



# ***28-Day Hormone Balance Reset Plan***

**BY LAUREN CHAMBERS, NUTRITION + HORMONE HEALTH COACH, CHHC**

*A Doctor-Backed, Guided 28-Day-Plan With One Month's Worth of Hormone Balancing Recipes (28 full meals + 4 treats all GF/DF w/ Paleo options) + Grocery Lists & Calendar, Detailed Herbs + Supplements & Exercise + Lifestyle Steps To Help You Optimize Your Health, Happiness, Energy, Confidence, Mood, Sleep, Sex, Fertility & LIFE*

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## **ABOUT ME + WHY I CREATED THIS EBOOK**

Hi, I'm Lauren Chambers, Nutrition + Hormone Health Coach (CHHC) and the feel good food blogger of **So Fresh N So Green**.

Like many of us ladies (read: one in two women in the USA) I struggled with symptoms of hormone imbalance for years, mainly in the form of low-energy and disruptive sleep patterns, painful periods (and then two years of no period at all), hair loss, skin outbreaks, constipation and postpartum hypothyroidism.

Through consuming real, nutrient-dense foods and making holistic lifestyle changes, I have been able to help myself and hundreds of clients stabilize hormones – **equating to better sleep, elevated mood, optimized energy and focus, an easy-to-maintain healthy weight, clear skin, healthy menstrual cycles and increased fertility.**

**Balanced hormones have literally changed our lives, empowering us to live happier, healthier ones. And this is at the very core of why I do what I do. Because if you feel good, you're more likely to help others feel good too.**

And even more specifically, I'm on a hot mission to help you balance your hormones through food that actually tastes good (and makes you feel good too).

Because life is TOO SHORT to not enjoy what you eat, and a restrictive, unpleasant diet or way of eating is NOT a sustainable one.

Thus every.single.recipe you find in this ebook (as well as on my blog) is designed to be easy AND super delicious, as well as abundant with specific healing properties so you can use them as a more efficient medicine to help you heal your hormone imbalances, instead of relying on over the counter pills, prescriptions, or other short-term fixes (i.e. diets, cleanses, etc.) for relief.

**So let's get cooking shall we?**

**See you in the kitchen my love.**

Xx //

**Lauren**

# HORMONE IMBALANCES

## SIGNS, SYMPTOMS + REMEDIES



First things first, unless you've done diagnostic testing, you're probably somewhat unsure of how many (or what kind) of hormone imbalance you actually have.

More than likely you know something has shifted or feels off in your body, and you're here to alleviate those symptoms keeping you from feeling and looking your best.

While I truly believe the CONSISTENT incorporation of these recipes (and real, whole, nourishing food in general) will work to naturally balance your hormones, I'm also in the camp the more you know about your specific hormone imbalance (triggers, causes, etc.) the more effectively you can heal them moving forward.

So if you're not quite sure what hormone imbalance you have, READ this section first. It will help you narrow in on your symptoms (as well as root causes) so you can tailor the other recipes and lifestyle tips to your unique needs.

You can also [take this quiz](#) to learn more.

***\*\*\*Keep in mind your hormones are intricately linked, so chances are you most likely have more than one imbalance at play (especially if the issue is ongoing or chronic).***

## HIGH CORTISOL

### ***Triggers/Causes:***

- + Chronic mental, emotional, or physical stress
- + Over-exercising, extreme dieting, and eating disorders
- + Food allergies or sensitivities such as wheat and other gluten-containing products, dairy, corn, soy, and sugar

### ***Common Symptoms/Conditions Include:***

- + Feeling tired yet wired
- + Difficulty falling or staying asleep
- + Oligomenorrhea (infrequent periods)
- + Amenorrhea (the absence of menstruation)
- + Decreased fertility



- + Inability to concentrate, or constantly feeling distracted
- + Anxiety or nervousness
- + High blood pressure
- + High blood sugar

#### **Tailoring The Hormone Balance Reset Plan To Fit Your Needs:**

- + Lower sugar intake (which triggers cortisol release) by swapping refined flours and packaged baked goods for refined-sugar-free options (all recipes in this plan work)
- + Eat more dark chocolate (70% cacao or higher) to help satisfy your sugar cravings while reducing your cortisol levels. Try The Hormone Helper Hot Chocolate or the Chaga Chocolate Fudge Smoothie Bowl
- + Work to support fatigued adrenals by developing a nightly sleep routine and consider supplements like 5-HTP or a B-Complex Formula \*\*Highly recommend consulting with your practitioner on these first
- + Swap intense forms of exercise like cardio or HIIT for more low-impact, relaxing options like yoga or reformer pilates
- + Seek out the most effective testing methods to get concrete answers

## **LOW CORTISOL**

#### **Triggers/Causes:**

- + Long periods of high cortisol output (see above)
- + Addison's Disease
- + Experience of significant trauma
- + Congenital Adrenal Hyperplasia (a collection of genetic disorders that can affect the adrenal glands)

#### **Common Symptoms/Conditions Include:**

- + Fatigue, ranging from low-level, but chronic, to crippling fatigue
- + Difficulty staying asleep
- + Difficulty waking in the morning, and/or feeling unrested after getting adequate sleep
- + Low blood pressure
- + Dizziness, especially upon standing up
- + Decreased tolerance for stress
- + Crying for no apparent reason
- + Feeling depressed or unable to cope



**Tailoring The Hormone Balance Reset Plan To Fit Your Needs:**

- + Try swapping alcohol or caffeine (which interfere with your sleep cycle and can contribute to fatigued adrenals) with the Hormone Helper Hot Chocolate or an herbal tea like peppermint or ginger
- + Add in more healing, nutrient-rich foods like bone broth, wild-caught fish abundant in omega-3's or probiotic-rich foods like coconut yogurt. The Sheet Pan Miso Glazed Salmon + Broccoli, Maple Almond Butter Granola Clusters + Coconut Yogurt or Pumpkin Chicken Chili should do the trick
- + Work to support fatigued adrenals by developing a nightly sleep routine, and consider supplements like 5-HTP or a B-Complex Formula \*\*I highly recommend consulting with your practitioner on these first
- + Sneak in relaxing forms of self-care daily. This could be keeping your calendar open (i.e. saying no to social obligations), a yoga flow, meditation practice or walking outside
- + Seek out the most effective testing methods to get more concrete answers

