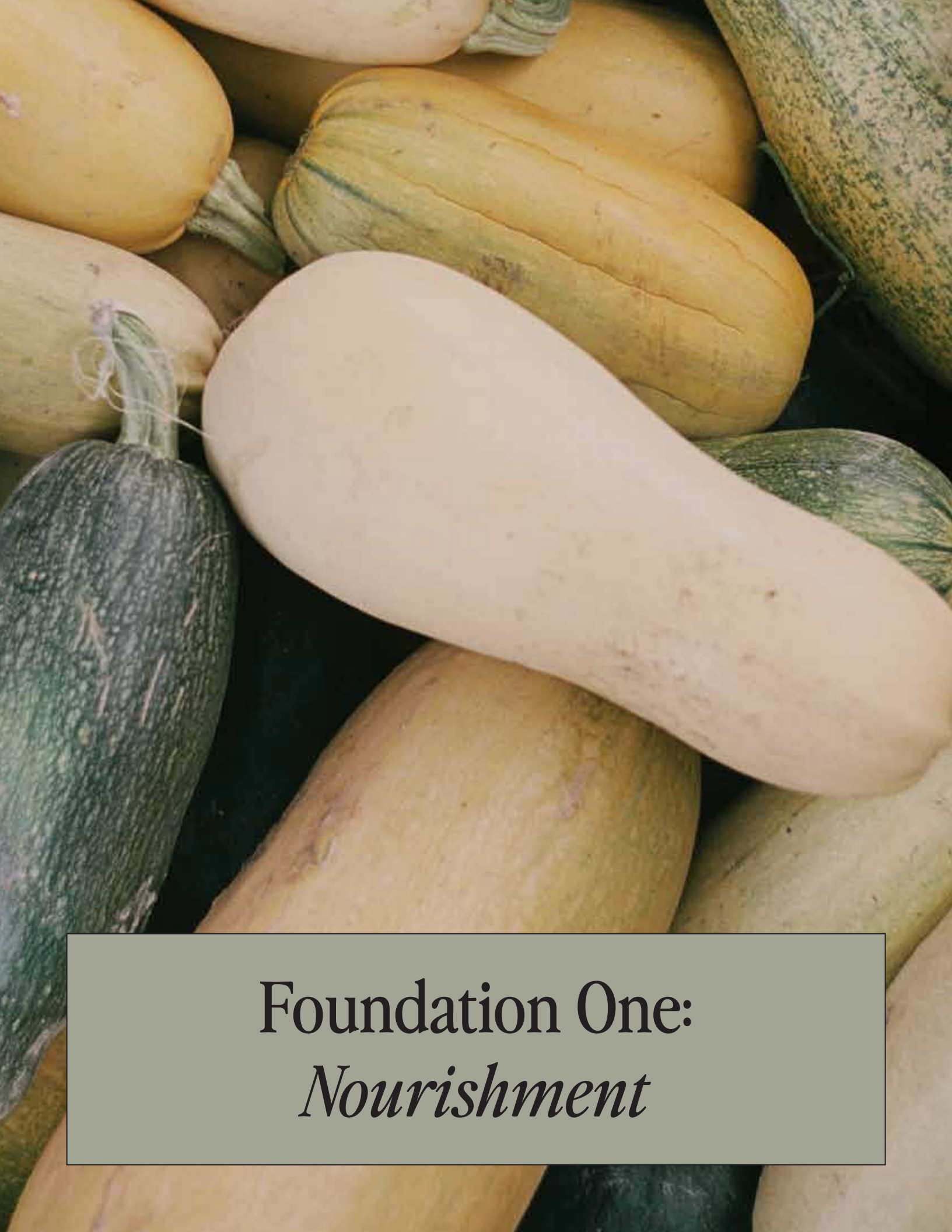
Plus, by following the four week guide you'll be able to seamlessly work these foundational hormone habits into your life.

Foundations *for* Hormone Balance

Ready for your hormones to work for you instead of against you? Then it's time to get acquainted with the seven main factors that impact your hormonal health. These can all be grouped into three areas of focus – nourishment, stress resilience and detoxification. We'll cover why each one matters and numerous ways to incorporate them into your daily routine.

As you follow the 4-week protocol, you'll see how these steps are strategically integrated into the recipes and weekly challenges to help turn these foundational practices into daily habits.





Foundation One:
Nourishment

Quality Nutrition

To support hormone balance it's essential to focus on nutrient-dense foods. In other words, you want to get the most nutritional benefits as possible out of every bite. Think less processed fillers and more vitamin and mineral-rich whole foods. A well-rounded diet that incorporates a variety of foods will give your body the nutrients it needs to thrive without needing to eliminate entire food groups.

In fact, undernourishment (aka not eating enough calories or nutrients) can throw your hormones out of whack. In particular, your body needs enough healthy fats and quality protein sources for hormone production so focus on including those at every meal.

Note, there are a few foods that commonly contribute to hormonal imbalance including:

- Processed foods
- Excess sugar
- Too much caffeine
- Gluten and dairy (for some people)

Removing these items can be necessary when first starting your healing journey. However, this doesn't mean you have to eliminate these foods entirely or forever.

HOW TO SUPPORT QUALITY NUTRITION

- Focus on a variety of whole foods and colors
- Consider avoiding common food sensitivities for at least four weeks (e.g. gluten and dairy)
- Have three regular meals throughout the day (and snacks if needed)
- Limit added sugar and ultra-processed foods as often as possible
- Minimize seed oils and incorporate more omega-3s
- Avoid restricting calories, instead focus on balanced meals
- Limit caffeine and avoid it on an empty stomach
- Drink a minimum of half your bodyweight in fluid ounces daily
- Add a pinch of salt or an electrolyte packet to your water at least once a day (more often if you sweat a lot, breastfeed, or are pregnant or extremely active)

Foods *for* Hormone Balance

Whole foods (aka foods in their most natural form) are going to be the best for supporting your hormone balance because they're rich in vitamins, minerals, fiber and antioxidants. Certain foods also have unique properties shown to support hormones or hormone pathways. You'll see these foods used a lot throughout the recipes in the meal plan.

Fatty Fish: salmon, mackerel, and sardines are rich in omega-3 fatty acids, which can help reduce inflammation and support hormone production. Other low-mercury fish like halibut, cod, and shrimp also offer an array of nutrients that help keep the body in balance.

Lean Meat, Poultry + Eggs: high-protein foods like lean beef, pork, chicken and eggs help keep blood sugar levels stable — essential for balanced hormones. They are also full of bioavailable nutrients.

Leafy Greens: kale, spinach, Swiss chard, arugula, etc are high in vitamins and minerals, such as magnesium and zinc, which are important for hormone regulation. They also contain vitamin A, which supports thyroid health, and folate, which promotes regular ovulation.

Cruciferous Vegetables: broccoli, cauliflower, Brussels sprouts, etc contain diindolylmethane, or DIM, that can help the body metabolize excess estrogen and promote hormonal balance.

Colorful fruits and vegetables: but also just eat the rainbow. The more variety the better to ensure you're getting different vitamins, minerals and antioxidants and support your gut microbiome.

Beans and Legumes: lentils, chickpeas, and black beans are good sources of plant-based protein and fiber, which can support steady blood sugar levels and gut health.

Nuts and Seeds: think almonds, pistachios, cashews, walnuts, flaxseeds, hemp and chia seeds. Many are rich in nutrients like omega-3 fatty acids and zinc that support hormonal health. Incorporating a mix of these helps you get a variety of phytonutrients, healthy fats, and fiber.

Healthy Fats: olives, olive oil, coconut, coconut oil, grass-fed butter, ghee and avocados contain healthy fats that are important for hormone production. Omega-3 fatty acids and in moderation omega-6 fatty acids help fight against inflammation.

Whole Grains: foods like quinoa, brown rice, and oats provide complex carbohydrates and fiber, which contain B-vitamins and of key vitamins and minerals, provide energy, and support hormone balance.

Probiotic-Rich Foods: fermented foods like yogurt, kefir, and sauerkraut contain probiotics that support gut health, which is closely linked to hormone balance.



Hydration

Proper hydration is crucial for your overall health and hormones.

Why? Water assists in transporting nutrients to our cells, lubricating our colon and joints, maintaining circulation, and assisting our liver and kidneys in detoxification. Talk about a lot of work! Without water our bodies can't do it efficiently. Proper hydration is key! Your body needs a combination of water and electrolytes for optimal hydration. Adding a pinch of sea salt and lemon to your water or an electrolyte packet to your morning water is a great way to optimize hydration first thing.

A NOTE ON *Caffeine, Alcohol & Intermittent Fasting*

CAFFEINE

I love my coffee and I'm not going to tell you to give up yours. However, do be mindful of your intake. Aim for one cup of coffee per day—or try matcha for a more steady alertness. Most importantly, make sure you're having caffeine WITH food—or at the very least, not using it as a meal replacement.

ALCOHOL

Studies show that even moderate alcohol consumption raises estrogen levels and lowers progesterone. This can put you into estrogen dominance, which is a common hormone imbalance for women. Estrogen dominance exacerbates a long list of hormonal conditions, including PCOS, fibroids, and endometriosis and PMS.

Alcohol also forces the liver to run through your store of vitamin C (and other important antioxidants) to break it down, which leaves you vitamin and mineral deficient. Drinking alcohol drains the adrenals, messes with the quality of your sleep, makes you feel more tired and down. Especially the next day! It also messes with your blood sugar which is KEY for hormone balance.

Does this mean you should never drink alcohol again? No, but if you're just starting your hormone healing journey it may be something to consider taking a break from.

INTERMITTENT FASTING

I don't recommend intermittent fasting when trying to heal your hormones. While there are benefits to fasting, most research is done on men. Some women (like those going through menopause, obese women, or those with insulin resistant PCOS) may benefit BUT there's a caveat: your stress levels have to be in check.

If you try to fast while your body is in fight or flight mode, fasting backfires. From my experience, most women who need to balance their hormones are dealing with stress and cortisol issues. Fasting at this time isn't the answer. You want your body to feel safe. In terms of diet, that means optimally nourished and regularly fed.

For digestion, a 12 hour break from eating overnight is very beneficial. Otherwise, try to avoid longer fasts at this time. And of course if you're hungry, please eat.



Blood Sugar

Blood sugar dysregulation contributes to MANY hormonal symptoms such as irregular periods, anxiety, brain fog, feeling shaky, fatigue, weight gain—the list goes on and on. This is why balancing blood sugar is one of the first things that needs to be addressed to balance your hormones.

Here's a little insight on how this happens: your blood sugar balance impacts the hormones insulin, cortisol, estrogen, progesterone, and testosterone. Balanced blood sugar is also key for optimal gut and liver function. When your blood sugar is elevated your body has to produce more insulin to move glucose out of the bloodstream and into your cells. But, when insulin is constantly elevated it puts stress on the body. Over time this can turn into insulin resistance meaning your cells stop responding to the insulin in your blood. The result? Chronically high blood sugar and insulin levels.

The stress high blood sugar puts on the body causes a spike in cortisol (aka your stress hormone). This has a ripple effect on other hormones, especially progesterone. This leads to symptoms like heavy periods, migraines, anxiety, acne, PMS, estrogen dominance, endometriosis, and more. High cortisol levels also increase blood sugar, making it a vicious cycle!

Fun Fact

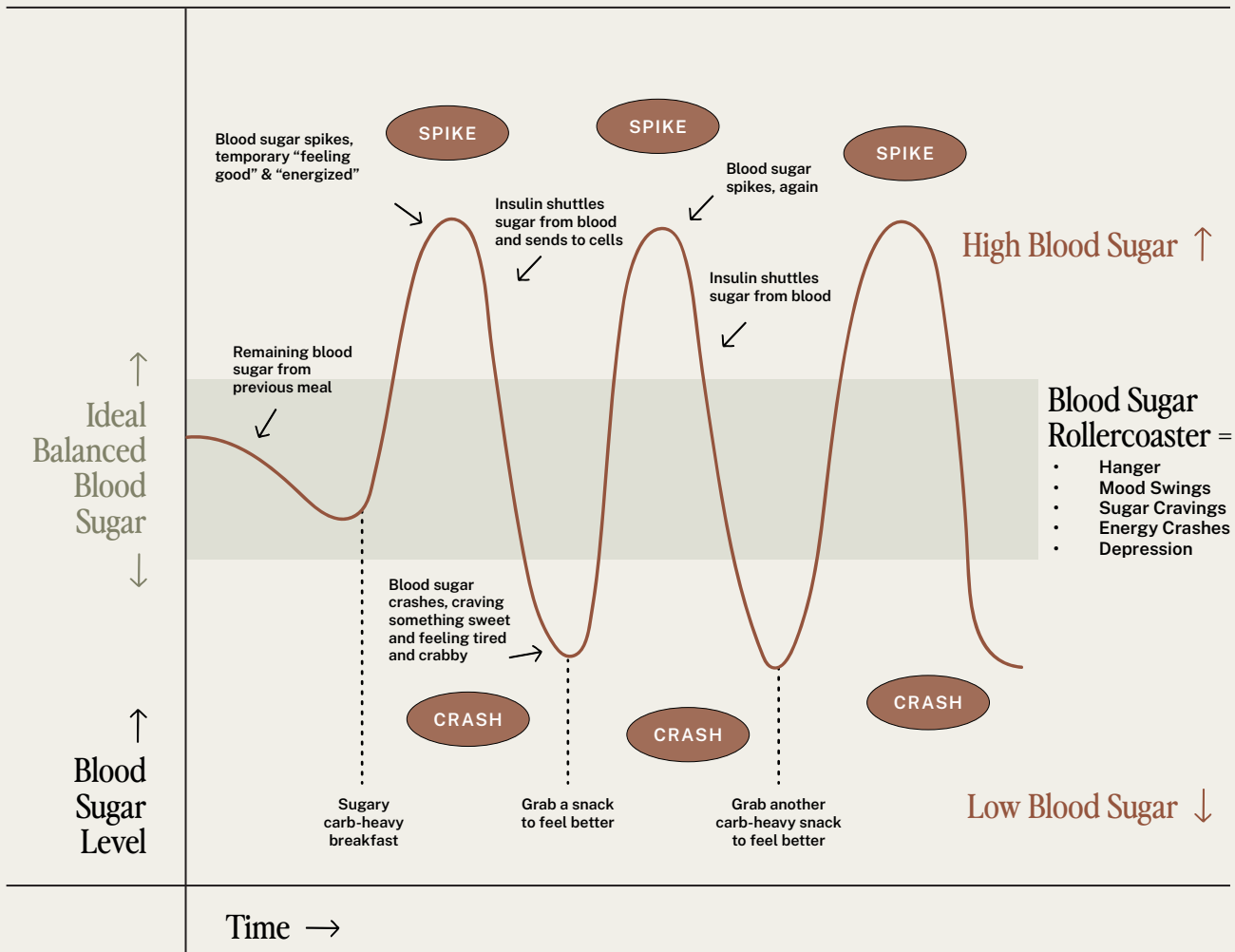
Your ovaries also have insulin receptors! That means when insulin is chronically high, it can cause the ovaries to produce more testosterone. This can then impact ovulation by delaying it—or even causing it to stop completely. More often than not, elevated blood sugar is the root cause for issues like PCOS and irregular periods.

Are you starting to get a feel for how connected and intricate all these systems are? Don't worry. To put you at ease here are the simple tips you can employ to feel better.

HOW TO SUPPORT BLOOD SUGAR BALANCE

- Eat your first meal within 30-90 minutes of waking
- Aim for around 30 grams of protein at every meal
- Include a combination of complex carbohydrates, fiber, protein and healthy fats at each meal
- Avoid eating carbs on their own
- Move after your main meals (Research shows walking for just 10 minutes after meals can decrease blood sugar by 20% – this could look like doing chores, picking up the house, taking the dog for a walk)
- Try apple cider vinegar - mix 1 tbsp with 3 tbsp or up to 8 oz of water and drink before a meal
- Incorporate blood sugar balancing herbs and spice like cinnamon, green tea and bitters
- Focus on sleep and stress management (more on these on pages 22-23)

THE BLOOD SUGAR ROLLERCOASTER



A close-up photograph of a bed with blue and white pillows and a white sheet, with a white paper bag in the foreground.

Foundation Two:
Stress Resilience

Sleep

You can't balance hormones without quality sleep. No matter how nutritious your diet — or how consistent your exercise routine — getting enough restorative sleep is crucial for optimal health.

Shorter sleep duration and poor sleep quality can cause blood sugar dysregulation, reduced insulin sensitivity, and higher levels of cortisol. It also can weaken the hormone responsible for telling you that you're full! This can lead to elevated blood sugar levels (even if you haven't eaten), intense cravings for sweets and carbs, and decreased levels of progesterone.

Ideally, you want to aim for at least 7-9 hours of high-quality sleep per night. To help your body wind down at night, create a bedtime ritual that makes you feel calm and relaxed. This could look like taking bath, reading a book, or meditating. Try keeping a journal next to your bed and use a few minutes before bed to write down five things you're grateful for. You want to signal to your body that it's time prepare for sleep.