**LOW PROGESTERONE****Triggers/Causes:**

- + Long-term stress, or high cortisol (see above)
- + Exposure to synthetic estrogens or xenoestrogens
- + Hormonal birth control, most notably the birth control pill
- + Lack of ovulation

**Common Symptoms/Conditions Include:**

- + Difficulty getting or staying pregnant (infertility)
- + Breakthrough bleeding during the second half of the menstrual cycle
- + PMS or PMDD
- + Menstrual migraines
- + A heavier flow during menstruation
- + Irregular cycles
- + Bloating in the abdomen
- + Swollen and/or painful breasts

**Tailoring The Hormone Balance Reset Plan To Fit Your Needs:**

- + Incorporate more stress-management into your daily routine (yoga, breathing, meditation, baths, walks, nature, etc.)



- + Eat more foods that support progesterone production, which would be all of the recipes in week #3, the Luteal Phase
- + Try taking a magnesium supplement
- + Start swapping endocrine disrupting beauty products for cleaner options
- + Seek out the most effective testing methods to get more concrete answers

## EXCESS ESTROGEN

### **Triggers/Causes:**

- + High cortisol (see above) which lowers progesterone output and blocks progesterone receptors
- + Excessive consumption of alcoholic beverages
- + Xenoestrogens, like BPA and phthalates, which mimic estrogen in the body
- + Being overweight or obese

### **Common Symptoms/Conditions Include:**

- + Heavy bleeding
- + Breast tenderness or cysts
- + PMS or PMDD
- + Fibroids
- + Endometriosis
- + Menstrual migraines
- + Moodiness and frequent meltdowns
- + Depression or weepiness
- + Mid-cycle pain
- + Brain fog

### **Tailoring The Hormone Balance Reset Plan To Fit Your Needs:**

- + Focus on detoxifying recipes that support your body in eliminating excess estrogen, primarily those found in week #2 (Ovulation)
- + Try replacing any endocrine disrupting plastic containers with glass & toxic beauty products with cleaner options
- + Consider taking a DIM supplement, which helps your body get rid of excess estrogen
- + Seek out the most effective testing methods to get more concrete answers





## LOW ESTROGEN

### *Triggers/Causes:*

- + High stress, resulting in high cortisol levels
- + Disordered eating
- + Nutrient deficiencies, due to poor dietary practices or poor absorption
- + Over-exercising, especially in conjunction with calorie restriction
- + Hormonal birth control, most notably the birth control pill

### *Common Symptoms/Conditions Include:*

- + Oligomenorrhea
- + Amenorrhea
- + Low sex drive
- + Vaginal dryness
- + Painful sex
- + Hot flashes or night sweats
- + Joint pain
- + Dry skin and eyes
- + Depression
- + Melasma
- + Poor cognitive function, especially memory
- + Menopause/perimenopause

### *Tailoring The Hormone Balance Reset Plan To Fit Your Needs:*

- + Consider switching to a non-hormonal form of birth control (if currently on one)
- + Eat more nutrient-rich foods that support estrogen productions such as all recipes found in week #1 (Follicular Phase)
- + Seek out the most effective testing methods to get more concrete answers

## EXCESS ANDROGENS

### *Triggers/Causes:*

- + High insulin levels, which cause the ovaries to produce more testosterone
- + Using hormonal birth control with synthetic progestins
- + Polycystic Ovarian Syndrome (PCOS)



- + High cortisol from chronic stress
- + Excess body fat can cause excess estrogen, which can affect the production and use of androgens in women
- + Congenital Adrenal Hyperplasia

**Common Symptoms/Conditions Include:**

- + Unstable blood sugar, known as hypo- or hyperglycemia
- + Infrequent ovulation
- + Menstrual cycles longer than 35 days
- + Ovarian cysts
- + Mid-cycle pain
- + Acne or oily skin
- + Hair growth on the face
- + Hair loss on the head
- + PCOS

**Tailoring The Hormone Balance Reset Plan To Fit Your Needs:**

- + Make sure you're drinking plenty of water in between meals (which helps to curb snacking + balance blood sugar)
- + Balance out insulin levels by ensuring each meal/snack has a good balance of protein, fat and fiber (every single recipe in this plan is applicable)
- + Try adding more Ceylon Cinnamon to your beverages, making the BEST GREEN SMOOTHIE EVER or taking a magnesium supplement
- + Seek out the most effective testing methods to get more concrete answers

## LOW ANDROGENS

**Triggers/Causes:**

- + Dysfunction in the adrenal glands or the ovaries
- + Ovarian removal, low ovarian function or ovarian failure
- + The birth control pill, or other types of hormonal birth control

**Common Symptoms/Conditions Include:**

- + Low libido
- + Painful sex
- + Less powerful orgasm



- + Lower self-confidence
- + Lack of lubrication
- + Less muscle mass
- + Decreased motivation

#### **Tailoring The Hormone Balance Reset Plan To Fit Your Needs:**

- + Consider switching to a non-hormonal form of birth control (if you're currently on one)
- + Work to support fatigued adrenals by developing a nightly sleep routine, and consider supplements like 5-HTP or a B-Complex Formula <sup>\*\*I</sup> highly recommend consulting with your practitioner on these first
- + Try making the BYOB with cauliflower rice, Broccoli Falafels, Broccoli Cheddar Stuffed Potatoes or Charred Brussels Sprouts Tacos, which are loaded with cruciferous veggies that will support your adrenals
- + Seek out the most effective testing methods to get more concrete answers

## **LOW THYROID**

#### **Triggers/Causes:**

- + Inadequate production of thyroid hormone due to excess or insufficient cortisol production
- + Endocrine disrupting chemicals known as xenoestrogens
- + Nutrient deficiencies like selenium, iodine, vitamin D, and certain amino acids
- + Gut conditions which affect the body's ability to absorb nutrients
- + Poor conversion of T4 to the active T3 hormone
- + Hashimoto's thyroiditis - an autoimmune condition in which the body attacks the thyroid
- + Birth/postpartum