HOW TO SUPPORT QUALITY SLEEP

- Make your bed sacred - for only sleep & sex (not eating, scrolling, working)
- Create a nighttime routine to help you wind down. It doesn't have to be lengthy - ex. brush teeth, skin care, make a cup of tea, read a book journal/jot down thoughts or try feet on the wall
- Go to bed at the same time each night (ideally before 10pm)
- Reduce screens at least one hour before bed; blue light destroys melatonin (sleep hormone). Up to 2 hours before bed wear blue light blocking glasses or turn on blue light filter in device settings
- Put devices in airplane mode when sleeping
- Finish eating two hours before bed - a big meal before bed can affect sleep and overnight blood sugar; if you need a bedtime snack, choose a protein-rich snack with some complex carbs
- Get 10 minutes of direct sunlight upon waking to set your circadian rhythm this help support energy during the day and sleep at night
- Supplements to consider: magnesium glycinate, chamomile, valerian, hops, L-theanine, GABA

Stress Management

No surprise here. Stress causes your body to go into fight or flight mode. It's just the way we're wired. And when we're stressed, cortisol rises. In turn, elevated cortisol then affects your other hormones including the ones responsible for ovulation. Chronic stress can lead to late (or completely absent) periods. Since stress is inevitable, it's essential to actively work on managing stress and incorporating ways to find calm throughout your day. I also recommend building a tool box of practices that you can turn to when you're feeling more stressed than usual (both mentally and physically).

One way to do this is focusing on activating your vagus nerve. The vagus nerve runs from the brainstem through the neck and down to your abdomen. Its main function is to regulate digestion, heart rate and breathing rate. When it's stimulated it activates your parasympathetic nervous system, which allows your body to feel safe, relaxed and calm. Doing vagus nerve exercises can increase your vagal tone and help build your capacity to handle stress. These include singing, humming, chanting, box breathing, and cold exposure. When in doubt, connect with your breath. It's an instant calm button that brings you back to the present.

HOW TO SUPPORT STRESS MANAGEMENT

- Schedule in a daily practice to help regulate your nervous system –breathwork, meditation, vagus nerve stimulation (singing, humming, gargling, cold exposure), gua sha, grounding, or spending time in nature.
- Schedule time every day for relaxing activities –reading a book, taking a hot bath, stretching, yoga, baking, painting, coloring, gardening, etc.
- Practice saying no to things that don't align with your values, delegate and ask for help
- Invest in services that help you feel calm (this could be self-care services or help like cleaning, childcare, etc)
- Keep your blood sugar balanced -eat within an hour of waking up and don't skip meals. *See blood sugar section for more tips.*
- Be mindful of food intolerance, inflammatory oil, alcohol, excess caffeine and sugar as these are stressors to the body
- Prioritize getting 7-9 hours of quality sleep every night. *See sleep section for more tips.*
- Listen to your body and rest!
- Incorporate stress supporting herbs like rhodiola, ashwagandha, holy basil, milky oat straw, valerian root, and passionflower

Movement

Daily movement is essential for maintaining healthy hormones. Ideally, you want to incorporate a combination of strength training with low-intensity and high-intensity workouts. However, you need to find the right amount of exercise for your body and the state of your hormones. Overexercising can be harmful and cause too much stress on the body—especially if you're undernourished or not getting enough rest.

If your body is already stressed (lacking sleep, chronic inflammation, etc.), adding too much high-intensity exercise like interval training, sprinting, or spin classes can actually increase cortisol levels. What is too much? I recommend limiting high-intensity workouts to 1-2 times per week. Or, if you're really struggling with hormone imbalances such as missing your period, maybe skip high-intensity workouts completely.

Instead, opt for moderate-intensity workouts to balance your hormones. Low-impact exercises like walking, hiking, pilates, yoga, or resistance training are all great options. (And seriously, don't underestimate incline walking as a legitimate workout. The 12-3-30 workout is no joke! Try it yourself: 12% incline at 3 mph for 30 minutes.)

Doing the right types of exercise actually reduces stress, releases good endorphins, and helps re-balance your hormones. Just make sure it's a movement you enjoy!

HOW TO SUPPORT DAILY MOVEMENT

- Move throughout your day - a 10 minute walk after lunch, chase your child around at the park, household chores and tidying up. If you're working from home try a walking pad to get steps in while working.
- Incorporate a mix of strength training and low impact exercises like pilates, yoga, walking, jogging, etc.
- Be mindful of INTENSE cardio and HIIT workouts (especially during your healing phase). I don't recommend more than 2x per week.
- Hold yourself accountable. Commit to your movement and schedule it in. Just remember to listen to your body and be flexible depending on how you're feeling.
- Find exercise you enjoy!



Foundation Three:
Detoxification

Detox Pathways

Don't panic! Detoxification isn't a "dirty" word. We're not talking juice cleanses and extreme diets. The truth is your body is a cleansing machine. Detoxification is a natural process that our body does extremely well...until it doesn't. Modern living takes a toll on our ability to detoxify properly.

The body has numerous detoxification pathways that involve several organs and the major player in these pathways is the liver. That's what we'll be focusing on in this guide and its role in hormone balance.

OPTIMIZING LIVER FUNCTION

You might be thinking, what the heck does the liver have to do with my hormones? The answer is a lot. The liver is our body's primary detoxification organ for excess hormones. For example, the liver is responsible for getting rid of extra estrogen in our bodies. When it's unable to do that the extra estrogen gets re-circulated in our bodies creating an estrogen dominance state. You then experience symptoms like heavy periods, mood swings, headaches, sleep disturbances, breast tenderness and even fibroids.

Think of the liver as a giant filter. If the liver is overburdened with toxins, inflammation, infection, physical damage or other stressors, it can't filter properly. There's just too much to sort through. When this happens it makes it difficult for the body to efficiently regulate hormones.

BUT WHERE DO TOXINS COME FROM?

Honestly, everywhere. The most concerning are hormone-disrupting ingredients called endocrine disruptors. These chemicals act similarly to hormones which confuses our body's hormone receptors and interferes with our natural hormone production. There are many identified endocrine disruptors and they're hidden in everything from plastics, window cleaners, and dish soap, to shaving cream, makeup, and shampoo.

OTHER COMMON SOURCES OF TOXINS INCLUDE

- Air pollution
 - Tap water
 - Stress
 - Alcohol
 - Skin care products
 - Household cleaning products
 - Cookware such as non-stick pans
 - Pesticides from non-organic food
 - Medications (including birth control pills)
 - Fragrances (perfumes, scented candles, air fresheners, etc)
 - Plastics, especially food storage containers and water bottles
-

Our body is designed to filter and excrete most of these toxins. However, problems occur when the toxic load is higher than what the body can handle. In today's modern society, we need to consciously reduce toxin exposure to support the detoxification in our liver. We don't want it working any harder than it needs to.

Keep in mind, there are things that you can do to swap out your toxin load as you go. The best way to do this is to purchase new items as you run out or buy something new every time you go to the store. Start with personal care products, then cleaning supplies, then cooking and food storage, and then water filters.

HOW TO SUPPORT DETOXIFICATION

- Avoid alcohol (this is huge!)
- Reduce caffeine and refined sugar
- Incorporate liver-friendly foods daily such as dandelion tea, green tea, broccoli, cauliflower, brussels sprouts, kale, mustard greens, beets, citrus, and garlic.
- Opt for filtered water to avoid hormone-disrupting chemicals such as chlorine and heavy metals.
- Consider using castor oil packs on your liver
- Incorporate detoxification practices that stimulate lymphatic drainage - cold showers, dry brushing, gua sha, lymphatic massage, rebounding, jump roping and breathwork
- Choose non-toxic cleaning products
(I like [Branch Basics](#), [Cymbiotika](#), and the [EWG's](#) recommendations for products)
- Switch out your skin care and makeup for clean products
(The [EWG](#) also has a great resource for that)
- Ditch the plastic and swap your plastic tupperware containers for glass ones!
- Filter your water and focus on proper hydration with electrolytes
- Supplements to consider include milk thistle, glutathione, selenium (2 brazil nuts a day), NAC, spirulina, chlorella, chlorophyll

Digestion and Gut Health

Your hormones are intricately connected to your gut health. This includes digestion and your microbiome (aka the ecosystem of microorganisms found in your intestinal tract).

For example, research shows that the microbiome plays a significant role in estrogen regulation. One way is through something called the estrobolome. The estrobolome is a collection of bacteria in your gut that are responsible for detoxifying and metabolizing estrogen. An imbalanced estrobolome can lead to either too much or too little estrogen in the body.

With poor gut health there's an increased risk of estrogen-related diseases such as PCOS, endometriosis, and even breast cancer.

How you digest your food is also important. If you have low stomach acid, lack digestive enzymes or have impaired gut lining you're not going to be able to properly absorb the nutrients from your food. This can cause chronic inflammation and stress on the body.

HOW TO SUPPORT DIGESTION & GUT HEALTH

- Focus on foods in their most natural state and add fiber-rich veggies, fruits, and complex carbohydrates to your daily meals
- Incorporate a variety of plants for fiber, different nutrients and antioxidants – challenge yourself to eat 30 different plants per week (It's easier than you think!)
- Try to eat fermented food every day (sauerkraut, kimchi, tempeh, cultured yogurt, pickles, kefir, etc.)
- Consider taking a pre and probiotic
- Add in bone broth
- Support digestion by eating mindfully, chewing your food thoroughly, and including bitters or digestive enzymes when needed
- Incorporate herbs like ginger, peppermint, fennel, slippery elm
- Supplements to support the gut include colostrum, L-glutamine, collagen, gelatin

Basic Supplements to Consider

Getting your nutrients from food should be top priority. However, supplements can be really beneficial, especially if your body is depleted (high stress, post birth pills control, etc). That being said, supplements really need to be tailored to your specific symptoms and nutrient status.

THERE ARE A FEW SUPPLEMENTS MANY INDIVIDUALS CAN BENEFIT FROM:

- Multivitamin / Prenatal
- Omega-3
- Probiotic
- Vitamin D3/K2
- Magnesium



28 Day Hormone
Balancing Protocol

Let's Get Started!

I know that was a lot of information. Before you get too overwhelmed, know that this guide isn't meant to be an immediate overhaul. I don't want you to try to add in every single tip I've shared. That's not realistic. Now that you have the knowledge, it's time to strategically add in things that are going to have the biggest impact on your hormones while also feeling manageable! It's time to create a solid foundation for hormone balance.

This is why the protocol is set up as a four week plan.

The recipes and meal plan are designed to optimize your nutrition, stabilize blood sugar and support gut health. Each week there are challenges that focus on foundational areas like sleep, stress management, movement, and detoxification to further support hormone health. See how this is all coming together?!

I've created this guide to give you as much structure or flexibility as you need. You can follow the 4-week protocol as written or take a more flexible approach using the recipes, meal plan and habit tracker templates to create your own meal plan, grocery list, and challenges for the week.

If you're taking a more flexible approach and using the templates, especially for adding in hormone healthy habits, my advice is to start slow. What are you already doing? What can you easily add in that's not going to take too much effort? What can you stick with consistently?

For example, if you're skipping breakfast and going straight for coffee, make a goal to have a little something while you sip your coffee every day this week. If you love having an afternoon drink could you trade your go-to for dandelion tea to support your liver health. Choose things to start with that are simple to incorporate into your already established daily routine.

Real healing happens with consistency. As a busy working mom myself, I know first-hand that it's easier to be consistent when you make a plan that's simple to stick to.

"you will never change your life until you change something you do daily. The secret to your success is found in your daily routine"

JOHN C. MAXWELL

Frequently Asked Questions

ARE THE RECIPES GLUTEN AND DAIRY-FREE?

All of the recipes are gluten-free on purpose. Gluten isn't *always* problematic. However, when gut lining is compromised it can further exacerbate the issue and fuel inflammation. Doing a short elimination do gluten can help your body and gut reset if you are having issues with inflammation or leaky gut (both of which can contribute to hormone issues!). I highly recommend avoiding gluten during the 4-week meal plan.

Almost all of the recipes are dairy free. Some include dairy like Greek yogurt or an optional sprinkle of cheese like goat cheese or feta. The recipes that include a small amount of dairy will have dairy-free alternatives. If you're struggling with digestion issues, eliminating dairy may be a good option for you for the time being. Keep in mind, the goal is not to eliminate food groups forever, but rather give your body a break and understand how certain foods make you feel.

That being said, quality matters. If you decide to include dairy and gluten, opt for organic dairy and wheat products. I recommend opting for whole foods sources or minimally processed gluten-containing foods when possible. Grains that are sprouted or fermented are also easier to digest.

For example, if a meal includes toast, you can opt for sourdough which is more easily digestible, a quality gluten-free or grain-free bread, sprouted whole grain, use cooked sweet potatoes or opt for skipping the toast at this time and replace it with another complex carbohydrate – rice, roasted squash or sweet potatoes, fruit, etc.

CAN WE HAVE SNACKS?

Absolutely! The meal template has options for a morning and afternoon snack. Simply choose from the list of snack ideas on page 51 and add them in when you see fit. Depending on your activity level or if you're pregnant or nursing you may feel hungry between meals. It's important to honor your hunger cues and give your body the nourishment it needs. You may also find that some days you don't need a snack but other days you may need one or two. Our needs can change every day so do your best to listen to your body.

WHAT ABOUT COFFEE?

You can still enjoy your coffee! I recommend being mindful about the amount you consume, when you consume it and the quality. Try to keep it at one coffee per day or swap it for matcha for more steady energy. I also encourage you to have your coffee WITH food—or at the very least, not using it as a meal replacement. Lastly, be mindful about what you add to your coffee. During this plan, I recommend opting for the milks and creamers with the most simple ingredients and skipping the sugar.

CAN I DRINK ALCOHOL?

I recommend eliminating alcoholic beverages to help give your liver and body a break! As you start your healing journey you are better off eliminating alcohol especially if you are trying to improve symptoms that are related to estrogen dominance or have PCOS. You have to ask yourself how quickly do I want to feel better and how long do I want the recovery process to take?

CAN I DO THIS PLAN WHILE PREGNANT OR BREASTFEEDING?

Yes! This plan provides foundational habits that support your hormones and body through every season of life. You'll be gently supporting your hormones with quality nutrition and lifestyle practices. Some of the detoxification habits (like castor oil packs) shouldn't be used during pregnancy. If you have any questions about any of the practices or the meal plan, feel free to ask in the community chat or message me directly.

How To Make This Guide Work *For You*

This four week guide is designed to help you integrate the foundations of hormone balance into your life. By following the meal plan you'll be sure you are getting a variety of nutrients and blood sugar balancing meals. You'll also have daily challenges for the week to help you ease into these foundational habits in a slow and steady way.

Each week there is a done-for-you meal plan to follow. You'll see three "blank spaces" in the meal plan. This allows for more flexibility for you to use up leftovers or eat out, etc. However, you can also use the meal plan template to create your own meal plan for the week. Pick from the recipe index and add the meals to the days of the week you plan on enjoying them. This allows for more flexibility on your end, especially if you are cooking for a family or want to tailor the plan to your taste preferences. You'll just have to create your own grocery list from the recipes you choose.

At the beginning of each week you'll see a space for your weekly intention.

Writing down an intention for the week and reading it over daily can help keep you motivated and committed to your daily habits.

The 4-week guide is set up so that each week will focus on one of the foundations of hormone balance – stress, sleep, gut health and detoxification. You will have daily practices that will help support the foundation in focus. You can use the habit tracker to keep you accountable. If you already do one or all of the recommended practices, you are amazing! You can add new habits from the "how to support" section (found in stress, sleep, gut health and detoxification section of the guide) if you'd like.

I've also included the recommendation of 30 minutes of movement each day. This could be walking or another form of exercise you enjoy. I do recommend strength training, pilates or a combination of both at least 3-4 times a week. This could count as your daily movement or could be done in addition to a 30 minute walk. But keep in mind, it's more about prioritizing moving your body daily vs. getting caught up with a rigid schedule or exact amount of time.

Tips *for* Success

Plan Ahead / Prep: It's important to read over the guide before you begin. Dedicate some time to go through part one of the guide, especially the foundations of hormone balance section so you understand why these are vital to the health of your hormones.

Before Each Week: Make sure to read over the intro for the week. This will give you an overview of what you'll be adding into your daily routine. Look over the daily habits, meal plan and grocery list so you can plan ahead. If you are planning to create your own meal plan make sure you set aside time to pick out your recipes and make your grocery list before heading to the store or ordering your groceries.

I recommend setting about an hour or two on Sunday to grocery shop and prep some meals or meal components for the week. This will save you so much time during the week and set you up for success.

For Example:

- Grocery shop on Saturday or Sunday morning. You can save time by ordering online!
- Before putting away your groceries, wash and chop your produce. This could be for snacks or for meals you're planning to make for lunch and dinner.
- Prep 1-2 of the lunch recipes to have them ready to go. This typically works great with the soups and salads!
- Prep any breakfast or snacks for busy days. This works great for chia pudding, oatmeal, making smoothie packs, hard boiled eggs, breakfast frittatas, protein bites, etc.