#### **Common Symptoms/Conditions Include:**

- + Dry skin and hair
- + Hair loss
- + Brittle nails
- + Cold hands and feet
- + Sensitivity to cold
- + Fatigue
- + Depression



- + Unexplained, rapid weight gain or stubborn fat that is hard to lose
- + Heavy periods
- + Low sex drive
- + Infertility or miscarriage

**Tailoring The Hormone Balance Reset Plan To Fit Your Needs:**

- + Consume foods rich in minerals your thyroid needs to thrive. Selenium-loaded Vanilla Brazil Nut Milk Smoothies + Lattes and iodine + zinc-rich Egg Shakshuka or Savory Golden Oats Bowl (with cauliflower rice) are a great place to start
- + Steer clear of gluten, grains, legumes and minimize sugar, which can trigger a thyroid autoimmune condition such as Hashimoto's. For this plan I recommend using a 1:1 ration swap of cauliflower rice (or flour), or nuts/seeds (i.e. cashews in the place of chickpeas for a creamier texture)
- + As long as iodine levels in the body are adequate, the benefits of eating cruciferous veggies far outweigh the harm. That being said, I advise you to eat them cooked, which significantly reduces goitrogenic compounds that can interfere with thyroid health
- + Consider switching to a non-hormonal form of birth control (if on one) as birth control pills deplete the body of crucial nutrients required for the thyroid to work properly
- + Try taking a supplement rich in trace minerals that your thyroid depends on to function optimally
- + Start swapping endocrine + thyroid disrupting beauty products for cleaner options
- + Seek out the most effective testing methods to get more concrete answers



# TESTING METHODS

## FOR A ROOT CAUSE APPROACH



Let's be real, testing options and results can be super confusing, but it's an important part of balancing YOUR hormones as it can help address root cause issues and bring awareness to what you need in order to heal and thrive.

Below are the most thorough testing options I recommend if you are struggling with symptoms of hormone imbalance (refer to section above for common symptoms).

Additionally, I recommend working with a functional medicine practitioner when possible, as they tend to be more thorough with testing and the true biomarkers your hormones should be at to thrive. If living in the Seattle area I highly recommend [Dr. Jason Wibbenmeyer](#) or [Dr. Patrick Fox](#).

**DUTCH Urine Test** – This cost effective test assesses multiple metabolites via one single urine sample, including your sex and adrenal hormones, estrogen and testosterone metabolites, free cortisol patterns and more (as well as giving you insight into your circadian rhythm, PCOS, etc.) I recommend beginning with this testing method, as it's comprehensive, simple and straightforward.

**Stress + Sex Hormone Test** – A four-point saliva panel that includes both the sex and stress hormones is crucial to find out what's going on with your adrenals. The adrenals are basically the gas tank of the human body, and adrenal fatigue is a near-epidemic in our overstimulated world that leads to a number of hormone imbalances. This test will look at precursor hormones, cortisol, DHEA, and pregnenolone to see how your body is creating and managing stress hormones.

**Thyroid, Temperature + Pulse Test** – The thyroid being off can cause a host of hormone imbalances and prevent ovulation, therefore leading to infertility or miscarriage. You can test your thyroid by taking your temperature when you wake up in the morning and before you go to bed at night, as well as 20 minutes after each meal. It should be around 98.6 degrees Fahrenheit, or 37 degrees Celsius. **Get a blood test for the entire thyroid including TSH, T3, reverse T3, T4, and TPO antibodies.** I also highly recommend working with a functional medicine practitioner to do this testing, as they tend to be more thorough with the biomarkers for thyroid health. This is also a key one for new moms, as thyroid health is often affected postpartum.



**MTHFR Genetic Mutation Test** – We all have a gene in our bodies called the MTHFR gene. It instructs your body to make an enzyme necessary to convert vitamin B9, which is also known as folic acid, into a usable form for the brain and the nervous system (aka it turns folic acid into folate). This enzyme is crucial for growth and metabolism, as well as helping a baby's neural tube form. Almost 50% of the population now has this genetic mutation where they can't convert their B vitamins effectively, mostly folic acid and vitamin B12. If we can't convert them, we can't use them, and thus we become deficient in them. This can lead to depression, trouble detoxifying, hormone imbalances and multiple miscarriages if not identified. A 23andMe test or another online saliva or swab test can identify if someone has this mutation. All doctors and most functional practitioners should be able to run it as well. People with this mutation (and honestly all of us for optimal results) should be taking an open form source of each vitamin called methyl folate and methylcobalamin.

**Leaky Gut Test** – Leaky gut left unchecked often leads to autoimmune disease, which can significantly disrupt hormones. The most common leaky gut test is called the lactulose mannitol test. There are also excellent blood and saliva tests out there that check for intestinal permeability, which is another name for leaky gut. **Most thyroid problems start in the gut.** So, while a traditional MD might just look at and treat the thyroid, they might not be getting to the real issue, and this wastes time, money, and emotional energy.

**Gut Pathogen Test** – This is a stool test that most functional practitioners can run to identify a pathogenic imbalance, be it Candida, fungus, E. coli, or other bad bacteria. It could be a parasite or a protozoa infection. If you have bad bugs in the GI tract, it's usually a root cause for hormonal imbalances, especially PCOS, or polycystic ovarian syndrome, which can lead to infertility (it drives progesterone down, preventing the implantation of the egg).

**PH Test** – PH stands for potential hydrogen, and it refers to how acidic or alkaline our body chemistry is. A woman's pH must be balanced if sperm is to survive long enough to fertilize the egg. Most Americans have an overly acidic PH due to the Standard American Diet.



# CORE PRINCIPLES

## OF HORMONE BALANCE



### NUTRIENT-DENSE FOOD

**REAL TALK**, nutrition is #1 when it comes to your hormones. Your brain is in constant communication with the rest of your body every day via your hormones. The energy and nutrients you obtain from your diet are the raw materials your body needs to produce hormones and properly fuel your body.