At The Beginning Of The Week: I like to do this Sunday evening or Monday morning! Spend 5 minutes writing down your intention for the week, looking over the daily challenges and scheduling them in. Commit to them like you would an appointment on your calendar. See what your schedule looks like for the week ahead and write in your habits. This could look like committing to your 5 minutes of breathwork before getting out of bed in the morning, setting a reminder on your phone for a mid-day pause with your dandelion tea, and writing down your movement for the week to hold you accountable.

Each Morning: As soon as you wake up, spend 5 minutes looking over your intention for the week. This will help you get in the right mindset for the day. Then, look at your daily habits and meal plan. Make adjustments to your schedule if needed.



Disclaimer

This book is for educational purposes only. It is not intended as a substitute for the advice provided by your medical professional. If you have or suspect that you have a serious medical condition, contact your healthcare provider immediately. Always consult with a healthcare practitioner before making changes to your current routine.

Focus: *Stress Management*

Cortisol is a main driver of hormone imbalance so to start off the four week protocol, we're focusing on stress resilience. Since stress is inevitable it isn't about eliminating stress (remember some stress is a good thing!) but rather building our body's ability to handle stress. It's like training for a marathon. If you were to try to run the race without training, it would be extremely difficult and taxing on the body. But if you dedicate time to training, come race day your body knows what to expect and you're able to run and finish the race.

It's the same with building your stress resilience. You're training your body to better handle stress. That way when your body senses stress it's able to properly respond, then get out of flight-or-flight mode quickly and return to a state of calm.

Eliminating unnecessary physical and mental stressors, incorporating daily practices that help your body feel calm, and toning the vagus nerve are all ways to help build your stress resilience. This week you'll be focusing on breathwork, 5 minutes of journaling or gratitude and a vagus nerve exercise.

Breathwork: think of breathwork as an active form of meditation. Connecting with your breath brings you to the present moment while also calming your nervous system. There are many breathwork techniques. My favorites are boxed breathing and 4:7:8 count.

Box Breathing: exhale to begin. Quietly inhale through your nose to a slow count of four. First, expand the abdomen, then diaphragm, then the upper chest. This trains you to breathe deeply.

- Hold your breath again to a slow count of four.
- Slowly exhale through your nose for a slow count of 4.
- Let the breath go from the upper chest, diaphragm, then lastly the abdomen.

You have now completed one box breathing circuit. Repeat the cycle for 2-5 minutes or as long as you need to.

4:7:8 Breathing: exhale to begin. Inhale through your nose to a count of 4. Hold your breath for a count of seven. Slowly exhale through your mouth for a count of eight. You have now completed one breath. Inhale again and repeat the cycle for 2-5 minutes or as long as needed.

I recommend practicing this each morning before evening getting out of bed! You can also incorporate these breathing techniques anytime you're feeling overwhelmed.

Journaling: taking time to write out your thoughts is powerful but I know it can be a hard habit to commit to daily. This is why I recommend starting with 5 minutes of gratitude. Simply take a moment to pause and write down 3-5 things you are thankful for as soon as you start your day. Do this while sipping some lemon water or while making your coffee. If you're up for more of a challenge, simply write about whatever comes to mind for five minutes. Your to-do list, thoughts, prayers, struggles, anything is fair game!

Vagus Nerve Exercise: each day this week incorporate a vagus nerve exercise (there are so many!). This helps tone your vagus nerve and build stress resilience. Choose from any of these exercises to get started.

- Cold Shower or Facial Ice Bath -end your shower with cold water for 1-5 minutes. If you're doing a facial ice bath, fill a bowl up with water and ice. Plunge your face into the bowl and hum for 10 secs and repeat 6 times.
- Binaural Beats -alpha waves can help with stress reduction, mental focus and being in a flow state. Use headphones and listen for at least 5-10 minutes. You can also work while listening to them.
- Neck Stretch - simply place your right hand at the top of your head and gently lean your head and right ear towards your right shoulder. Look up and hold for 30 seconds and repeat on the other side.
- Torso Stretch -while sitting on the floor or in a chair, come into a twist. Place your right hand on the outside of your left leg and place your left hand behind you. Gaze over your left shoulder. Lengthen your spine on your inhale, and on the exhale, deepen the twist. Then switch sides.
- Ear Massage -the ear connects to the upper part of the vagus nerve. Gently place one finger above the ridge of your ear canal and move in gentle circles. Repeat on the other side. Then gently pull the ear from the skull and move it up and down. Now massage the area behind the ear, moving your finger up and down, repeating on the other side.
- Legs Up The Wall -helps to activate the parasympathetic nervous system. Place your legs up the wall with your back flat on the floor for 10-15 minutes.
- Rhythmic Vibrations -singing, humming, chanting or gargling activates our vocal cords which in turn stimulates the vagus nerve. Try for at least 2 minutes total but more is great!

Habit Tracker

WEEK ONE INTENTION: _____

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
Movement							
<i>Aim for at least 30 minutes of movement at day + strength training or pilates at least 3-4 times a week.</i>							
Breathwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Minute Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vagus Nerve	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Meal Plan

WEEK ONE

	<i>Beverages & Supplements</i>	<i>Breakfast</i>	<i>Snack (Optional)</i>	<i>Lunch</i>	<i>Snack (Optional)</i>	<i>Dinner</i>
<i>Mon</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Protein Yogurt Bowl		Lemon Turmeric Chickpea and Chicken Soup		Honey Mustard Chicken and Veggie Sheet Pan Bake
<i>Tue</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Veggie Egg Scramble		Honey Mustard Chicken and Veggie Sheet Pan Bake		Lemon Turmeric Chickpea and Chicken Soup
<i>Wed</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Protein Yogurt Bowl		Lemon Turmeric Chickpea and Chicken Soup		Burger Bowls with Special Sauce
<i>Thu</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Veggie Egg Scramble		Cruciferous Crunch Salad + Broiled Salmon		Burger Bowls with Special Sauce
<i>Fri</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Simple Green Smoothie		Cruciferous Crunch Salad + Broiled Salmon		
<i>Sat</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Veggie Egg Scramble		Cruciferous Crunch Salad + Broiled Salmon		
<i>Sun</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Simple Green Smoothie				Teriyaki Shrimp Stir-fry

Focus: *Sleep*

This week we're focusing on quality sleep. Ideally, you want to be getting 7-9 hours of uninterrupted sleep. If you feel like you haven't seen that much sleep in a while, committing to these sleep habits and a new nighttime routine may just be the thing you need to reset your circadian rhythm.

The habits to prioritize include getting 10 minutes of morning sunlight, no screens before bed, and incorporating a wind down ritual with tea and magnesium.

Morning Sunlight: getting direct morning sunlight can significantly help with setting your circadian rhythm. This helps keep you energized throughout the day and sleep better at night. As soon as the sun comes up go outside and let the morning sunlight in your eyes. You can do this while sipping your morning beverage, letting the dog out, walking, or grounding (walking in the grass barefoot!) or driving to work with the window down.

Wind Down Ritual: creating a wind down ritual as part of your nightly routine can help signal to your body that it's time to relax and prepare for sleep. This doesn't have to be lengthy! Instead of mindlessly scrolling before bed, add 1-3 things that can help with sleep – turn down the lights and use nightlights, make a cup of chamomile tea, legs up the wall for 10 minutes (you can do this in bed!), listen to white noise or binaural delta waves, read five pages of a book, take an epsom salt bath or soak your feet.

No Screens: I know this one is tough but blue light messes with your body's ability to form melatonin. In order to fall asleep and stay asleep, it's best to avoid blue light at least an hour before bed. This week make an effort to do no blue light emitting screens before bed. No scrolling instagram, emails or watching tv an hour before bed.

Habit Tracker

WEEK TWO INTENTION: _____

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
Movement							
<i>Aim for at least 30 minutes of movement at day + strength training or pilates at least 3-4 times a week.</i>							
Breathwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Minute Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vagus Nerve	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Screens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime Tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Magnesium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Meal Plan

WEEK TWO

	<i>Beverages & Supplements</i>	<i>Breakfast</i>	<i>Snack (Optional)</i>	<i>Lunch</i>	<i>Snack (Optional)</i>	<i>Dinner</i>
<i>Mon</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Sweet Potato Spinach Egg Bake		Broccoli Quinoa Salad		Egg Roll In A Bowl
<i>Tue</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Sweet Potato Spinach Egg Bake		Egg Roll In A Bowl		Spaghetti Squash and Meatballs
<i>Wed</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	AB&B Protein Chia Pudding		Broccoli Quinoa Salad		Spaghetti Squash and Meatballs
<i>Thu</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Sweet Potato Spinach Egg Bake		Broccoli Quinoa Salad		Salsa Chicken Tacos
<i>Fri</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	AB&B Protein Chia Pudding		Chicken Salad Lettuce Cups		
<i>Sat</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Super Seed Protein Oatmeal		Chicken Salad Lettuce Cups		
<i>Sun</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Super Seed Protein Oatmeal				Pistachio Baked Fish with Roasted Carrots and Cabbage

Focus: *Gut Health*

You've probably heard the saying "all disease begins in the gut". There's so much truth to this. In order to heal your hormones, gut health is key. This week we're focusing on both optimizing digestion and nurturing your gut microbiome. And yes, we're going there...you need to be pooping daily! If you're not, you're constipated and that's a big hormone red flag!

To do this, you need to focus on fiber, hydration, and actually chewing your food. Thankfully, the meal plan ensures you are getting a wide variety of nutrients and fiber. Additionally probiotics, bone broth, bitters or digestive enzymes can also be helpful in supporting digestion. Here's the habits to get started with this week:

Probiotic: while pre and probiotic supplements can be helpful, I recommend focusing on food also. Many of us don't incorporate probiotic foods daily, but this week that's the goal. Each day try to incorporate one probiotic food – cultured yogurt (not all yogurts have live probiotics!!), kefir (coconut, dairy, or goat's milk), sauerkraut, kimchi, or fermented veggies. I don't recommend opting for kombucha, unpasteurized apple cider vinegar or sourdough bread as your probiotic food. Even though they're fermented it's up in the air if they are truly a reliable probiotic.

Bone Broth: bone broth is one of the best sources of glycine and incredible for healing the lining of the gut. Not to mention it is a good source of protein and numerous other vitamins and minerals. Incorporate bone broth once a day – ideally sipping it as a broth, but you can also use it in cooking (use it in place of traditional broth or stock in soup recipes, cook your rice or other grains in it, add it to the pan when you sauté vegetables or meat). I like sipping it with salt, pepper, chili flakes and lots of lemon. Sometimes I'll also add ginger or half an avocado!

Chew Your Food: this is one of the the most underrated practices for eliminating digestive issues and supporting gut health. When I say chew your food, I mean really chew it. Think applesauce consistency. That could take up to 30 chews! Digestion starts in the mouth. Chewing your food not only physically breaks down the food but also signals to your stomach to release the enzymes and increase acid production that's needed to fully break down the food and for your to absorb the nutrients.

Before your meals, try putting away your phone at your next meal. That's right, no scrolling while you eat. Sit down, take a few deep breaths to activate a relaxed state, and chew your food.

Habit Tracker

WEEK THREE INTENTION: _____

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
Movement							
<i>Aim for at least 30 minutes of movement at day + strength training or pilates at least 3-4 times a week.</i>							
Breathwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Minute Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vagus Nerve	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Screens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime Tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Magnesium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Probiotic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone Broth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chew Your Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Meal Plan

WEEK THREE

	<i>Beverages & Supplements</i>	<i>Breakfast</i>	<i>Snack (Optional)</i>	<i>Lunch</i>	<i>Snack (Optional)</i>	<i>Dinner</i>
<i>Mon</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Chocolate Peanut Butter Smoothie		Sundried Tomato Tuna White Bean Salad		Lemon Chicken and Rice Bake
<i>Tue</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Savory Cottage Cheese Bowl (or Scrambled Egg Bowl)		Lemon Chicken and Rice Bake		Teriyaki Meatballs with Broccoli
<i>Wed</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Chocolate Peanut Butter Smoothie		Sundried Tomato Tuna White Bean Salad		Teriyaki Meatballs with Broccoli
<i>Thu</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Savory Cottage Cheese Bowl (or Scrambled Egg Bowl)		Green Goddess Chicken Salad		Butternut Squash and Beef Enchilada Skillet
<i>Fri</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Black Bean Breakfast Tacos		Butternut Squash and Beef Enchilada Skillet		
<i>Sat</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Chocolate Peanut Butter Smoothie		Green Goddess Chicken Salad		
<i>Sun</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Black Bean Breakfast Tacos				Broiled Salmon and Lemon Potatoes

Focus: *Detoxification*

For the last week of the protocol, you'll be focusing on detoxification. While there are so many ways to support your body's entire detoxification process, we're narrowing our focus to the liver. Your liver processes your hormones and if it's overworked it can get sluggish, resulting in less than optimal detoxification. Committing to daily practice that supports your liver while also reducing your exposure to toxins can go a long way in supporting your hormone balance. This week we're focusing on:

Dandelion Tea: sipping on dandelion root tea is amazing for liver health. It has been shown to stimulate bile production, which supports the liver's detoxification process. I recommend making it a ritual and something you look forward to daily. I like enjoying it in the afternoon as a mid-day reset but you can have it in the morning, before bed, or whenever you'd like. You can drink it hot or serve it as iced tea with a squeeze of lemon.

Dry Brushing: this is a great way to support lymphatic drainage and liver health. The gentle strokes help brush away dead skin cell buildup, clear out stagnation, release toxins and open pathways for optimal lymphatic drainage. Before or after your shower is the best time to integrate this habit. [This is a great tutorial.](#)

Cold Showers: exposure to cold temperatures can enhance liver function due to the cold water promoting blood flow to the liver. This stimulates the production of essential enzymes for liver function. The improved blood flow also supports flushing out toxins and waste products from the liver which allows it to function more effectively. End your shower with 1-5 minutes of cold water. It should be uncomfortable but breathing slowly through it is key!

Bonus: Castor Oil Packs: castor oil contains a unique compound called ricinoleic acid, which has anti-inflammatory properties. When applied topically, ricinoleic acid can penetrate the skin and stimulate lymphatic circulation, helping to remove toxins and waste products from the liver. It can also help support liver function by improving blood flow to the liver and reducing inflammation and congestion in the liver.

- Pour approximately 1 tablespoon of castor oil onto your castor oil pack.
- Place a castor oil pack directly on your skin over your liver area, which is located on the right side of your abdomen just below the rib cage.
- If desired, apply a heating pad over the pack to provide gentle heat.
- Relax and allow the castor oil pack to remain in place for 30-60 minutes.
- Afterward, remove the pack and gently cleanse the skin with warm water and mild soap to remove any residual oil.

Keep Going

After this week, it's important to continue to make changes to reduce your toxic load. This can look like swapping out home, beauty and skin care products as you run out, slowly swapping out plastic tupperware and water bottles for glass and stainless steel, investing in a water filter for your kitchen or home, etc. It doesn't have to all happen at once but make a conscious effort to commit to living a low toxic lifestyle as much as possible.

Habit Tracker

WEEK FOUR INTENTION: _____

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
Movement							
<i>Aim for at least 30 minutes of movement at day + strength training or pilates at least 3-4 times a week.</i>							
Breathwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Minute Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vagus Nerve	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Screens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedtime Tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Magnesium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Probiotic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone Broth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chew Your Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry Brushing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dandelion Tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold Shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Castor Oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Meal Plan

WEEK FOUR

	<i>Beverages & Supplements</i>	<i>Breakfast</i>	<i>Snack (Optional)</i>	<i>Lunch</i>	<i>Snack (Optional)</i>	<i>Dinner</i>
<i>Mon</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Super Seedy Yogurt Bowl		Butternut Squash Minestrone Soup		BBQ Sloppy Joe Sweet Potatoes
<i>Tue</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Super Seedy Yogurt Bowl		BBQ Sloppy Joe Sweet Potatoes		Butternut Squash Minestrone Soup
<i>Wed</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Pesto Eggs		Butternut Squash Minestrone Soup		Garlic Honey Salmon Bites and Coconut Rice
<i>Thu</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Pesto Eggs		Lentil Salad with Beets and Arugula		Garlic Honey Salmon Bites and Coconut Rice
<i>Fri</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Super Seedy Yogurt Bowl		Lentil Salad with Beets and Arugula		
<i>Sat</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Breakfast Hash		Lentil Salad with Beets and Arugula		
<i>Sun</i>	10oz Lemon Water + Morning Bev (optional) + Supplements	Breakfast Hash				Steak Fajitas

Snacks

<i>Ideas</i>	<i>Dairy Options</i>	
<ul style="list-style-type: none"> • Coconut yogurt (try adding a scoop of protein powder) • Meat (rotisserie chicken, deli turkey or chicken, etc) + fruit • Turkey roll ups (add tortilla and or veggies, hummus, etc) • Hard boiled eggs • Fruit and nuts or nut butter (apple + peanut butter, banana + tahini, etc) • Hummus and veggies (carrots, bell peppers, cucumbers, etc) • Guacamole and veggies 	<ul style="list-style-type: none"> • Greek yogurt with hemp seeds and honey • Cottage cheese bowls • Cottage cheese toast • Beets and goat cheese • Crackers and cheese • Fruit and cheese (try adding nuts) • Cottage cheese stuffed mini bell peppers 	
<ul style="list-style-type: none"> • Avocado toast (try adding sliced turkey or egg) • Bone broth (try adding avocado or soft-boiled egg) • Olives • Avocado half with balsamic or coconut aminos and some red pepper flakes • Beef Sticks (add a piece of fruit or nuts) • Celery and peanut butter • Roasted sweet potato + almond butter or ghee • Leftovers 	<th data-bbox="808 1079 1511 1173"><i>Sweets</i></th> <ul style="list-style-type: none"> • Dark chocolate • Peanut butter protein bites • Berries with dark chocolate drizzle • Frozen banana slices with peanut butter and chocolate • Date with nut butter 	<i>Sweets</i>



Grocery Lists for *4 Week Challenge*

Below you'll find the grocery list for each week of the four week meal plan.

Each grocery list has all the ingredients needed for eating all the breakfasts, lunches and dinners that are included in the weekly plan. You will have to add items to the list for snacks!

Keep in mind that all dinner recipes serve four. This is so you have enough leftovers for the next day to be used as lunch or dinner. You will have enough servings to feed one other person at dinner time and with the leftovers. If you are cooking for one, you may have more leftovers and not need to make all the dinner recipes for that week.

I recommend going through the recipes for the week and the grocery list before shopping. This allows you to remove or add meals to the meal plan and make modifications to the ingredients if necessary. Going through the grocery list before heading to the store will also help you identify what you already have on hand. Cross those things off before you go. And don't worry! Many of the pantry staple ingredients will be used throughout the four weeks.

It may also be helpful to grocery shop twice a week (e.g. Sun and Wed). This can help you avoid food waste and use up leftovers before heading to the store for the rest of the items you need to finish out the week.

Grocery List

Produce:

- 1 cup berries (can sub frozen)
- 1 container mushrooms
- 2 large zucchini
- 1 small container spinach
- 2 avocados
- 1 banana
- 2 bunches lacinato kale
- 2 small heads romaine lettuce or 2 small containers crunchy green lettuce
- 20 oz brussels sprouts
- 1 small purple cabbage
- 1 bunch parsley
- 3 large carrots
- 2 small yellow onions
- 2 small red onions
- 1 lb butternut squash or sweet potatoes
- 1 large head (3 cups chopped) cauliflower
- 1 pint cherry tomatoes
- 1 cup sugar snap peas
- 2 cups broccoli florets
- 1 bunch green onions
- 1 fresh ginger root
- 1 large head garlic
- 2 lemons
- 1 container dill pickle chips

Dairy / Dairy Alternatives:

- 16 oz unsweetened coconut yogurt or plain Greek yogurt
- 20 oz almond milk (or other milk of choice)

Grains / Canned Goods:

- 3 slices bread (can sub 1 ½ cup fresh berries)
- 8 cups chicken bone broth (can use half bone broth, half chicken broth/stock)
- 1, 15 oz can chickpeas
- 1 cup jasmine rice (can sub cauliflower rice)

Spices:

- Cinnamon
- Dried rosemary
- Dried thyme
- Ground turmeric
- Garlic powder
- Onion powder
- Paprika

Other:

- Peanut butter
- Tahini
- Vanilla protein powder
- Ground flax seeds
- Pumpkin seeds



Condiments / Oil / Vinegar:

- Avocado oil or avocado oil spray
- Extra virgin olive oil
- Apple cider vinegar
- Dijon mustard
- Whole-grain mustard
- Honey
- Avocado oil mayo (can sub plain Greek yogurt)
- Ketchup (organic or no sugar added)
- Coconut aminos

Meat / Fish / Eggs:

- 3, 6 oz salmon filets, each about 1-inch thick
- 9 eggs
- 3 cups chopped cooked chicken (I use rotisserie or about 1 lb chicken breasts)
- 1 lb boneless chicken thighs or breasts
- 1 lb ground beef
- 1 lb shrimp, peeled and deveined

Frozen:

- 16 oz frozen cauliflower rice
- 1 bag frozen berries (if not using fresh)

Grocery List

Produce:

- 2 cups fresh berries + 1 cup fresh or frozen berries (or another fruit of choice)
- 2 yellow onions
- 2 red onions
- 1 small container spinach
- 1 bunch parsley
- 1 bunch cilantro
- 7 lemons
- 1 lime
- 1 small container or head of butter lettuce, romaine or another large leaf lettuce
- 2 large heads of broccoli
- 1 large Honeycrisp apple (or other apple of choice)
- 2 bunches green onion
- 2, 12 oz coleslaw mix or broccoli slaw
- 6 garlic cloves
- 1 small ginger root
- 3 avocado
- 2 small spaghetti squash
- 1 small head purple cabbage
- 6-8 large carrots
- 3 celery stalks

Dairy / Dairy Alternatives:

- 32 oz milk of choice
- 4 oz crumbled goat cheese (optional)
- ½ cup shaved manchego or sharp white cheddar cheese (optional)
- ⅓ cup parmesan, shredded mozzarella or homemade dairy-free parm (sub nutritional yeast)
- ⅓ cup plain Greek yogurt (sub unsweetened coconut yogurt)

Grains / Canned Goods:

- 1 cup rolled oats
- 1 cup quinoa
- 1 cup Jasmine rice or rice of choice
- 1 jar marinara sauce
- 1 cup salsa or salsa verde
- ½ cup chicken bone broth or chicken broth
- 8 tortillas of choice
- 1, 15 oz black beans, drained and rinsed

Spices:

- Cinnamon
- Garlic powder
- Italian seasonings
- Onion powder
- Red pepper flakes



Other:

- Chia seeds ground
- Ground flax seeds
- Hemp seeds
- Vanilla or chocolate protein powder
- Almond butter
- Tahini
- Sliced almonds
- Unsweetened dried cherries, dried cranberries or golden raisins
- Almond flour (sub panko breadcrumbs)
- Panko breadcrumbs
- Pistachios

Condiments / Oil / Vinegar:

- Avocado oil mayo (sub plain Greek yogurt)
- Extra virgin olive oil
- Avocado oil
- Dijon mustard
- Honey
- Coconut aminos or tamari
- Toasted sesame oil
- Rice vinegar or apple cider vinegar
- Sriracha or chili onion crunch

Meat / Fish / Eggs:

- 13 eggs
- ½ cup egg whites (or egg whites from 4 eggs)
- 3-4 cups cooked chicken (I use rotisserie or about 1-1.25 lb chicken breasts)
- 1 lb lean ground beef, turkey or chicken
- 1 lb ground beef or turkey
- 1 ½ lb boneless skinless chicken breasts
- 1 ¼ pounds halibut or other white fish, cut into 4 portions

Grocery List

Produce:

- 2 bananas
- 4 avocados
- 1 pint cherry tomatoes
- 2 small containers arugula
- Microgreens (optional)
- 2 yellow onions
- 1 red onion
- 6 lemons
- 1 small container baby spinach
- 1 large tomato
- 2 large red bell peppers
- 1 cucumber
- 10 garlic cloves
- 1 fresh ginger root
- 1 head broccoli
- 8 oz butternut squash
- 1 medium zucchini
- 1 bunch cilantro
- 1 bunch green onion
- 1 bunch parsley
- 1 lb baby gold potatoes

Dairy / Dairy Alternatives:

- 24 oz milk of choice
- 16 oz cottage cheese (sub 6 eggs or 8 oz firm tofu)
- ½ cup shredded hard goat cheese or hard cheese of choice (optional)
- 2 oz Parmesan (optional)

Grains / Canned Goods:

- 3 slices bread of choice
- Flax crackers (optional)
- 4 almond flour tortillas or tortillas of choice
- 1 cup jasmine rice
- 1 jar salsa
- 1, 15 oz can black beans,
- 1, 15 oz can cannellini or navy beans
- 2, 5 oz cans tuna packed in water
- 1 jar oil-packed sun dried tomatoes
- 1 bottle green goddess dressing or salad dressing of choice
- 4 cups chicken bone broth or chicken broth
- 1, 15 oz jar enchilada sauce
- 1 jar castelvetrano olives

Spices:

- Red chili flakes
- Dried thyme
- Garlic powder
- Smoked paprika
- Chili powder
- Cumin

Other:

- Almond flour or panko breadcrumbs
- Arrowroot starch or cornstarch
- Vanilla protein powder
- Cocoa powder
- Peanut butter
- Ground flax seeds



Condiments / Oil / Vinegar:

- Olive oil
- Coconut aminos
- Rice vinegar or apple cider vinegar
- Sesame oil
- Honey

Meat / Fish / Eggs:

- 7 large eggs
- 3-4 cups cooked chicken (I use rotisserie chicken 1-1.25 lb chicken breasts)
- 1 lb boneless chicken thighs (can sub chicken breasts)
- 1 lb ground turkey or chicken
- 1 lb lean ground beef
- Four 6-oz skin-on salmon filets

Frozen:

- 20 oz frozen cauliflower rice

Grocery List

Produce:

- 1 ½ cup berries (fresh or frozen)
- Microgreens (optional)
- 1 small container arugula
- 2 lemon
- 3 avocados
- 4 yellow onions
- 1 small red onion
- 3 sweet potatoes
- 2 red bell pepper
- 1 yellow bell pepper
- 2 green bell pepper
- 12 garlic cloves
- 2 carrots
- 2 stalks celery
- 2 cups cubed butternut squash
- 2 cups chopped kale
- 1 bunch parsley
- 1, 16 oz package cooked beets
- 4 limes
- 1 pack Persian cucumbers
- 1 bunch cilantro

Dairy / Dairy Alternatives:

- 24 oz plain Greek yogurt
(sub coconut yogurt)
- 4 oz manchego, extra sharp white
cheddar or other hard cheese, shaved
thin (optional)
- Hard cheese of choice
(sub nutritional yeast)

Grains / Canned Goods:

- 2 slices bread of choice
- 1 cup Jasmine rice
- Tortillas of choice
- 1, 15 oz can great northern beans
- 1, 14 oz can fire-roasted tomatoes
- 1 cup chicken bone broth
- 4 cups beef bone broth, beef broth or
vegetable broth
- Dry French green lentils or 2, 15 oz
cans lentils
- 1 jar pickled jalapeno slices
- 1, 15 oz can coconut milk (full fat
or light)
- 1 jar salsa

Spices:

- Cinnamon
- Dried oregano
- Dried thyme
- Dried rosemary
- Garlic powder

Other:

- Pumpkin seeds
- Chia seeds
- Ground flax seeds
- Hemp seeds
- Almond Butter
- Walnuts



Condiments / Oil / Vinegar:

- Pesto
- Olive oil
- Avocado oil or avocado oil spray
- Tomato paste
- Apple cider vinegar
- Honey or maple syrup
- Dijon mustard
- Ketchup (organic or no sugar added)
- Low-sugar BBQ sauce
- Yellow mustard
- Worcestershire sauce
- Coconut aminos
- Sesame oil

Meat / Fish / Eggs:

- 10 eggs
- 2 chicken sausages or 4 breakfast sausages
- 1 lb stew meat, ground beef, or turkey (optional)
- 1 lb ground turkey or beef
- 1 lb salmon filet, skin removed and cut into 1-inch cubes
- 1 lb flank steak

BREAKFAST

Protein Yogurt Bowl.....64
Veggie Egg Scramble.....65
Go-To Green Smoothie.....66
AB&B Protein Chia Pudding.....67
Sweet Potato Spinach Egg Bake.....68
Super Seed Protein Oatmeal.....69
Chocolate Peanut Butter Smoothie.....70
Savory Cottage Cheese Bowl.....71
Black Bean Breakfast Tacos.....72
Super Seed Yogurt Bowl.....73
Pesto Eggs.....74
Sweet Potato Breakfast Hash.....75

LUNCH

Cruciferous Crunch Salad with Broiled Salmon.....77
Lemon Turmeric Chickpea Chicken Soup.....79
Simple Tuna Salad with Avocado Toast.....80
Broccoli Quinoa Salad.....81
Chicken Salad Lettuce Cups.....82
Avocado Egg Salad.....84
Sundried Tomato Tuna White Bean Salad.....85
Green Goddess Chicken Salad.....86
Butternut Squash Minestrone Soup.....87
Lentil Salad with Beets and Arugula.....89
Thai Peanut Lettuce Wraps.....91

DINNER

Honey Mustard Chicken and Veggie Sheet Pan Bake.....	93
Burger Bowls with Special Sauce.....	94
Teriyaki Shrimp Stir-fry.....	95
Egg Roll in a Bowl.....	96
Spaghetti Squash and Meatballs.....	97
Salsa Chicken Tacos.....	98
Pistachio Baked Fish.....	99
Roasted Carrots and Cabbage.....	100
Lemon Chicken and Rice Bake.....	101
Teriyaki Meatballs with Broccoli.....	102
Butternut Squash and Beef Enchilada Skillet.....	103
Broiled Salmon and Lemon Potatoes.....	104
BBQ Sloppy Joe Sweet Potatoes.....	105
Garlic Honey Salmon Bites.....	106
Coconut Rice.....	107
Steak Fajitas.....	108

EXTRAS

Broiled Salmon.....	78
Simple Baked Chicken.....	83
Non-Dairy Parm.....	88
Pickled Onions.....	90

Breakfast

Breakfast sets the tone for the day. Having a protein-rich breakfast with at least 20-30 grams of protein is ideal. This is key for stabilizing blood sugar and keeping cravings away. Research also shows that eating breakfast can support ovulation. As far as timing goes, I recommend eating breakfast within 30-60 minutes of waking or at the very most 90 minutes. If you're eating an early dinner, after a 12-hour fast you should have an appetite. If not, it's a sign you may be running on stress. You may also find you're not hungry in the morning if you eat a large dinner close to bedtime (which I recommend trying to avoid when possible). When that happens, listen to your body. You can eat when you're hungry.

These recipes are pretty simple. Most you can make in less than 15 minutes. Longer recipes can be made on the weekends or prepped ahead for a quick grab-and-go breakfast.

If you exercise early in the morning (longer than 30 minutes or strength training) or drink coffee first thing on an empty stomach, I recommend having a small bite before. Think of it as a "morning snack". These could be anything from the snack list - my favorites are banana and peanut butter, greek yogurt and berries, protein coffee or a homemade protein bite. Enjoy your actual breakfast after your workout.

Protein Yogurt Bowl

Adding a scoop of vanilla protein powder to yogurt transforms it into a thick, creamy protein-packed breakfast that tastes a bit like cheesecake. Use coconut yogurt or Greek yogurt if you can tolerate dairy. Feel free to switch up the toppings or flavor of protein powder for more variety!

DIRECTIONS

Mix the yogurt, protein powder and almond milk in a bowl. Adjust the milk until you reach your desired consistency. Top with berries, peanut butter and cinnamon or any toppings of choice!

OTHER FLAVOR IDEAS

Chocolate Peanut Butter:

- sub 1 scoop chocolate protein powder
- 1/3 small banana
- 1-2 tbsp peanut butter

Key Lime Pie:

- juice from 1/2 lime
- 1-2 tablespoon almond butter

Lemon Blueberry:

- juice from 1/2 lemon
- 1/2 cup blueberries
- 1-2 tablespoon almond butter

Banana Walnut:

- 1/2 small banana
- 2-3 tbsp walnuts

Chocolate Strawberry:

- sub 1 scoop chocolate protein powder
- 1/2 cup sliced strawberries
- 1 tbsp hemp seeds

Serves 1

INGREDIENTS

- 1 cup unsweetened coconut yogurt or plain Greek yogurt
- 1 scoop vanilla protein powder
- 1-2 tbsp almond milk or milk of choice, plus more if needed to thin
- 1/2 cup berries (fresh or frozen)
- 1-2 tbsp peanut butter
- Sprinkle of cinnamon

Veggie Egg Scramble

This quick breakfast has endless possibilities. I recommend 3 eggs so you are getting 18 grams of protein. You can also try 2-3 eggs + ½ cup egg whites for more protein. Feel free to sub any veggies and greens you like. This is a great way to use up leftover roasted veggies!

DIRECTIONS

Heat a skillet over medium heat. Once hot, add the oil, onions, mushrooms and zucchini. Saute about 5 minutes until the veggies begin to soften. Add spinach and cook for another 2 minutes to wilt the spinach.

While the veggies are cooking, whisk the eggs, salt and pepper until smooth. Add the egg mixture to the veggies. Let cook for about 1 minute until eggs begin to set. Push the eggs towards the center of the pan and gently fold over. Tilt the pan slightly to allow the liquids to cook through. Continue until the eggs are cooked to your liking.

Serve with avocado toast or a side of berries and avocado.

NOTES

Cheese: it isn't necessary here but it can add protein, fat and flavor. Try adding ¼ cup cottage cheese before whisking or add in 2 tbsp of crumbled goat cheese, feta, shredded cheddar, etc. after cooking the eggs.