If your diet doesn't supply enough energy or "materials" to make all the hormones you need, it'll prioritize production of stress hormones first because they're essential for survival. This leads to unhealthy fluctuations in your hormone levels, which can trigger a variety of symptoms. Lucky for us, giving our hormones the foundation of a high-quality, nutrient-dense diet is the first (and most CRUCIAL) step towards natural hormone balance and optimal health

#### ACTION STEP:

- + **CONSUME NUTRIENT DENSE FOODS** – Nutrient dense foods are essential for everything from sex hormone production to proper liver function. A well-rounded, clean diet that's high in nutrients is literally your best tool for creating balanced health, as well as a balanced cycle (all recipes in this plan apply).
- + **BALANCE BLOOD SUGAR** – Blood sugar balance is key for optimal gut and liver function, which impact your hormones insulin, cortisol, estrogen, progesterone, and testosterone as a result. In order to optimize blood sugar balance every meal and snack should contain quality protein, fat and fiber (all recipes in this plan apply).
- + **EAT IN A CALM, RELAXED ENVIRONMENT** – Eating in a calm environment ensures your body can tap into its parasympathetic nervous system (aka rest and digest mode) which means your body will actually be able to utilize and absorb the nutrients you're working so hard to obtain from food.



## OPTIMAL HYDRATION

Proper hydration is crucial for every aspect of vitality and health, and your hormones are no exception. Water assists in transporting nutrients to our cells, lubricating our colon and joints, maintaining circulation and assisting our liver and kidneys in detoxification. It's essential for the elimination of harmful toxins and excess hormones that if not properly excreted lead to hormone imbalances.

**ACTION STEP** – Make sure to drink a minimum of half your body's weight in fluid ounces daily, and seek out filtered options to avoid hormone-disrupting chemicals, chlorine and waste byproducts when possible.

## A HEALTHY GUT

In today's world, we're exposed to a variety of toxins, chemicals, pollutants, processed foods, prescriptions, alcohol, drugs and stress that wreak havoc on our gut microbiome, causing what's known as dysbiosis, or an imbalance of the gut bacteria.

When our gut bacteria becomes unbalanced, food and nutrients aren't absorbed well, and larger molecules are able to cross the gut wall, causing food sensitivities and increasing inflammation in the body. This can provoke an immune response and trigger an autoimmune condition if left untreated, leading to hormone disruption, most commonly with your thyroid gland.

**ACTION STEP** – It's important you're supporting optimal gut health by eating a diverse variety of nutrient-dense foods rich in quality protein, fiber and fat AND eating them in a relaxed environment in order to effectively absorb the nutrients. It's also crucial to avoid triggers that cause inflammation when possible. This can vary based on your unique gut microbiome and hormone balance, but for most people these triggers include refined sugar, alcohol, gluten, corn, dairy and processed foods in general (which is why every single recipe in this ebook does not contain them). The foods and recipes in this plan are all designed to optimize gut health, and hormone balance as a result.





## ELIMINATING TOXINS

Speaking of toxins ... while our bodies were originally designed to detoxify naturally, today we're exposed to a variety of toxins that didn't even exist in our environment 100 years ago. **In fact, over 80,000 chemicals are in use today just in the United States alone!** And the research is showing that toxic chemicals are messing with our hormone health, with 1 in 2 women now reporting some sort of hormone imbalance, 1 in 7 struggling with infertility and the number of women being diagnosed with thyroid disease increasing by 35% in the past five years alone!

Most of these toxins wreak havoc on the endocrine system by disrupting its normal function. They show up in the body acting like copycats, causing confusion. These toxins all mimic a hormone normally produced in the body, disrupting the feedback system and causing the body to stop making its natural hormones.

Because of the abundance of toxins we're exposed to, it can be seriously overwhelming. During this hormone reset plan, I encourage you to begin reading ALL ingredient labels (not just food but beauty products, cleaning supplies, laundry detergent, etc.) or looking up each product's toxic rating in the Think Dirty app. Try challenging yourself each week to replace at least one item with a toxic rating.

**Additionally, these are the top hormone-disrupting toxins to avoid if/when possible for optimal hormone health:**

- + **BPA AND PHTHALATES** – These chemicals are used to soften plastic and are considered estrogen mimickers, affecting the HPG axis and causing estrogen dominance. They're most commonly found in water bottles, plastic food storage containers, and even canned foods.

**ACTION STEP** – Buy a reusable water bottle and stop drinking out of plastic bottles when possible. Work to replace plastic food containers with glass and never heat food in plastic containers (which can cause BPA contamination). Make sure to buy BPA-free canned goods.

- + **PCB'S** – These are chemicals previously used by industrial and manufacturing companies that interfere primarily with thyroid health by disrupting T4 levels. They've been banned in the United States since 1979, but there's still a lot of environmental contamination, which means people are still at risk of being exposed to them.

**ACTION STEP** – Look out for old buildings, built before 1979, which have the biggest risk of contamination.



- + **PERCHLORATE** – This chemical is a known pollutant most commonly found in groundwater and public drinking systems in the US, as well as in rocket fuel, bleach, explosives, batteries, fireworks, airbags and fertilizers. It's extremely toxic, blocking the thyroid from taking up iodine, which is necessary for the thyroid to be able to produce thyroid hormones.

**ACTION STEP** – Purchase a good drinking water filter (I use and recommend the [Berkey filter](#)).

- + **DIOXINS** – Dioxins function similarly to the PCBs by disrupting the HPT axis. These are highly toxic chemicals that take a long time to break down. They build up in the system and more than 90% of human exposure is through food, mainly meat and dairy products, fish, and shellfish. They're also found in chlorine bleach, which means it's lurking in products that have been dyed.

**ACTION STEP** – Work towards replacing products that have been bleached with chlorine, including conventional toilet paper, menstrual pads and tampons, coffee filters, and bleach-containing household cleaners. Purchase wild caught fish from alaska or norweigan waters and grass fed, high quality meat from a service like [Butcher Box](#).

- + **TRICLOSAN** – This common antibacterial ingredient can be found in soaps, lotions, and hand creams. It disrupts both thyroid hormones and estrogen, so it's a double hit on the endocrine system.