Bread: I recommend sticking to high-quality gluten-free bread or sourdough. While most sourdough bread contains gluten it's easier to digest and a better option for blood sugar. If you can tolerate wheat, sprouted bread is a great option. Other options include grain-free bread or skipping the bread and opting for sweet potato "toasts" or another complex carbohydrate.

Serves 1

INGREDIENTS

- 1 tsp avocado oil or olive oil
- 2 tbsp diced yellow onion
- ½ cup mushrooms, thinly sliced
- ½ medium zucchini, thinly sliced
- 1 large handful spinach
- 3 eggs
- Salt and pepper, to taste

For Serving:

- 1 slice bread of choice or ½ cup berries
- ⅓ avocado

Go-To Green Smoothie

This green smoothie tastes like a vanilla milkshake. It makes for a great grab-and-go breakfast or even a post-workout meal. You can prep all the ingredients except the milk ahead of time in a silicone storage bag and store it in the freezer. Simply add the frozen ingredients to the blender and pour in the milk when you're ready to make it!

DIRECTIONS

Blend ingredients in the blender and enjoy!

Serves 1

INGREDIENTS

- 1 cup milk of choice, plus, more if needed
- ½ frozen banana
- ¾ cup frozen cauliflower rice
- 4 ice cubes
- 1 large handful spinach
- 1 serving vanilla protein powder
- 1 tbsp peanut butter
- 2 tsp ground flax seeds

AB&B Protein Chia Pudding

This make-ahead breakfast is incredibly delicious and filling. Plus, it's packed with healthy fats, fiber, and protein. If you're not a fan of chia pudding because of the texture, try blending it after you've let the chia seeds absorb the liquid. It transforms the chia pudding into a smooth pudding-like consistency. The recipe makes two servings. To meal prep these for the week ahead, adjust the amount accordingly.

DIRECTIONS

Add the protein powder, milk, and salt to an airtight container. Whisk or shake vigorously until the protein powder is blended.

Add the chia seeds. Stir or shake the mixture until well combined. Let it sit for 5 minutes then stir or shake again to break up any clumps of chia seeds.

Cover and store in the fridge for at least 2 hours but ideally overnight. When ready to eat, top with 1 tbsp almond butter, ½ cup berries, and cinnamon.

NOTES

This chia pudding is also great served warm. I like heating it in the microwave for 30 seconds or until warmed through. You can also heat on the stove top with a splash of milk if needed.

Serves 2

INGREDIENTS

- ¼ cup chia seeds
- 1 scoop vanilla or chocolate protein powder
- 1 ½ cup milk of choice (can sub half milk, half water)
- Pinch of sea salt

For Serving:

- 2 tbsp almond butter
- 1 cup berries
- Cinnamon

Sweet Potato Spinach Egg Bake

An egg bake is the ultimate make-ahead breakfast. It's a great way to get protein and veggies first thing in the morning and requires minimal effort. Plus, there are endless possibilities when it comes to flavor combinations. Make it in an oven-safe pan or a muffin tin, your choice!

DIRECTIONS

Preheat the oven to 375°F.

In a small sauté pan, heat olive oil. Cook the onion and sweet potato for 5-10 minutes until softened. This will make sure the muffins aren't soggy and the sweet potato is cooked through. Add the spinach and sauté until wilted.

Whisk together eggs until smooth. Stir in cooked veggies and goat cheese, if using. Pour the egg into a lightly oiled cast iron or oven-safe skillet. Bake for 25-30 minutes or until the eggs are set.

Let cool for 5 minutes before slicing. Serve with berries and avocado. Store leftovers in the fridge for up to 4 days. Serve with berries and avocado.

To Make Muffins:

Pour the egg mixture into greased muffin tins (I recommend silicone liners or a silicone muffin tin for easy cleaning), filling $\frac{3}{4}$ of the way. Bake for 15-20 minutes or until cooked through. Let cool for 5 minutes before removing from the tin. Serve with berries and avocado. Store leftovers in the fridge for up to 4 days.

NOTES

Cheese: the cheese is optional. If using, choose any cheese you'd like – feta, goat cheese crumbles, parmesan cheese, cheddar, etc. You can add the cheese to the veggie and meat mixture before cooking or sprinkle it on top. It's up to you.

Serves 4-6

INGREDIENTS

- 12 eggs
- $\frac{1}{4}$ cup milk of choice
- $\frac{1}{2}$ yellow onion, diced
- 1 tsp minced garlic
- 1 cup diced sweet potato
- 2 cups spinach
- $\frac{1}{2}$ tsp salt
- Freshly ground black pepper
- 4 oz crumbled goat cheese (optional)

For Serving:

- $\frac{1}{2}$ cup berries or fruit of choice
- $\frac{1}{3}$ avocado

Super Seed Protein Oatmeal

Oatmeal tends to get a bad rep for blood sugar stability. However, when eating it with enough protein, fat and fiber it can make for a cozy balanced breakfast. This oatmeal is high in protein from mixing in egg whites. This also gives it an amazingly fluffy texture. For even more of a protein boost, add in a ½ scoop of protein powder or serve it with Greek yogurt on top.

DIRECTIONS

In a small saucepan on medium heat, add the milk, rolled oats, salt, cinnamon, flax, chia and hemp seeds; bring to a boil. Reduce the heat and cook for 4-5 minutes, stirring occasionally, until most of the milk has been absorbed.

Add the egg whites and cook, stirring continuously, until cooked through, about 1 minute. Remove from the heat. Serve the oats with berries and almond butter.

Serves 1

INGREDIENTS

- ½ cup rolled oats
(can also sub ⅓ cup oats + ½ cup riced cauliflower)
- 1 pinch salt
- 1 cup milk of choice or water
- ¼ cup egg whites (or egg whites from 2 eggs)
- ¼ tsp cinnamon
- 1 tsp ground flax
- 1 tsp chia seeds
- 1 tsp hemp seeds

For Serving:

- ⅓ cup berries or other fruit of choice
- 1 tablespoon almond butter

Chocolate Peanut Butter Smoothie

This smoothie packs in flavors reminiscent of a peanut butter cup. It's great when you're craving something sweet and chocolatey but also want to prioritize protein and stable blood sugar. You can prep all the ingredients except the milk ahead of time in a silicone storage bag and store it in the freezer. Simply add the frozen ingredients to the blender and pour in the milk when you're ready to make it!

DIRECTIONS

Blend ingredients in the blender and enjoy!

NOTES

You can replace the vanilla protein powder and cocoa powder with chocolate protein powder!

Serves 1

INGREDIENTS

- 1 cup milk of choice, plus, more if needed
- ½ frozen banana
- ¾ cup frozen cauliflower rice
- 4 ice cubes
- 1 serving vanilla protein powder
- 1-2 tbsp cocoa powder
- 1 tbsp peanut butter
- 2 tsp ground flax seeds

Savory Cottage Cheese Bowl

Cottage cheese is truly an underrated source of quality protein with ½ cup containing about 15 grams! If you don't like cottage cheese because of the texture try blending it! It turns out silky smooth like yogurt but without the tangy taste! *See notes for dairy-free option.*

DIRECTIONS

Add the cottage cheese to a bowl and top with avocado and cherry tomatoes. Toss the arugula with olive oil, lemon and salt and pepper. Add the salad to the bowl and top with chili flakes. Serve with toast if desired.

NOTES

If you're dairy-free you can make three eggs, a tofu scramble (saute crumbled firm tofu on the stove as you would eggs), or simply warm leftover chicken or other protein for this bowl.

Serves 1

INGREDIENTS

- ½-1 cup cottage cheese (see notes)
- ½ avocado
- ½ cup cherry tomatoes, sliced
- 1 cup arugula
- 1 tsp olive oil
- Lemon
- Salt and pepper, to taste
- Red chili flakes

For Serving:

- 1 slice bread of choice (optional)

Black Bean Breakfast Tacos

A protein and fiber-rich breakfast all wrapped up in a warm tortilla. You can play around with the taco fillings here since tacos are a great way to use up leftover protein – chicken, ground beef or turkey, pulled pork, shrimp, etc. Feel free to add avocado, hemp seeds or more veggies!

DIRECTIONS

Heat a skillet over medium heat.

In a small bowl, beat the eggs with salt and pepper until fully combined.

Add avocado oil or olive oil to the pan. Pour in the eggs. Using a wooden spoon, pull the eggs across the bottom of the pan to form large, soft curds. Continue cooking over medium-low heat, folding and stirring the eggs every few seconds.

Char tortillas on the stove or warm them in the microwave.

Add the black beans, scrambled eggs, salsa, arugula or microgreens to the tortillas and top with hot sauce.

Serves 1

INGREDIENTS

- 2-3 eggs
- Salt and pepper, to taste
- ½ cup canned black beans, drained and rinsed
- 1 cup arugula or a pinch of microgreens
- ¼ cup salsa
- 2 almond flour tortillas or tortillas of choice
- Avocado oil or olive oil
- Hot sauce

Super Seed Yogurt Bowl

Seeds are incredibly nourishing. They're mineral-rich and packed with fiber and healthy fats. When added to Greek yogurt with berries or another fruit of choice, you have a balanced breakfast ready in 5 minutes. If you're dairy-free, sub coconut yogurt and mix in 1 serving of protein powder to ensure you're still getting enough protein to start the day.

DIRECTIONS

In a bowl, add the yogurt. Top with berries, pumpkin seeds, chia, flax and hemp seeds, nut butter of choice and cinnamon.

NOTES

If you're dairy-free, sub coconut yogurt and mix in 1 serving of protein powder. Add almond milk or milk of choice as needed to thin to your desired consistency.

Serves 1

INGREDIENTS

- ½-1 cup plain Greek yogurt (sub coconut yogurt mixed with 1 serving protein powder)
- ½ cup berries, fresh or frozen
- 2 tbsp pumpkin seeds
- 1 tsp chia seeds
- 1 tsp ground flax seeds
- 1 tsp hemp seeds
- 1 tbsp nut butter of choice
- Cinnamon

Pesto Eggs

Pesto adds a massive flavor boost to traditional fried eggs. Serve with avocado toast for a balanced breakfast. You can also serve this on top of sauteed cauliflower rice, rice, quinoa, or roasted sweet potatoes.

DIRECTIONS

Heat a skillet over medium heat. Once hot, spread the pesto in a thin layer across the pan.

When the pesto is warm, crack the eggs into the pan. Sprinkle with salt, pepper, and red pepper flakes. Cook the eggs for 4 to 5 minutes or until the whites are set and no longer translucent. If you'd like the yolk hard, place a lid over the skillet and let cook until the yolk is done to your liking.

Meanwhile, toast the bread and mash avocado on it. Sprinkle on the hemp seeds. Top with microgreens or arugula and a squeeze of lemon.

Remove the eggs from the pan, serve immediately and enjoy!

NOTES

Cheese: Feta is lovely here or try grated parmesan, cheddar, goat cheese crumbles, etc! Add the cheese to the eggs at the end of cooking so that it starts to melt.

Bread: I recommend sticking to high-quality gluten-free bread or sourdough. While most sourdough bread contains gluten it's easier to digest and a better option for blood sugar. If you can tolerate wheat, sprouted bread is a great option. Other options include grain-free bread or skipping the bread and opting for sweet potato "toasts" or another complex carbohydrate.

Serves 1

INGREDIENTS

- 2 tbsp pesto
- 2-3 eggs
- Salt and pepper, to taste
- Red pepper flakes
- ½ cup arugula or pinch of microgreens
- Lemon

For Serving:

- 1 slice bread of choice or rice, cauliflower rice, quinoa, etc.
- ⅓ avocado
- Hemp seeds

Sweet Potato Breakfast Hash

A nourishing breakfast all made in one skillet. Breakfast hashes are flexible and make a balanced breakfast by combining protein, fat and fiber. This recipe uses sweet potatoes, bell peppers and chicken sausages but feel free to change it up – white potatoes, brussels sprouts, zucchini, cabbage, kale, ground meat, or tempeh all work here.

DIRECTIONS

Heat a large skillet over medium heat. Once warm, add the oil, onions and diced sweet potatoes. Cook for 5-7 minutes, stirring occasionally.

Add the bell pepper. Season with salt and pepper. Cook for another 8 minutes, then stir in the bone broth to deglaze the bottom of the pan (this will also help soften the potatoes more).

Add in the chicken sausages. Allow to cook for 4-5 minutes until lightly browned.

Create wells for your eggs and crack eggs into the pan. Cover with a lid and allow to cook until eggs are cooked to your liking. Serve with avocado and hot sauce. Store any leftovers in the fridge for up to 4 days.

NOTES

This makes two servings. If you only need one serving, I recommend only adding in the amount of eggs you'd like to eat. Save the leftovers in the fridge. When ready for the second serving, reheat on the stove with a little bit of bone broth until warm. Crack the eggs in at that time and cook as you normally would.

Serves 2

INGREDIENTS

- 1 tablespoon olive oil
- ½ yellow onion, diced
- 1 medium sweet potato, diced
- 1 bell pepper
- 2 tsp minced garlic
- ¼ teaspoon sea salt
- Black pepper, to taste
- ¼ cup chicken or beef bone broth
- 2 chicken sausages or
4 breakfast sausages, sliced
- 4 eggs

For Serving:

- Avocado
- Hot sauce



Lunch

I like to keep most lunches light, yet filling and of course, satisfying. This means a variety of fresh crunchy salads (although, I am a fan of warm salads in the colder months!), lettuce cups, and soups. The best part is most of these meals can be prepped ahead of time which makes lunch a breeze. Making lunch shouldn't be a hassle or require spending much time in the kitchen.

Leftovers from dinner also make a great lunch. You can simply reheat the meal or repurpose some of the dinner components into something completely different. For example, leftover veggies can be tossed on a bed of greens and topped with cooked protein and a delicious dressing. Salsa chicken from taco bowls the night before can be used as filling for tacos, added to a salad or even to bone broth for a quick soup. If you think you're not a fan of leftovers, try using them differently and see if that helps!

Cruciferous Crunch Salad with Broiled Salmon

Cruciferous veggies like kale, brussels sprouts and cabbage are incredibly hormone-supportive. They contain DIM and fiber which help with estrogen detoxification and a variety of vitamins and minerals. Meal prepping this salad is a great way to support your estrogen detoxification throughout the week. Plus, the veggies hold up well in the fridge and get more flavorful as the dressing soaks in. Feel free to sub canned salmon, pre-packaged smoked salmon or another protein of choice.

DIRECTIONS

Finely slice the kale, Brussels sprouts and cabbage. I highly recommend using a food processor with a shredding blade for this step. Simply add them to the opening of the food processor while the blade is spinning to get fine slices. Alternatively, use a sharp knife to slice kale, Brussels sprouts and cabbage as finely as possible.

Place all of the salad dressing ingredients in a jar or blender; shake or blend until emulsified. Pour the dressing on the salad. Massage with clean hands until the kale has softened. Don't skip this step!

Add the parsley and pumpkin seeds and toss. Top with avocado and broiled salmon or another protein of choice before serving. Store leftovers in the fridge for up to 4 days.

NOTES

Feel free to sub pre-packed kale, shredded cabbage and sliced brussels sprouts. Some grocery stores have a kale and cabbage mix in their produce section. You could use this and even skip the brussels sprouts if you're short on time.

Serves 4

INGREDIENTS

For the Salad:

(see notes for shortcut version)

- 1 bunch lacinato kale, ribs removed
- 6-8 oz brussels sprouts, stems removed
- ½ small purple cabbage
- ½ cup chopped parsley
- ¼ cup pumpkin seeds
- 1 avocado, sliced in cubes

For the Dressing:

- 3 tbsp avocado oil
- 2 tbsp apple cider vinegar
- 1 lemon, juiced
- 1 tsp minced garlic
- 2 tsp Dijon mustard
- ½-1 tbsp honey
- ½ tsp salt, plus more to taste

Broiled Salmon

Broiling salmon in the oven is a quick and hands-off way to get a crispy edge without pan-frying. Add this to your weekly rotation for a hormone-supportive boost of omega-3s.

DIRECTIONS

Position one oven rack 6 inches from the broiler heat source. Turn the oven to broil. Place the filets on an aluminum foil-lined sheet pan, skin side down. If using skinless salmon, make sure to lightly oil the foil first.

Brush the tops and sides of the salmon with oil. Season with $\frac{1}{2}$ teaspoon salt and a couple of grinds of pepper. You can add any other seasoning of choice here.

Broil until the salmon is opaque with a deep brown crust, about 8-10 minutes, or until cooked to your liking. If your filets are thinner, reduce cooking time by 1 to 2 minutes. If you prefer more well-done fish, add 1 or 2 minutes to the cooking time.

Squeeze a lemon wedge all over the cooked salmon filets. Serve immediately or store in the fridge for up to 3 days.

Serves 3

INGREDIENTS

- 3, 6 oz salmon filets, each about 1-inch thick
- $\frac{1}{2}$ tsp salt, plus more to taste
- Freshly ground black pepper
- 1 tbsp olive oil
- Lemon wedges, for serving

Lemon Turmeric Chickpea and Chicken Soup

Everyone needs a nourishing chicken soup recipe. This one is full of nutrients, fiber and anti-inflammatory spices. Not to mention it's loaded with protein, making it the perfect hormone-supportive recipe.