**ACTION STEP** – Swap out beauty + cleaning supplies with eco-friendly options. I love [Branch Basics](#) for non-toxic cleaning supplies and [Primally Pure](#) for amazing clean beauty options.

- + **SOY ISOFLAVONES** – These act in the body as an estrogen mimicker, aka xenoestrogen, which can either block or overstimulate the estrogen receptors in the body, prohibiting the body from making its own natural estrogen.

**ACTION STEP** – Avoid consuming conventional soy products (milk, tofu, soy cheese, etc.) and be sure to consume a diet rich in iodine from natural sources, like sea vegetables, potatoes, and beans. Soy is especially important to avoid if you have thyroid problems.

- + **FLAME RETARDANTS** – This chemical is found in upholstered furniture, like sofas and chairs, as well as some electronics and act as endocrine disruptors at the HPT-axis level. Additionally, they have an estrogenic effect on the body. Even more concerning is a study that suggests a connection between flame retardants and thyroid cancer.



**ACTION STEP** – Make sure the foam in your upholstered furniture is completely covered in protective fabric, or consider replacing older foam. Remove any old carpet and carpet pads to reduce exposure if possible.

- + **RADIATION** – Radiation toxicity most commonly occurs via treatment for head/neck cancer, electronic and cell phone usage, or even excessive dental x-rays, which increases your risk of thyroid disease.

**ACTION STEP** – Reduce your exposure to radiation by using earbuds when talking on the phone and keeping your phone off your body (i.e. not in your pocket). It's recommended to put phones on airplane mode and turning off Wi-Fi while sleeping. You may also want to avoid the x-ray machines at airports and opt for the pat down instead. Lastly, avoid medical or dental x-rays unless they are absolutely necessary.

## MANAGING STRESS

While some stress is a good thing, chronic stress instructs the adrenals to consistently pump out cortisol, keeping our bodies in a constant state of flight or fight mode. This affects our pituitary gland, making it slower to send out its signals, which eventually leads to decreased levels of thyroid hormones.

Additionally, elevated cortisol levels tell our ovaries to decrease estrogen and progesterone, as the body must prioritize a stress response over other functions (because it thinks it has to do so in order to survive). This means our body diverts resources from things not important in a life or death situation -- including ovulation, so it's seen as a key culprit of infertility.

Also, when we're chronically stressed out we're not tapping into our parasympathetic nervous system, aka our rest and digest mode, which means we're also not properly absorbing nutrients from the food we eat, a building block of hormone balance and health. Our body essentially thinks it's in survival mode and it halts production on every other system and function, leading to a variety of hormone imbalances and health problems as a result. Thus managing stress is a key pillar of hormone balance.

**ACTION STEPS** – Try adding at least one de-stressing practice into your daily routine (utilize the movement and lifestyle section of each week to tailor to what your body most needs at that time in your cycle). Here's some ideas to get you started:

- + Practice deep breathing exercises (utilizing breath is one of the most effective, easy + free ways to de-stress)



- + Yoga, especially yin yoga
- + Meditation (try a guided app like Headspace or Oak)
- + Reading
- + Creating a grounding morning routine + relaxing bedtime routine
- + Quality time with family and friends
- + Journaling
- + A hot shower or bath, bonus points if using epsom salt
- + Getting outside or in nature

## MOVING REGULARLY

Consistent exercise and movement contributes to improved insulin regulation and sensitivity while decreasing stress and inflammation, all of which is important for optimal hormone health. That being said, too much intense exercise (training for a marathon, bodybuilding, etc.) can have a negative impact on insulin resistance and your hormones as result.

This is because it causes stress hormone cortisol to rise, driving your body into survival mode and leading it to increase visceral fat stores (so it can "save" energy) that release inflammatory proteins, making it almost impossible to lose weight and increasing the likelihood of a hormone imbalance.

**ACTION STEP** – I encourage you to build in movement and exercise daily into your lifestyle in a way that works for you. You truly have to enjoy it, otherwise it's not sustainable, so please don't force yourself to do something you hate, which will only increase stress in your life and have the exact opposite effect.

If you're looking for a more tailored exercise approach, follow the recommendations for each phase of your cycle. High intensity interval training is highly effective at certain phases of your cycle (weeks #1 + #2) and can improve blood sugar levels and weight loss, while yoga (especially weeks #3 + #4) is especially beneficial for decreasing stress.



## RESTORATIVE SLEEP

Sleep is GOLD for our hormones and overall health. This is the time when our body gets to repair from damage done during the day and takes out the trash (i.e. filters and removes toxins from our brain).

Lack of restorative sleep increases insulin resistance (up to 33% after one poor night's sleep), blood sugar imbalances, which drives up our hunger hormone ghrelin (causing us to crave more carbs and sweets), weight gain (research shows for every hour less than 8 of sleep an additional 3 pounds is added), inflammation and puts major stress on our adrenal glands, throwing our hormones into chaos.

**ACTION STEP** – Sleep is often dictated by what you're doing during the day, and when you focus on nutrient-dense foods, hydration, movement and other hormone-balancing practices, it will naturally come easier. That being said I highly encourage you to begin practicing a bedtime winddown routine or ritual as a part of this plan. This includes establishing a regular bedtime, getting off electronic devices MINIMUM 1-2 hours before bed, finishing eating 2 hours before bed, and adding in calming practices like reading, essential oils, a hot bath or shower and a chamomile, kava or valerian root tea.

## QUALITY RELATIONSHIPS + A THRIVING COMMUNITY

Quality relationships and belonging/contributing to a thriving community are a lesser known or discussed but still important pillar of hormone balance.

They help to decrease stress, anxiety and depression and boost mood. Physical touch specifically has a profound effect on stress, and with just one 20-second hug, our bodies are triggered to release oxytocin, a hormone that relaxes us and lowers anxiety by lowering blood pressure and stress hormone norepinephrine.

Sex and orgasms are also intricately linked to hormone balance, with studies attributing them to normal menstrual cycles (and even less cramping), a more fertile basal body temperature, reduced anxiety, lowered inflammation and improved sleep.