This recipe calls for bone broth for its gut-healing properties and higher protein and nutrient content. For a more budget-friendly recipe, I recommend making the bone broth or using half bone broth, half regular broth or stock.

DIRECTIONS

Heat a large pot or dutch oven over medium heat. Add the olive oil. When the oil is shimmering, add the carrots and onion. Cook, stirring often, until the onions are translucent and the carrots are tender; about 5 minutes.

Add the garlic, salt, pepper, turmeric, rosemary and thyme. Cook for another 1 minute, stirring, until the garlic is fragrant.

Pour in the broth, increase the heat to medium-high and bring to a boil.

When the soup reaches a boil, reduce to a simmer and add the chickpeas, chicken and kale. Stir to combine and let cook, simmering uncovered and stirring occasionally, about 15-20 minutes.

Stir in the lemon juice. Taste the soup and adjust seasonings as needed. Serve and enjoy!

Store leftovers in the fridge for up to 5 days. You can also save half the soup in the freezer for up to 3 months! This is great to do right after making the soup if you know you aren't going to eat all 6 servings.

Serves 6

INGREDIENTS

- 2 tbsp olive oil
- 2 large carrots, diced
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1 tsp dried rosemary
- 1 tsp dried thyme
- ½ tsp ground turmeric
- 6–8 cups chicken bone broth (can use half bone broth, half chicken broth or stock)
- 1, 15 oz can chickpeas, drained and rinsed
- 3 cups chopped cooked chicken (I use rotisserie)
- 2 cups chopped kale leaves or spinach
- 2 tbsp lemon juice

NOTES

This recipe calls for pre-cooked chicken. I use organic rotisserie chicken. However, you can easily cook 1 ½ pounds of chicken breast in the soup. Add the raw chicken when adding the broth. Let simmer for 20-25 minutes until cooked through. Remove the chicken and shred. Follow the rest of the recipe as written.

Simple Tuna Salad with Avocado Toast

I've been making this tuna salad for years. It comes together quickly and packs in protein and veggies. Feel free to use quality mayo, Greek yogurt or a combination of both. I suggest doubling the batch because it also makes for a convenient snack. Plus, it's even better the next day.

DIRECTIONS

In a mixing bowl, stir together the Greek yogurt/mayo, lemon juice, mustard, parsley/dill, garlic powder, salt, pepper and red chili flakes until well combined.

Add the drained tuna, along with the celery, bell peppers, red onions and capers. Gently stir until well combined.

Serve with veggies and/or avocado toast or crackers.

Serves 1

INGREDIENTS

- 1, 5 oz can tuna, drained
- ½ bell pepper, chopped
- 2 celery stalks, chopped
- 2 tbsp chopped red onion or shallot
- 2 tbsp plain Greek yogurt or avocado oil mayo
- 1 tsp spicy brown mustard
- 1 tsp capers
- ½ tbsp lemon juice
- 1 tbsp fresh parsley or dill, chopped
- ⅛ tsp garlic powder
- Salt and pepper, to taste
- Red chili flakes

For Serving:

- ⅓ avocado
- 1 slice bread or serving of crackers
- 1 serving of veggies – bell peppers, cucumbers, celery, jicama, carrots

Broccoli Quinoa Salad

This isn't your boring broccoli salad. The combination of quinoa and tender broccoli combined with the sweet and salty flavor profile of the apples, dried cherries, manchego, and almonds makes this a swoon-worthy salad that's great for your hormones. It's filling as is but feel free to add chicken, white beans or chickpeas to boost the protein if you'd like.

DIRECTIONS

Combine the quinoa, 2 cups of water, and ½ tsp. salt in a medium pot. Bring to a boil, cover, and reduce the heat. Simmer for 15 minutes. Remove the pot from the heat and let it sit, covered, for 5 minutes. Fluff with a fork.

While the quinoa is cooking, heat a large skillet over medium-high heat. Add ½ cup water and bring it to a simmer. Place the broccoli in the pan, cover and cook for 2 minutes, just long enough to steam it. Transfer the broccoli to a strainer and run under cold water until it stops cooking. Chop finely and set aside.

Prepare the dressing by combining all ingredients in a glass jar or large glass measuring cup; shake or whisk well to combine.

In a large bowl combine quinoa and broccoli. Add in cherries, cheddar, scallions, almonds, hemp seeds, and the dressing.

This salad can be enjoyed at room temperature or chilled. Refrigerate leftovers in an airtight container for up to 4 days.

Serves 4

INGREDIENTS

- 1 cup quinoa, rinsed
- 4 cups small chopped broccoli florets (2 large heads of broccoli)
- 1 cup diced Honeycrisp apple (or apple variety of choice)
- ½ cup shaved manchego or sharp white cheddar cheese (optional)
- ⅓ cup dried cherries, cranberries or golden raisins
- ⅓ cup sliced almonds
- ⅓ cup hemp seeds
- 4 scallions, white and green parts thinly sliced

For the Dressing:

- ⅓ cup extra virgin olive oil
- ½ cup lemon juice
- 2 tbsp Dijon mustard
- 1 tbsp honey
- ½ tsp sea salt, plus more to taste
- Fresh cracked black pepper

Chicken Salad Lettuce Cups

This chicken salad is another protein-packed meal-prep-friendly recipe that's loaded with flavor. If you tolerate dairy, use Greek yogurt for the creamy texture and additional protein boost. You can also sub quality mayo or use a combination of both. I love serving this in lettuce cups but it's also great on top of a bed of greens, scooped up with crackers or added to toast or sweet potato toasts.

DIRECTIONS

In a large bowl, mix together the mayo/greek yogurt or a combination of both, lemon juice, mustard, garlic powder, salt and pepper. Mix well.

Add in the shredded chicken, celery, onion, parsley, sliced almonds and cherries/cranberries.

Mix well and taste. Adjust the sea salt and pepper as needed. Serve on the lettuce leaves and enjoy!

Store any leftovers in the fridge for up to four days.

NOTES

This recipe calls for pre-cooked chicken. I use organic rotisserie chicken. However, you can easily cook 1 ½ pounds of chicken breast in the oven and then use it in this recipe and others throughout the week.

Serves 4

INGREDIENTS

- 3-4 cups cooked chicken, loosely shredded (I use rotisserie chicken)
- 2 celery stalks, chopped
- ½ small onion, finely diced
- ¼ cup parsley chopped
- ½ cup sliced almonds
- ⅓ cup unsweetened dried cherries or dried cranberries
- ½ tsp garlic powder
- 2 tbsp fresh squeezed lemon juice
- ¼-½ cup avocado oil or olive oil mayo or Greek yogurt (or a combination of both)
- 1 tsp Dijon mustard
- ½ tsp sea salt, plus more to taste
- ¼ tsp fresh ground black pepper

For Serving:

- Butter lettuce, romaine or another large leaf lettuce

Simple Baked Chicken

Sometimes you just need a simple baked chicken recipe. It's juicy and flavorful and doesn't require much effort. This is perfect for any recipe that calls for pre-cooked chicken or simply to make ahead for a quick protein to have on hand throughout the week.

DIRECTIONS

Preheat your oven to 425°F.

Place the chicken breasts in a baking dish. Lightly coat the chicken breasts in olive oil. Add the seasoning and cook for 20 to 25 minutes or until fully cooked to 165°F. Let the chicken rest for a few minutes, then slice or shred as desired. Store any leftovers in the fridge for up to 4 days.

Serves 4

INGREDIENTS

- 1 ½ lbs boneless skinless chicken breasts (3-4 medium breasts)
- 1 tablespoon olive oil or avocado oil
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp freshly ground black pepper

Avocado Egg Salad

This mayo-free egg salad combines the much loved combo of eggs and avocado to make a creamy nutrient-rich lunch. The recipe includes making hard boiled eggs. I recommend cooking a few more while you're at it and storing them in the fridge for a convenient high-protein snack. You can also buy pre-cooked hard boiled eggs if you're short on time.

DIRECTIONS

To make the hard boiled eggs: Bring a large pot of water to a boil on the stove.

Gently drop in each egg. Set the timer for 10-12 minutes.

Prepare a bowl of ice water. Place the cooked eggs in the bowl for 5 minutes. Peel the eggs immediately and set aside to cool.

While your eggs are cooling, chop your pickle, shallot/red onion, and avocado. Add it to a medium bowl.

Once the eggs have cooled, roughly chop them into small pieces. Add the egg to the bowl along with other ingredients and mix to combine, mashing slightly to get your desired texture.

Serve on toast with lettuce or microgreens or with crackers and veggies. Enjoy!

Serves 1

INGREDIENTS

- 3 eggs
- ½ avocado
- ½ tbsp finely chopped dill pickle
- 1 tbsp spicy brown mustard or Dijon mustard
- 1 tbsp minced shallot or red onion
- ½ tsp black pepper
- ⅛ tsp sea salt
- 1-2 tbsp fresh chopped chives, parsley or dill

For Serving:

- 1 slice bread of choice or serving of crackers
- Lettuce leaves or microgreens

Sundried Tomato Tuna White Bean Salad

This Mediterranean-inspired tuna salad packs loads of flavor and an equally impressive nutrition profile. The high-quality protein, complex carbohydrates, fiber and antioxidants make this blood sugar-friendly and hormone-supportive. You can always sub the canned tuna for salmon or another tinned fish like sardines or mackerel which are also incredibly nutritious and high in omega-3s.

DIRECTIONS

In a large bowl, toss together the tuna, beans, tomatoes, sun-dried tomatoes, parsley, red onion, lemon juice/vinegar, salt and pepper. Mix well to combine. Drizzle with olive oil if it looks a little dry. Taste and adjust seasoning if needed.

Serve over fresh arugula and avocado or on top of avocado toast or with crackers. Store leftovers in the fridge for up to 4 days.

Serves 4

INGREDIENTS

- 2, 5 oz cans tuna packed in water, drained
- 1, 15 oz can cannellini or navy beans, drained and rinsed
- 1 cup diced cherry tomatoes
- 1/3 cup oil-packed sun dried tomatoes, chopped
- 1/3 cup parsley, finely chopped
- 1/4 cup red onion, diced
- 2 tbsp lemon juice or red wine vinegar
- 1/2 tsp sea salt
- 1/2 tsp ground pepper
- Olive oil

For Serving:

- 3 cups baby arugula
- 1/3 avocado, sliced
- 1 slice bread of choice or crackers (optional)
- Red chili flakes

Green Goddess Chicken Salad

I thought of calling this “salad dressing” chicken salad but that doesn’t have quite as nice of a ring to it as green goddess chicken salad. But here’s the thing, you can use any salad dressing, marinade or sauce you’d like — green goddess, Caesar, honey mustard, chipotle ranch, buffalo, etc.

Opting for a premade dressing makes this salad come together quickly. I tend to gravitate towards Primal Kitchen dressings because of the quality ingredients but you could always make your own. Make at the beginning of the week and store in the fridge for easy lunches or snacks!

DIRECTIONS

In a bowl, toss together the shredded chicken and dressing. Taste and season with a pinch more salt and/or black pepper, if needed. Store in the fridge for up to 4 days.

Serve the chicken salad in a tortilla, on toast, in lettuce wraps or on a bed of lettuce with thinly sliced veggies of choice and avocado.

Serves 4

INGREDIENTS

- 3-4 cups cooked chicken (rotisserie chicken or cooked boneless, skinless chicken breasts)
- ½ cup green goddess dressing or salad dressing of choice
- Salt and pepper, to taste

For Serving:

- Lettuce or spinach
- Sliced tomatoes, bell peppers, cucumbers
- Sprouts/microgreens
- Avocado
- Tortilla or bread (optional)

Butternut Squash Minestrone Soup

This is my spin on a classic minestrone soup. Instead of noodles, this version uses butternut squash for a lower glycemic option that's rich in fiber and nutrients like vitamin A. This is easily vegetarian but I recommend using bone broth for gut healing support and to boost the protein content. You can also add ground beef or stew meat for a more hearty soup. Simply brown the meat in the oil with the onion before adding the rest of the ingredients.

DIRECTIONS

In a large, (5.25 quart or more) heavy pot, heat the olive oil over medium-high heat. If adding meat, add it now. Brown it for a few minutes with the onion and continue with the recipes as written.

Add the onions, carrots and celery to the pot and stir. Saute until onions are starting to become translucent and soft, about 5 minutes.

Add the oregano, thyme, rosemary, garlic, and tomato paste to the pot; stir for about 30 seconds. Add the butternut squash and white beans. Season the vegetables with salt and pepper. Stir to combine.

Add the diced tomatoes and broth to the pot. Bring it to a boil. Cover the pot and turn down the heat to let the soup simmer until the butternut squash pieces are tender, about 20-30 minutes.

Add the chopped kale to the soup and place the lid on the pot. Let the soup simmer until the kale is wilted and bright green; about 2 minutes. Taste the soup and season with additional salt and pepper if needed. Ladle the soup into bowls. Top with non-dairy "parm" or shaved hard cheese of choice.

Store the leftover soup in the fridge for up to a week or in the freezer for three months.

Serves 6

INGREDIENTS

- 1 tbsp olive oil or avocado oil
- 1 yellow onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp dried rosemary
- 3 cloves garlic, minced
- 1 tbsp tomato paste
- 2 cups cubed butternut squash
- 1, 15 oz can great northern beans, drained and rinsed
- 1, 14 oz can fire-roasted tomatoes
- 4 cups beef bone broth, beef broth or vegetable broth
- 1 tsp salt, plus more to taste
- ½ tsp fresh cracked black pepper
- 2 cups chopped kale
- 1 lb stew meat, ground beef, or turkey (optional)

For Serving:

- Non-dairy parm (recipe on next page) or hard cheese of choice
- Microgreens

Non-Dairy Parm

DIRECTIONS

Place the ingredients in a blender or food processor and pulse until tiny crumbs form. Store in an airtight container in the fridge. Sprinkle on anything for a savory flavor and nutrition boost.

Makes $\frac{3}{4}$ Cup

INGREDIENTS

- $\frac{1}{2}$ cup nutritional yeast
- $\frac{1}{4}$ cup hemp seeds (sub sunflower seeds, almonds or walnuts)
- 1 tsp salt

Lentil Salad with Beets and Arugula

Aka the liver-loving salad. Beets are incredible for liver health. Store-bought, vacuum-packed beets are not only convenient but have a mellow taste and tender texture. If you don't think you like beets, I recommend trying steamed beets and also soaking them in white vinegar for a few hours or overnight. If beets are still hard no, opt for roasted cauliflower! Just take that into your meal prep time when making the recipe.

If you have fresh beets, and have the time to roast them, you can use those instead. French green lentils hold their shape well and don't take much time to cook. However, you can always use canned lentils for a quicker version!

DIRECTIONS

Start by cooking the lentils (skip this step if using precooked lentils). In a medium pot, add the lentils and 4 cups of water. Season with salt and bring to a boil over high. Reduce heat to medium, cover and simmer for 20 to 25 minutes until just tender. Drain and let the lentils cool slightly.

In a large serving bowl, whisk the garlic, vinegar, olive oil, maple syrup and mustard with $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper.

Add the lentils to the serving bowl, then add the arugula, parsley, beets and pickled onions. Season with salt and black pepper and toss. Add the walnuts and cheese (if using). Toss gently, but don't overdo it because you don't want the cheese to turn pink from the beets.

NOTES

If opting for roasted cauliflower – Preheat the oven to 425°F. Chop the cauliflower into bite-sized pieces. Place on a baking sheet and spray with avocado oil. Toss to coat. Season with salt and pepper (plus, any other seasoning you'd like). Roast in the oven for 25-35 minutes or until done to your liking. Let cool and toss 1 cup of roasted cauliflower with lentil salad. Save the leftovers in an airtight container in the fridge for up to 4 days.

Serves 4

INGREDIENTS

For the Salad:

- $1\frac{1}{2}$ cups French green lentils, rinsed or two 15 oz cans lentils, drained and rinsed
- Salt and black pepper, to taste
- 2 cups arugula leaves
- $\frac{1}{2}$ cup parsley, chopped
- 1, 16-oz package cooked beets, cut into $\frac{1}{2}$ -inch wedges
- $\frac{1}{3}$ cup chopped walnuts
- 4 oz manchego, extra sharp white cheddar or other hard cheese, shaved thin (optional)
- $\frac{1}{3}$ cup pickled onions

For the Apple Cider Vinaigrette:

- 2 small garlic cloves, grated
- 2 tbsp apple cider vinegar
- 3 tbsp olive oil
- $\frac{1}{2}$ tbsp maple syrup or honey
- $\frac{1}{2}$ tsp Dijon mustard
- Salt and pepper, to taste

Pickled Onions

These quick pickled onions are a great way to add flavor to any dish. Make a batch and use them throughout the week on salads, avocado toast, tacos, bowls, etc.

DIRECTIONS

Add the thinly sliced red onion to the jar. Add the salt, peppercorns and red chili flakes. Pour in the vinegar and top the jar off with hot water. Let the onions come to room temperature. Place the lid on and put in the fridge for at least 15 minutes before using. Store in the fridge for up to two weeks.