**ACTION STEP** – Start building in quality time with family, friends and loved ones as a part of this plan (and overall lifestyle). How can you practice more physical touch or foster connection in a way that feels right for you? Try scheduling a date night with



your partner, putting away your phones while watching a movie to cuddle on the couch, scheduling workouts with friends or creating a meetup on a topic you're passionate about.

## **OPTIMIZING MENSTRUAL HEALTH**

Hormone imbalances can have a detrimental effect on the menstrual cycle and an irregular cycle can have detrimental effects on your hormone balance, it's virtually all one big feedback loop. Optimizing our menstrual cycle is a key way to balance hormones and live a vibrant, thriving, healthy and happy life. Read below for the specific action steps you'll be taking in this plan to do just that.



# WHY YOUR MENSTRUAL CYCLE MATTERS

## (WHETHER OR NOT YOU'RE EVEN HAVING A PERIOD)

Do you tend to view your period as a pain, an inconvenience or something to dread each month? While this mentality is common (and one I participated in myself for most of my life) it tends to put us into victim mode – as in it's something that happens to us that we have almost no control over.

But truthfully, we have quite a bit more control than we're led to believe, and by understanding what's happening during each phase of our cycle with our hormones, we become empowered to practice habits that alleviate symptoms and even capitalize on them (like knowing when your confidence is highest to plan an important presentation or ask for a raise – yes for real).

Not only is this knowledge important for beating PMS, but it's crucial for overall hormone balance in women, ESPECIALLY when it comes to boosting fertility and preparing your body for a healthy pregnancy.

No matter where you're at in life, I believe it's information EVERY single woman should have access to, so that you have a CHOICE in how you want to feel every month, instead of suffering the symptoms without any solution or sense of hope.

### WHAT A HEALTHY MENSTRUAL CYCLE SHOULD LOOK LIKE:

An ideal cycle should be anywhere from 25 to 35 days. If it's longer than 35 days, this could indicate a condition like polycystic ovarian syndrome (PCOS) or another problem where ovulation is happening later than it should in the cycle. If it's shorter than 25 days, it could mean ovulation is happening too early in the cycle.

The length of the **follicular phase can vary greatly, but it typically should be a minimum of 11 days in order for that particular cycle to be considered a fertile cycle.** After menstruation ends, you should notice your cervical fluid taking on a wetter consistency, especially as ovulation approaches. This is considered normal and a sign of a healthy cycle.

**Ovulation usually occurs between day 12 and day 17 of the cycle.** There has been a persistent rumor that it happens on day 14. But, it definitely can vary, so don't base your birth control decisions on the day 14 myth! What you should look for is wetter quality cervical fluid as ovulation nears – not the date on the calendar.

**The luteal phase should ideally be 12-16 days long.** When the luteal phase fits into this range, it's considered to be a fertile cycle.





***HOW TO BALANCE YOUR  
HORMONES NATURALLY  
Your Week By Week Guide***



# CORE PLAN GUIDELINES



Okay, before you dive into the good stuff, there are a few things you should know that will help you optimize the results of this plan:

1. You can start this plan at ANY time, but you should tailor the weeks to where you are at in your own cycle. For example, if you happen to know you're ovulating, you would want to begin at week #2, the ovulatory phase. Or if you're pmsing, you'd want to start at week #3, your luteal phase. If you have no idea where you're at in your cycle, track back to your last period and figure out what day you would be on, coordinating it with the weeks in this plan. OR if you're no longer having a period at all (because of birth control, menopause, amenorrhea, etc.) simply start at week #1. Even if you're not currently on a cycle, these weekly practices will help your body naturally get back on track.
2. Every single recipe, snack and meal in this guide is designed to help you optimize the phases of your cycle, support your endocrine system and naturally balance your hormones (no matter what signs, symptoms or conditions you may have). That being said, you know your own body better than I do, and you must do what is best for you. If, for example, you have an inflammatory response when you eat grains, by all means please substitute them for another nutrient rich food instead. If you absolutely hate broccoli, swap it out for another health-boosting veg (hey cauliflower). You'll find simple swaps/tips with each recipe, but I encourage you to listen to your unique preferences and needs to seek out the foods that work best for you.
3. THIS IS NOT A DIET OR WEIGHT LOSS PLAN. This is a guide to help you balance your hormones and optimize your health, happiness, energy, confidence, mood, sleep, sex, fertility and LIFE as a result. It is intended to nourish you, to inspire you and to help you find joy in eating things that truly work to enhance your hormones and help you feel good. As a result, you may find you naturally lose weight, or that it's much easier to stabilize a healthy one, without having to restrict foods or deprive yourself. Your hormones absolutely need nutrients to thrive, so eating less will not help them, but eating smart will.
4. On that note, I'm not here to dictate when and what you eat. This ebook is created to give you ideas and a light framework/structure, so that you can apply it to your life in a way that works best for you.
5. NUTRITION IS #1 when it comes to your hormones. Your brain is in constant communication with the rest of your body every day via your hormones. The energy and nutrients you obtain from your diet are the raw materials your body needs to produce hormones and properly fuel your body. If your diet doesn't supply enough energy or "materials" to make all the hormones you need, it'll prioritize production of

stress hormones first because they're essential for survival. This leads to unhealthy fluctuations in your hormone levels, which can trigger a variety of symptoms. Lucky for us, giving our hormones the foundation of a high-quality, nutrient-dense diet is the first (and most CRUCIAL) step towards natural hormone balance and optimal health.

6. Speaking of nutrition, these are the three key pillars of eating for an optimal cycle and hormone balance:
  - + Blood sugar balance is key for optimal gut and liver function, both of which will impact the key hormones insulin, cortisol, estrogen, progesterone, and testosterone. Every single recipe in this plan is designed for optimal blood sugar balance.
  - + Nutrient dense foods containing a balance of protein, complex carbohydrates, and healthy sources of fat are essential for everything from sex hormone production to proper liver function. A well-rounded, clean diet that's high in nutrients is literally your best tool for creating balanced health AND a balanced cycle.
  - + Eating in a calm environment and chewing food properly is crucial for proper nutrient absorption and optimal digestion. The more nutrients you consume in a way your body can actually utilize, the more raw material your hormones have to work with and function as a result.
  
7. While I prefer to focus on adding in more nutrients to your diet rather than restricting or eliminating food groups, every single recipe in this plan is free of gluten, dairy, corn, soy, alcohol and refined-sugar, as these are common inflammatory triggers that can lead to hormone imbalances. Specifically, gluten is a major culprit as it contains proteins able to cross through the gut wall, causing intestinal permeability, increasing inflammation and provoking an immune response that can lead to an autoimmune condition (such as thyroid disease) if left unchecked. Research has shown that the artificial growth hormones in dairy can throw off your body's estrogen production, while the antibiotics negatively impact your microbiome, thereby preventing estrogen metabolism. Both soy and corn are two of the most heavily sprayed crops in the U.S. and exposed to massive amounts of pesticides, including glyphosate (a known endocrine-disrupting chemical and carcinogenic). Studies have shown moderate alcohol consumption raises estrogen levels and lowers progesterone—a key hallmark of estrogen dominance, which is a common hormone imbalance for women. Last but certainly not least, too much intake of refined-sugar causes an insulin response that prevents your hormones from triggering ovulation (necessary to get pregnant) and the creation of progesterone as a result of ovulation, leading to estrogen dominance. Because of these important factors, I have chosen to leave gluten, dairy, soy, corn, alcohol and refined-sugar out of the recipes in this reset plan.





# WEEK #1 — FOLLICULAR PHASE

## AKA SPRING

### WHAT IT IS

The follicular phase starts on the first day of your period and typically lasts 10 -12 days. Think of it as the "spring" phase of your cycle where your ovaries are preparing and ripening an egg. The pituitary gland releases a hormone called follicle stimulating hormone, or FSH.

FSH stimulates the follicles - which contain a woman's eggs - in one of the ovaries to mature. In response, the pituitary gland then starts to release luteinizing hormone, or LH, which is responsible for ovulation. Under normal circumstances, only one of these follicles will "ripen" and become mature.

At the beginning of the follicular phase, estrogen and testosterone levels are typically low. They slowly ramp up during this phase. As this happens, you'll begin to experience a boost in energy, mood, and brain skills. You'll start to feel more confident, powerful, and willing to take more risks. Testosterone starts to stimulate your libido, while also making you feel a bit bolder (holla!).

As ovulation approaches, the uterine lining thickens in preparation for pregnancy. The cervix remains low and closed, but gradually opens and starts producing wetter quality cervical fluid.

### OPTIMAL FOODS TO INCORPORATE

This is an important time to eat foods that will help balance estrogen production as it ramps up. Foods like pumpkin and flax seeds help to build estrogen, as well as pomegranates and sprouted beans.

Healthy fats like avocado, coconut oil, nuts, seeds and grass-fed ghee or butter are also crucial as they help regulate leptin levels within your body (i.e. your satiation hormone) which is needed to sustain your menstrual cycle so your body has enough energy to develop and release the follicle.

Oxidative stress in your body also tends to be high before ovulation, so eating a colorful, well-rounded diet rich in vitamin c-loaded foods like citrus, grapes, bell pepper and berries as well as sulphur-rich vegetables (broccoli, cauliflower, bok choy, cabbage) helps to fight off free-radicals and support detoxification.



Lastly, root veggies, lentils and gluten-free grains such as oats, quinoa and millet, salmon, eggs, nuts, seeds and oysters are all rich in vitamins and minerals your body needs to gear up for proper maturation of the egg and rebuilding your uterine lining.

### CORE EATING PRINCIPLES

- + Focus on whole foods that won't drastically increase your blood sugar
- + Substitute simple carbohydrates for complex carbohydrates to reduce blood-sugar spikes
- + Incorporate fats and lighter proteins into every meal to aid your body in maintaining a healthy blood-sugar level
- + Regular meals and regular meal times will help balance blood sugar
- + Drink plenty of water - at least half of your body weight (in pounds) in ounces daily

### WEEK #1 – RECIPE IDEAS:

#### **Breakfast**

- + [Maple Almond Butter Granola Clusters](#)
- + [Mint Chocolate Chip Smoothie](#)
- + [Chai-Spiced Chia Seed Pudding Parfait](#)

#### **Lunch + Dinner**

- + [Charred Chipotle Brussels Sprouts Tacos](#)
- + [Harvest Chicken Salad + Warm Apple Cider Dressing](#)
- + [Creamy Roasted Kabocha Squash Soup](#)
- + [Build Your Own Bowl \(BYOB\) with Romesco Sauce](#)

#### **Treats + Snacks**

- + [No-Bake Coconut Snowballs](#)
- + [Seed Cycle Bliss Balls](#)



**HERBS + SUPPLEMENTS**

- + Nettle Tea – Helps to rebuild iron stores after blood loss (from your previous menstrual cycle)
- + Holy Basil Tea – An adaptogen that helps to regulate blood sugar + boost immunity
- + Schisandra – An adaptogen that nourishes the kidneys post-menses, reduces stress hormones + lifts energy, use in tincture or powder form

**MOVEMENT**

Your energy will be at its peak, so focus on vigorous activities or workouts such as HIIT, spin, kickboxing or crossfit.

**LIFESTYLE**

While this may not make me very popular, if at all possible I encourage giving up (or limiting) alcohol as much as possible during this phase as it competes with the liver to detox estrogen (which can lead to estrogen dominance and major PMS symptoms among other hormone imbalances).

You should also note that the rise in your estrogen enhances your dopamine levels, which makes you tend to feel better and want to drink more during this phase and ovulation. So if you feel like imbibing, note it's only natural, but too much can mess with your hormones and especially your fertile window as a result.