Makes 2 Cups

INGREDIENTS

- 1 small red onion, sliced thin (I use a mandolin) and halved
- 1 cup white vinegar or apple cider vinegar
- ½-1 cup boiling water
- 1 tsp salt
- 1 tsp peppercorns
- ½ tsp red pepper flakes (optional)

Thai Peanut Lettuce Wraps

You can make these Thai peanut wraps two ways – cooked or no cook! Both are equally delicious. The cooked version calls for ground chicken or turkey and about 15 minutes of your time cooking the ingredients on the stovetop. The “no cook” version relies on pre-cooked chicken.

DIRECTIONS

Start by making the sauce. Mix all of the sauce ingredients in a small bowl. Set aside.

Cooked Version:

Heat a large skillet over medium heat. Spray with avocado oil spray or drizzle in 1-2 tsp avocado oil. Once the oil is hot, add the bell pepper, carrots and onion. Cook for about 5 minutes until they start to soften. You can remove the veggies from the pan if your skillet isn't big enough to also cook the ground turkey. Add the ground turkey to the skillet. Cook over medium heat until chicken is cooked through, 8-10 minutes.

If you removed the veggies, add them back in. Season with the coconut aminos and salt and pepper to taste.

Spoon the turkey mixture into the lettuce cups. Drizzle with the peanut sauce and any extras like lime juice, crushed peanuts, etc. Store the leftovers separately in the fridge for up to 4 days.

No Cook Version:

Heat chicken in the microwave or on the stovetop with coconut aminos. Otherwise, simply toss the cold shredded chicken with the coconut aminos. Assemble the lettuce cups with the chicken and veggies. Drizzle with the peanut sauce and any extras like lime juice, crushed peanuts, etc. Store the leftovers separately in the fridge for up to 4 days.

Serves 4

INGREDIENTS

For the Sauce:

- ¼ cup creamy unsweetened peanut butter or almond butter
- 2 tbsp coconut aminos
- 1-2 tbsp apple cider vinegar, rice vinegar or lime juice
- ½ tsp ground ginger (or 2 tsp fresh grated ginger)
- 2 tsp sriracha or ½ tsp cayenne (optional)
- 2-4 tbsp warm water, to thin dressing

For the Cooked Version:

- 1 lb ground turkey or chicken
- 1 red bell pepper, thinly sliced
- ½ cup shredded carrot
- 4 green onions, sliced thinly
- 2 cloves garlic, minced
- ¼ cup coconut aminos (or soy sauce)
- Salt and pepper, to taste
- Avocado oil spray

For the No Cook Version:

- 4 cups shredded rotisserie chicken
- 1 red bell pepper, thinly sliced
- ½ cup shredded carrot
- 4 green onions, sliced thinly
- ¼ cup coconut aminos (or soy sauce)
- Salt and pepper, to taste

For the Serving:

- 1 large head iceberg or butter lettuce
- 1 lime, cut into wedges
- ¼ cup loosely chopped roasted peanuts or almonds
- Cilantro for garnish

Dinner

These dinners are simple yet satisfying. They're protein-focused, blood sugar-friendly and loaded with veggies for a variety of nutrients and antioxidants. The recipes are designed to make use of leftovers for one to two people. Keep this in mind if you are feeding more people at dinner time. If that's the case, you may need to double the recipe if you'd like to follow the meal plan that uses leftovers for lunch or dinner the next day.

You can also easily half a recipe if you don't need as many servings or leftovers. Most of the ingredients can be repurposed. For example, veggies make great snacks, can be chopped up into salads or added to other meals. Extra protein can be mixed into egg scrambles or served along avocado toast in place of eggs, added to salad for lunch or eaten as a protein-rich snack.

In regards to timing, it's a good rule of thumb to end your dinner at least 2-4 hours before bedtime. Eating early and allowing time for digestion to take place before you sleep allows your body to focus on recovery and removing waste vs. digestion. It also helps ensure you have around a 12-hour break from food overnight while still being able to eat breakfast within the 90-minute time window of waking. However, if you're hungry before bed or find you're waking up between 1 and 3 am, this may be a sign you need a light bedtime snack to keep blood sugar stable throughout the night. Experiment with a light snack and see if it helps improve your sleep.

Honey Mustard Chicken and Veggie Sheet Pan Bake

This is one of my go-to dinners because it's easy to make, easy to clean up and so flavorful. I love using boneless, skinless chicken breasts or thighs but you can also use sliced chicken sausages. The leftover roasted veggies can easily be repurposed into other meals. Try adding them to eggs, serving them on salads for a quick lunch or even enjoying them with hummus or a drizzle of tahini for a snack.

DIRECTIONS

Heat the oven to 400F. Line two large, rimmed sheet pans with parchment paper.

Whisk the honey, Dijon, whole-grain mustard, vinegar, salt and pepper in a small bowl. Set aside two tablespoons in another small bowl to use to coat the chicken (make sure to separate the bowls because you don't want to contaminate the sauce). Add the tahini and warm water to the rest of the honey mustard mixture. Taste and adjust sweetness, vinegar or salt to your preference.

If using chicken breasts, use a meat tenderizer to flatten down the thick part of the breast. This will help ensure it cooks evenly. Place the chicken on a plate. Brush the two tablespoons of honey mustard mixture onto the chicken and let sit while you start cooking the vegetables.

Place the squash/potatoes, brussels sprouts, cauliflower and onion on the sheet pans. Toss each pan with 1-2 tablespoons of the oil or spray with avocado oil cooking spray. Season with salt, pepper, garlic powder and thyme. Place in the oven to roast for 15 minutes.

After 15 minutes, remove the pans from the oven and make room for the chicken. Place the chicken on the sheet pan and return to the oven. Roast for another 20 minutes or until the chicken is cooked through to 165°F.

Plate the veggies and chicken and drizzle with the tahini honey mustard sauce. Store leftovers in an airtight container for up to 4 days.

Serves 4

INGREDIENTS

- ¼ cup tahini
- 3 tbsp Dijon mustard
- 3 tbsp whole-grain mustard
- 3-4 tbsp honey or maple syrup
- 2 tbsp apple cider vinegar
- ½ tsp sea salt
- ¼ tsp black pepper
- 2 tbsp warm water, plus more as needed

- 2 tbsp olive oil, divided
- 1 lb diced butternut squash or sweet potatoes
- 12 oz brussels sprouts, trimmed and halved, cut into bite-sized florets
- 3 cups chopped cauliflower
- 1 small red onion, cut into 1-inch pieces
- 1 lb chicken thighs or breasts, boneless
- Salt and pepper, to taste
- 1 tbsp garlic powder
- 1 tbsp dried thyme

Burger Bowls with Special Sauce

All the flavors of your favorite juicy burger in a veggie-packed bowl. Feel free to make the actual patties or simply saute the ground beef and top the bowl with the crumbled meat. The special sauce adds plenty of flavor but if you tolerate dairy and you'd like to add cheese, go for it!

DIRECTIONS

Heat a skillet over medium-high heat. Add the ground beef and spices. Brown the beef, breaking it up as it cooks, until cooked through.

While the beef is browning, make the special sauce. Add all of the ingredients to a small bowl and whisk together until well combined. Taste and adjust seasoning if necessary.

Assemble your burger bowls. Start with romaine lettuce then add the toppings and cooked ground beef. Drizzle the special sauce and enjoy.

Store leftovers separately in the fridge for up to 4 days.

Serves 4

INGREDIENTS

For the Burger Meat:

- 1 lb ground beef
- 2 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt, plus more to taste
- ¼ tsp black pepper

For the Special Sauce:

- ½ cup avocado oil mayo or plain Greek yogurt
- 2 tbsp no-sugar-added ketchup
- 2 tsp Dijon or yellow mustard
- 1 tbsp pickle juice
- 2 tbsp diced dill pickles chips, optional
- ½ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Salt to taste

For the Salad:

- 2 small heads romaine lettuce or 8 cups crunchy green lettuce, roughly chopped
- ½ cup thinly sliced red onion
- 1 ½ cups cherry tomatoes, halved
- ½ cup dill pickle chips

Teriyaki Shrimp Stir-fry

Shrimp are high in protein and a great source of zinc, which is needed for progesterone production. I like serving this stir-fry with rice or with sautéed cauliflower rice! Whatever you choose, this 20-minute dinner will surely be a weekly staple.

DIRECTIONS

Make rice according to package instructions or saute cauliflower rice in a separate pan while the veggies are cooking.

Combine the ingredients for the sauce in a small bowl. Whisk together and set aside.

Using a large pan, heat the oil over medium heat. Add the carrot, snap peas, and broccoli and saute for 6-7 minutes or until tender. Season with salt and pepper. Add the garlic and cook for another 1-2 minutes. Remove the veggies from the pan and set aside.

Pat the shrimp dry and lightly season with salt and pepper. Using the same pan, coat lightly with oil if needed. Reduce the heat to medium-low and add the shrimp. Allow to cook for about 2 minutes (or until the shrimp is pink) before turning. Cook on the other side for another 1-2 minutes.

Add the vegetables back to the pan along with the sauce. Let cook for 2-3 minutes or until the sauce is thick and fully coating the stir fry.

Serve with rice or cauliflower rice and top with green onion. Store the stir-fry and rice separately in the fridge for up to 4 days.

Serves 4

INGREDIENTS

For the Sauce:

- ½ cup coconut aminos
- 1 tbsp rice wine vinegar or apple cider vinegar
- 2 tbsp honey
- 1 tbsp arrowroot starch
- Salt and pepper

For the Stir-fry:

- 1 tbsp avocado oil
- 1 small carrot, thinly sliced or julienned
- 1 cup sugar snap peas
- 2 cups broccoli florets
- Salt and pepper, to taste
- 3 cloves garlic, minced
- 1 tsp ginger, grated
- 1 lb shrimp, peeled and deveined

To Serve:

- Jasmine rice (can sub cauliflower rice)
- Green onion, sliced thin

Egg Roll in a Bowl

All the flavors of a classic egg roll but without the work of rolling each roll and frying them up. It's a quick protein and veggies-packed skillet dinner that is great for meal prep!

DIRECTIONS

Prepare rice according to package instructions, if desired.

In a small bowl, combine the coconut aminos, sesame oil, rice vinegar, garlic and ginger, honey and sriracha or chili onion crunch. Whisk to combine then set aside.

Place a large skillet over medium heat. When the skillet is hot, add the oil and swirl to coat the bottom. Add the white and light green parts of the green onions and cook for 2–3 minutes or until the green onions start to soften, stirring occasionally.

Add the ground meat to the skillet, breaking it up with a large wooden spoon, and cook for 5–6 minutes or until no longer pink.

Increase the heat to medium-high. Add the coleslaw mix sauce. Cook for 6–7 minutes or until the slaw is tender or cooked to your liking. Remove from the heat.

Serve in bowls with rice (optional) and garnish with dark green onion slices, sesame seeds, sliced avocado, and/or cilantro leaves, if desired.

Serves 4

INGREDIENTS

- 1–2 tsp avocado oil or olive oil
- 1 lb lean ground beef, turkey or chicken
- Salt and pepper, to taste
- 5–6 green onions, sliced; white/light green and dark green parts separated
- 2, 12 oz coleslaw mix or broccoli slaw

For the Sauce:

- ½ cup coconut aminos
- 1 tbsp toasted sesame oil
- 2 tbsp rice vinegar
- 5 garlic cloves, minced (about 2 1/2 tbsp)
- 1 tbsp grated peeled fresh ginger (1 tsp ground ginger)
- 2 tsp honey
- 1 tsp sriracha or chili onion crunch (optional)

For Serving:

- Rice of choice
- Dark green onion slices
- Sesame seeds
- Sliced avocado

Spaghetti Squash and Meatballs

Spaghetti and meatballs but make it veggie-forward. Using spaghetti squash as the pasta makes this much more blood sugar-friendly while also providing an array of vitamins and minerals. You can always opt for making pasta and spaghetti squash and doing a combination of both! Sprinkle the tops with grated parm or my homemade dairy-free parm on page 88.

DIRECTIONS

Preheat the oven to 400°F.

Optional: pierce your spaghetti squash with a fork a few times and place in the microwave for 2-3 minutes. This will make it much easier to cut.

Slice your squash in half lengthwise. Lightly coat with olive oil and season with salt and pepper. Lay skin side up on a baking sheet. Let cook for 30-35 minutes.

Meanwhile, add all of the meatball ingredients to a large bowl. Use your hands to mix together until well combined. Form into about 20 small meatballs and line them up on a large baking sheet lined with parchment paper.

Place the meatballs in the oven with the squash and bake for 15 minutes.

Once the squash is tender, remove from the oven and let it cool for a few minutes. Use a fork to shred the spaghetti squash into spaghetti-like strings.

Plate the spaghetti squash or use them as individual bowls. Top with about 1/2 cup warm marinara, meatballs and sprinkle with cheese or dairy-free parm, if using. Store leftovers in the fridge for up to 4 days.

Serves 4

INGREDIENTS

- 2 small spaghetti squash
- Olive oil
- Salt and pepper, to taste

For the Meatballs:

- 1 lb ground beef or turkey
- 1 egg
- ¼ cup almond flour or panko breadcrumbs
- 2 tbsp ground flax seed
- 1 tsp Italian seasonings
- 1 tsp sea salt
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp black pepper
- Pinch of red pepper flakes

For Serving:

- 1, 16 oz jar marinara sauce
- ½ cup parmesan, shredded mozzarella or homemade dairy-free parm

Salsa Chicken Tacos

Cooking chicken breasts in salsa is an amazing way to infuse them with flavor. It's a great meal prep protein that can be used as taco fillings, in bowls, wraps, served along with eggs at breakfast, etc.

Keep in mind that his recipe makes four servings. If you only need 1-2 servings or want a short-cut method, I recommend using precooked chicken like rotisserie or the recipe for simple baked chicken on page 83. Then, simply mix the shredded chicken with $\frac{1}{4}$ cup salsa and a touch of bone broth and heat on the stovetop to warm.

DIRECTIONS

Heat the olive oil in a large skillet over medium heat. Add the chicken breasts and brown each side for approximately 3-5 minutes.

Reduce the heat to low and add the salsa and broth to the pan. Cover and simmer for 15-20 minutes or until the chicken is cooked through to 165°F.

Let sit for a few minutes then shred with 2 forks. You can also use a hand mixer or stand mixer to easily shred the chicken. Top with lime juice and stir to thoroughly combine.

To make the tacos, warm the tortillas on the stovetop or in the microwave. Add the salsa chicken, black beans, pickled onions, cilantro and avocado slices. Store the leftovers in separate containers for up to 4 days.

Pressure Cooker Method:

Place all the salsa chicken ingredients into the pressure cooker. Top with the lid, set the pressure valve to seal. Cook on high pressure for 14 minutes with a 6-minute natural release followed by a quick release.

Slow Cooker Method:

Place all the salsa chicken ingredients into the slow cooker. Cover with lid. Cook on LOW for 4-5 hours or on HIGH for 3 hours.

Serves 4

INGREDIENTS

- 1 $\frac{1}{2}$ lb boneless skinless chicken breasts (3-4 small breasts) or precooked chicken (see notes)
- 1 tbsp olive oil
- 1 cup salsa or salsa verde
- $\frac{1}{2}$ cup chicken bone broth or broth

For the Tacos:

- 8 tortillas of choice
- 1, 15 oz black beans, drained and rinsed
- 1 avocado, sliced
- 1 lime, sliced
- $\frac{1}{2}$ cup cilantro, chopped
- $\frac{1}{3}$ cup pickled onions

NOTES

For a single serving or if you want a short-cut method, use pre-cooked chicken like a rotisserie or the recipe for simple baked chicken on page 83. Then mix the shredded chicken with $\frac{1}{4}$ cup salsa and a touch of bone broth and heat on the stove top to warm.

Pistachio Crusted Halibut

This recipe calls for halibut but any white fish will work. You can even use salmon if you'd like! Keep in mind the thinner the fish, the less time it will take so adjust accordingly.

DIRECTIONS

Preheat the oven to 400°F

Place the fish filets on a parchment-lined sheet pan and season them with salt, pepper and garlic powder.

In a small bowl, combine the mustard, honey and olive. Brush the mixture over each piece of fish.

Add pistachios to a bag and crush them finely using a jar. You can chop them using a sharp knife or pulse them in a food processor.

Combine the chopped nuts with the breadcrumbs, chopped parsley and seasoning. Sprinkle the mixture evenly over each fish filet.

Spray or drizzle olive oil/avocado oil on each piece of fish. Place in the oven and bake for 12 minutes. Turn the oven to broil and let broil for 2-3 more minutes, watching carefully!

Remove from the oven and finish off with a generous squeeze of fresh lemon juice. Serve with the roasted carrots and cabbage. Store any leftovers in the fridge in an airtight container for up to 4 days.

Serves 4

INGREDIENTS

- 1 ¼ lbs halibut or other white fish, cut into 4 portions
- 2 tbsp Dijon mustard
- 2 tsp honey or maple syrup
- 1 tsp olive oil, plus more to drizzle
- ¼ tsp garlic powder
- ½ tsp kosher salt
- ¼ tsp ground pepper
- Lemon juice

- ¼ cup panko breadcrumbs
- ⅓ cup pistachios
- ¼ cup parsley, finely chopped
- 2 tsp Italian seasoning

Roasted Carrots and Cabbage

Cabbage is a cruciferous veggie and helpful in supporting estrogen detoxification. If you need a quicker side or want additional greens, you can always toss together a simple arugula salad!

DIRECTIONS

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Cut the carrots into half-inch slices on a sharp diagonal. Cut off the stem of the cabbage then slice it into one-inch thick wedges. Place the carrots, cabbage and red onion on the prepared baking tray. Spray with avocado oil or brush the veggies with 2 tablespoons of avocado oil before placing on the tray. Season well with salt and pepper. Roast for 25-30 minutes.

While the cabbage roasts, prepare the tahini yogurt sauce. Add all the ingredients to a small bowl and whisk until smooth. Add warm water as needed to thin the sauce to your desired consistency. If it's too thin, add another tablespoon of tahini.

Once the cabbage is ready, transfer it to your serving plate and drizzle with the tahini sauce and top with chopped parsley. Store any leftovers in the fridge in an airtight container for up to 4 days.

Serves 6

INGREDIENTS

- 1 small head purple cabbage
- 6-8 large carrots
- 1 medium red onion, sliced into 1-inch wedges
- 2 tbsp olive oil
- Salt and pepper to taste
- Parsley

Tahini Yogurt Sauce:

- ⅓ cup Greek yogurt or plain coconut yogurt
- 3 tbsp tahini
- ½ tsp garlic powder
- 1 tbsp lemon juice
- Salt to taste
- 1-2 tbsp warm water, if needed

Lemon Chicken and Rice Bake

Who doesn't love a balanced one pot dinner? This lemon chicken and rice checks all the boxes for protein, carbohydrates, veggies and fats with minimal cleanup. It's bright and flavorful while still being a cozy meal.

DIRECTIONS

Preheat your oven to 375°F

Pat the chicken thighs dry with a paper towel. Season with salt, pepper, garlic powder, thyme, and smoked paprika.

In a large ovenproof skillet, heat the olive oil on medium-high heat. Add chicken and cook for about 5 minutes. Flip the chicken and cook for another 5 minutes. Remove chicken thighs from skillet and set aside.

In the same pan, add the diced onions and saute for five minutes, or until they start to become translucent. Add the minced garlic and let cook for another minute.

Add the rice to the skillet, and stir well to coat the rice with the oil. Add the chopped spinach, chicken broth, lemon juice and zest, salt, and pepper. Stir for another 30 seconds or until the spinach starts to wilt. Bring this to a simmer.

Arrange the chicken thighs on top of the rice, then cover the skillet and place in the preheated oven. Bake for 15-20 minutes. Remove the lid, return the skillet to the oven, and bake until chicken is cooked through to an internal temp of 165°F and rice is tender, about 5-10 minutes more.

Let the chicken and rice rest for 5 minutes. Fluff the rice with a fork to mix everything back together before serving. Top with chopped parsley and lemon slices.

Store the chicken and rice in the fridge for up to 4 days.

Serves 4

INGREDIENTS

For the Chicken:

- 1 lb boneless chicken thighs (can sub chicken breasts)
- 2 tsp dried thyme
- 1 tsp garlic powder
- 1 smoked paprika
- 1 tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil

For the Rice:

- 2 tbsp olive oil
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1 cup long grain white rice
- 2 cups baby spinach, lightly packed and roughly chopped
- 2 cups chicken stock or bone broth
- 2 lemons, juiced and zested (approx 1/4 cup of juice)
- 1/2 tsp salt
- 1/4 tsp black pepper
- Chopped parsley, for garnish
- Lemon zest or slices, for garnish

Teriyaki Meatballs with Broccoli

Juicy turkey meatballs coated in sweet and sticky teriyaki sauce. It's a quick weeknight dinner that also works wonderfully for meal prep. If you're short on time you can skip the egg and almond flour. Simply season the ground meat with the rest of the ingredients and brown on the stovetop in the avocado oil.

DIRECTIONS

Start by cooking the rice according to package instructions. You can use bone broth in place of the water for an extra protein boost.

In a large bowl, combine the meatball ingredients. Mix until well combined. Roll into 1-inch meatballs.

Heat the avocado oil in a large skillet over medium heat. Add the meatballs in a single layer and brown the meatballs on two sides until golden brown; 2 to 3 minutes per side. Set the browned meatballs on a clean plate.

Wipe down the skillet and add the chopped broccoli and 2 tbsp water. Place the lid on the pan and let it sit for 2-3 minutes until crisp-tender. Set the broccoli aside on a clean plate.

Meanwhile combine the coconut aminos, ½ cup broth, honey, rice vinegar, sesame oil, garlic, and crushed red pepper flakes. Whisk until well combined. Add to the skillet and bring to a simmer. In a small bowl, whisk together the remaining 2 tablespoons of chicken broth along with the cornstarch/arrowroot. While gently stirring, stir in the slurry into the sauce.

Nestle the meatballs back into the sauce, cover and cook until the meatballs are just cooked through, about 6-8 minutes. Add in the broccoli and toss to coat in the warm sauce. Let simmer until the sauce thickens about 2 more minutes. Serve over rice.

Store the leftovers in the fridge for up to 4 days.

Serves 4

INGREDIENTS

- 1 lb ground turkey or chicken
- 1 egg
- ⅓ cup almond flour or panko breadcrumbs
- 2 cloves garlic, minced
- ½ tbsp freshly grated ginger (¼ tsp ground ginger)
- 3 tbsp green onion
- 1 tbsp coconut aminos
- ½ tsp sea salt
- ½ tsp black pepper
- ¼ tsp red pepper flakes
- 1-2 tbsp avocado oil

- ½ cup coconut aminos
- ½ cup chicken broth, plus 2 tbsp
- 1 tbsp rice vinegar or apple cider vinegar
- 1 tsp sesame oil
- 1 tbsp arrowroot starch or cornstarch
- 3 tbsp honey
- 3 cloves of garlic, minced
- 2 tsp fresh minced ginger (½ tsp ground ginger)
- ½ tsp crushed red pepper flakes

- 1 head broccoli, cut into florets
- 1 cup Jasmine rice
- 1 ½-2 cups water or bone broth

Butternut Squash and Beef Enchilada Skillet

This one-pan enchilada skillet is so much easier to make than a whole pan of enchiladas. This version doesn't contain tortillas because I find they get too soggy. Serve it on top of or alongside warm tortillas if you want a more traditional enchilada taste. However, I don't think you'll miss them.

DIRECTIONS

Heat a large skillet over medium heat. Once hot, add the oil and onions. Cook for 3-5 minutes, stirring occasionally. Add the garlic and let cook for another minute.

Add the ground beef and cook for 5 minutes, breaking up the meat, until browned. Add the butternut squash, zucchini, bell pepper, half the enchilada sauce, spices and salt and pepper to taste. Let cook for 5 minutes, stirring occasionally, until the veggies start to soften.

Stir in the remaining enchilada sauce. Reduce the heat to medium-low. Cover and cook for 10-15 min or until the butternut squash is fork-tender.

Top with the cheese if using. Cover to let the cheese melt. Top with the cilantro and serve with sliced avocado and tortillas, if desired.

Serves 4

INGREDIENTS

- 1 tbsp avocado oil
- ½ medium yellow onion, diced
- 2 garlic cloves, minced
- 1 lb ground beef
- 1 cup finely diced butternut squash
- 1 cup chopped zucchini
- 1 large red bell pepper, diced
- 1, 15 oz jar enchilada sauce
- 1 tsp chili powder
- ½ tsp ground cumin
- ½ tsp paprika
- Salt and pepper, to taste
- ½ cup chopped cilantro
- ½ cup shredded hard goat cheese or cow's milk cheese (optional)
- 1 avocado, sliced

Sheet Pan Salmon and Lemon Potatoes

This is one of our go-to sheet pan dinners. It packs in protein, healthy fats and fiber and requires minimal effort. Feel free to sub any potato you enjoy (sweet potatoes, purple potatoes, etc).

DIRECTIONS

Preheat the oven to 425°F.

Line a large, rimmed baking sheet with parchment paper. Place the potatoes on the baking sheet and toss with 1 tbsp olive oil, 1 tsp salt, and 1/2 tsp black pepper; arrange in a single layer. Slice lemon crosswise into four pieces and arrange around potatoes. Roast for 15 to 20 minutes, until the underside of the potatoes is golden and crisp.

Rub salmon filets with remaining olive oil. In a small bowl, season with smoked paprika, garlic powder, 1/2 tsp salt, and 1/4 tsp black pepper; mix well. Sprinkle spice mixture evenly over salmon and rub into flesh.

Meanwhile, make the arugula salad. Place the arugula in a very large bowl. Drizzle with olive oil and use your hands to toss lightly. Add the lemon juice and 1/4 teaspoon salt. Lightly toss the greens. Add the olives and Parmesan (if using). Toss just to incorporate. Taste and adjust seasoning accordingly.

Remove pan from the oven and toss/flip potatoes; Make room for the salmon filets and arrange them on the pan. Place back in the oven for 15 minutes, or until the salmon is cooked through.

Squeeze the roasted lemon over the potatoes and salmon. Serve with the arugula salad.

Store the salmon and potatoes in the fridge for up to 3 days.

Serves 4

INGREDIENTS

- 1 lb baby gold potatoes, sliced into halves or thirds depending on size
- 1 lemon
- 2 tbsp olive oil, divided
- 1 1/2 tsp salt, divided
- 1 tsp black pepper, divided
- 4, 6-oz salmon filets
- 1 tsp smoked paprika
- 1/2 tsp garlic powder

Arugula Salad:

- 5 oz baby arugula
- 1 tbsp olive oil
- 2 tsp fresh lemon juice
- Salt and pepper, to taste
- 1/4 cup pitted and chopped Castelvetrano olives
- 2 oz Parmesan, shaved with a vegetable peeler (optional)

BBQ Sloppy Joe Sweet Potatoes

A modern take on the traditional sloppy Joe. It's got a few hidden veggies and is served on top of a sweet potato for more nutrients, fiber and better blood sugar stability. The recipe calls for ketchup but you can sub 6 oz canned tomato paste ½ cup water.

DIRECTIONS

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Scrub and pat dry the sweet potatoes. Slice the sweet potatoes lengthwise and place them cut-side down on the baking sheet. Bake for 25-35 minutes or until they are caramelized and can be easily pierced with a fork.

Make the Sloppy Joe Sauce: Add all of the sauce ingredients to a mixing bowl and whisk together until well combined. Set aside.

Make the Sloppy Joe Mixture: Heat a large skillet over medium-high heat. Once hot, add the avocado oil and ground turkey/beef. Brown the meat until no longer pink, breaking it up as it cooks. Pour the meat out of the pan into a strainer or colander lined with paper towels, allowing the fat to drain off.

Add the onions, bell pepper and garlic along with a pinch of salt and black pepper to the pan and saute, stirring frequently or until the onion is translucent. Return the meat to the pan.

Lower the heat to low and pour in the sloppy Joe sauce. Stir until well combined and let simmer on low for 5-10 minutes, stirring occasionally. Taste and season with salt and pepper, if needed. If the sauce looks too thick, add in a tablespoon of water as needed.

Serve the sloppy Joe mixture over the baked sweet potatoes. Add jalapeno slices if desired. Store the leftovers separately in the fridge for up to 4 days.

Serves 4

INGREDIENTS

- 2 large sweet potatoes
- ½ cup ketchup (organic or no sugar added)
- ⅓ cup low-sugar BBQ sauce
- 1 tsp yellow mustard
- 1 tsp apple cider vinegar
- 2 tsp Worcestershire sauce
- 1 tsp salt
- ¼ tsp black pepper

- 1 tsp avocado oil
- 1 lb ground turkey or beef
- ½ small onion, finely chopped
- 1 green bell pepper, diced
- 2 cloves garlic, minced

- Pickled jalapeno slices, for serving

Garlic Honey Salmon Bites

This salmon recipe is incredibly easy and is a fun twist on cooking a whole salmon filet. The bite-sized salmon pieces mean more surface area for the delicious honey garlic sauce. Plus, it's an easy way to get in healthy fats like omega-3s. Serve with coconut rice and a fresh cucumber salad or any veggies of your choice.

DIRECTIONS

In a medium mixing bowl, add chopped salmon, garlic powder, salt, and pepper. Toss well to coat and set aside for 10 minutes.

Heat oil in a large skillet over medium-high heat until the hot oil sizzles, about 1-2 minutes.

Sear the salmon pieces until golden browned and fully cooked, about 5-6 minutes per side. Do not move the salmon around during cooking. When salmon is cooked, the flesh will turn opaque, and it will flake easily when you insert a fork.

In a small bowl, whisk together soy sauce, honey, sesame oil, and lemon juice until smooth.

Pour the sauce over the salmon. Toss well to coat the salmon bites in the sauce and cook for another 1-2 minutes until browned.

Use tongs to remove the salmon bites and place on a serving plate.

Serve with rice and cucumbers, and garnish with white sesame seeds.

Store leftovers separately in the fridge for up to 3 days.

Serves 4

INGREDIENTS

- 1 lb salmon filet, skin removed and cut into 1-inch cubes
- 1-2 tbsp avocado oil
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp ground black pepper

For the Glaze:

- 2 tbsp coconut aminos
- 1 tbsp honey
- 2 tsp minced garlic
- ½ tsp sesame oil
- 1 tsp lemon juice

For Serving:

- Coconut rice
- Sliced cucumbers
- Sesame seeds

Coconut Rice

This coconut rice has fluffy yet creamy texture. The coconut milk adds a natural sweetness and healthy fats, which makes for an irresistible side dish.

DIRECTIONS

For the rice: Add the rice to a strainer and rinse under cold water until the water runs clear. Place the rice, coconut milk, water and salt in a medium pot, and bring to a boil.

Once boiling, cover with a tight-fitting lid, reduce heat to low and let simmer for 15 minutes. After 15 minutes, remove from the heat keeping the lid on and allow rice to steam for another 10 minutes. Fluff the rice with a fork. Add a squeeze of lime juice and chopped cilantro, if desired.

Serves 4

INGREDIENTS

- 1 cup jasmine rice
- 1, 15 oz can coconut milk (full fat or light)
- ¼ cup water
- ¼ tsp salt
- Lime, juiced
- Cilantro

Sheet Pan Steak Fajitas

Grass-fed beef is packed with a variety of bioavailable nutrients like zinc, B12, and iron, all of which are important for hormone balance. These fajitas pair iron-rich beef with bell peppers that are high in vitamin C for better absorption. Plus, they're the perfect easy weeknight meal — quick to make with minimal cleanup!

DIRECTIONS

Preheat your oven to 425°F.

Make the marinade by combining the lime juice, oil, garlic and spices in a small mixing bowl.

Place the onions and veggies on a parchment-lined sheet pan. Pour half the marinade on the veggies and toss until they are well coated. Arrange in a single layer. Bake for 15 to 20 minutes until the veggies are tender.

While the veggies are in the oven, pour the other half of the marinade on the steak and stir until well coated. Let the steak marinate while the veggies are cooking.

Once the veggies are tender, remove the sheet pan from the oven and preheat the broiler on high. Make room for the steak in the middle of the sheet pan. Add the steak and spread the slices out in an even layer so the steak does not overlap.

Return the sheet pan to the oven and place on the top rack. Broil the steak for 3-5 minutes until it's your desired doneness and then remove. You can flip the steak halfway through to brown both sides if desired. If the veggies are starting to brown, remove them from the sheet pan before broiling so they don't burn.

Serve the fajitas with tortillas and toppings of choice. Store leftovers in the fridge for up to 4 days.

Serves 4

INGREDIENTS

For the Fajitas:

- 1 lb thinly sliced flank steak, sliced across the grain around ¼ – ½ inch thick
- 3 bell peppers, thinly sliced
- 1 yellow onion, thinly sliced

Marinade:

- ¼ cup olive oil
- ⅓ cup fresh lime juice
- 2 tsp minced garlic
- 2 tbsp taco seasoning

For Serving:

- Cilantro
- Avocado
- Limes
- Salsa
- Tortillas of choice

Weekly Meal Plan

WEEK OF: _____

	<i>Beverages & Supplements</i>	<i>Breakfast</i>	<i>Snack (Optional)</i>	<i>Lunch</i>	<i>Snack (Optional)</i>	<i>Dinner</i>
<i>Mon</i>						
<i>Tue</i>						
<i>Wed</i>						
<i>Thu</i>						
<i>Fri</i>						
<i>Sat</i>						
<i>Sun</i>						

Grocery List

WEEK OF: _____

<i>Produce</i>	<i>Meat / Fish / Eggs</i>
<i>Dairy Alternatives</i>	<i>Freezer</i>
<i>Canned Foods, Sauces & Condiments</i>	<i>Other</i>