Because your confidence-boosting-hormones (estrogen/testosterone) are on the rise, now is an especially good time for –

- + Initiating new projects at work or at home
- + Making important business and personal decisions
- + Brainstorming and problem solving
- + Strategizing in business or at work
- + Being social and connecting with others
- + Participating in strenuous physical exercise



BREAKFAST:

**SEED CYCLING MAPLE ALMOND  
BUTTER GRANOLA CLUSTERS**



## MAPLE ALMOND BUTTER GRANOLA CLUSTERS

Not only are these crunchy granola chunks delicious, loaded with nutrients and easy to make, but they incorporate the hormone-balancing practice of seed cycling. This simple practice supports our endocrine systems by consuming omega-3-rich flaxseed and pumpkin seed (minimum 1 tbsp per day) the first two weeks of your cycle, which works to inhibit the production of excess estrogen and improve progesterone levels. On day 15 (aka the beginning of week #3), you swap these seeds for sunflower or sesame for the rest of your cycle, which blocks excess estrogen and supports your liver in detoxification.

Personally, the easiest way for me to practice seed-cycling is by using the seeds in delicious recipes like this granola, remembering to swap the seeds in the recipe half way through (because when it tastes good you'll have a hard time forgetting to eat it :)).

**Pro-Tip:** Try adding this granola to probiotic-rich coconut with fresh, organic, antioxidant-rich berries for a gut-friendly breakfast, or use it to top any of the smoothie recipes in this plan for a hormone-balancing boost.



## MAPLE ALMOND BUTTER GRANOLA CLUSTERS CONT.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Vegan*

Servings – 12    Cook Time – 30 minutes

**INGREDIENTS:**

1 cup raw, organic cashews	½ tsp sea salt
1 cup raw, organic pecans	1 medium overripe banana, mashed
1 cup raw, organic pumpkin seeds (swap for sunflower seeds beginning week #3)	⅓ cup creamy almond butter, unsweetened
1 cup coconut flakes, unsweetened	¼ cup pure maple syrup
2 tbsp ground flaxseed powder (swap for sesame seeds beginning week #3)	2 tbsp organic coconut oil, melted
1 tbsp ceylon cinnamon	1 tsp vanilla extract

**DIRECTIONS:**

1. Preheat your oven to 325 F and line a large baking sheet with parchment paper.
2. Add nuts in a food processor and pulse several times to "chop" them into a crumbly texture (make sure not to overmix, you want some larger chunks for the cluster texture).
3. Add in coconut flakes and pulse a couple more times until well mixed.
4. Transfer pulsed nuts + coconut to a large mixing bowl and stir in the rest of the dry ingredients (flax or sesame seed, cinnamon + sea salt).
5. In a separate bowl, whisk together the mashed banana and wet ingredients until smooth. Pour this mixture over the dry ingredients and stir well until fully moistened.
6. Spread the mixture evenly on a parchment lined baking sheet in a single layer. You want it to clump together to achieve those clusters.
7. Bake for 15 minutes, then remove and gently stir to turn over (the key here is gentle to keep those clusters in tact).
8. Bake another 10 minutes, until golden brown.
9. Remove from oven and allow to let cool at room temp, it will crisp up as it does.
10. Store in a tightly sealed glass jar for 2 weeks in the cupboard.
11. Remember to use flax + pumpkinseed the first 2 weeks of your cycle and swap for sesame + sunflower the last 2 weeks of your cycle.







BREAKFAST:

***MINT CHOCOLATE  
CHIP SMOOTHIE***

## MINT CHOCOLATE CHIP SMOOTHIE

Not only does this smoothie taste like your favorite ice cream flavor, but it's your follicular phases dream meal! Packed with estrogen-balancing flaxseed, energy-sustaining fats like coconut butter and avocado and detoxifying greens, this smoothie does some serious work in gearing your body up for the weeks to come.

If you love it as much as I do, feel free to incorporate it into any of the weeks, but make sure to swap the flaxseed for sesame or sunflower beginning week #3 to incorporate seed-cycling practices.

**Pro-Tip:** Top it with your seed-cycling granola for an additional boost, and try keeping it room temp during week #4, when your body craves warmth and easier to digest foods.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Vegan-friendly option*

Servings – 1    Cook Time – 10 minutes

### INGREDIENTS:

1 cup unsweetened cashew, hemp or full-fat canned coconut milk (add more for a thinner texture, or less for a thicker, smoothie-bowl option)	1 heaping tbsp coconut butter (can swap for another nut butter or oil)
½ cup frozen spinach or leafy greens	2 tbsp cacao nibs
½ cup frozen zucchini (can swap for additional greens)	1-2 tbsp fresh mint leaves (depends on how minty you want it)
1 small frozen banana	1 heaping tbsp flaxseed (week #1-2) or sunflower seed (week #3 - 4)
1 scoop clean vanilla collagen protein powder	1 tsp vanilla extract
¼ of an avocado, pitted and diced	¼ tsp sea salt
	Optional 1-2 dates to sweeten

### DIRECTIONS:

1. Add all ingredients to a high speed blender and mix until smooth.



BREAKFAST:

# **CHAI-SPICED CHIA SEED PUDDING PARFAIT**



## CHAI-SPICED CHIA SEED PUDDING PARFAIT

This is a simple make-ahead breakfast option that also doubles as a treat or dessert. The key hormone balancing ingredient here is the chia seed, which is loaded with omega-3 fatty acids (that help to support a healthy thyroid), fiber (helps to eliminate excess estrogen that can throw your progesterone out of balance) and antioxidants (assists in neutralizing disease-causing free radicals that can place a toxic load on your liver and damage thyroid-function).

They also have the awesome ability to absorb liquid and create a gel-like substance, which works well as a yogurt bowl or pudding replacement (as you'll see in this recipe).

**Pro-Tip:** Mix in one bowl to chill in the fridge. Once finished chilling, try layering with probiotic-rich coconut yogurt, antioxidant-loaded organic berries and your granola clusters in single-serving glass jars you can easily take with you on the go/to work.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Vegan*

Servings – 4    Cook Time – 10 minutes + 2 hours to chill


### INGREDIENTS:

1 can full-fat, unsweetened coconut milk	1 tsp vanilla extract
½ cup organic chia seeds	½ tsp ground ginger
2-4 tbsp pure maple syrup (I recommend starting with 2)	¼ tsp ground cloves
1 tsp ground ceylon cinnamon	¼ tsp ground nutmeg
	1 pinch (⅛ tsp) sea salt

### DIRECTIONS:

1. Add coconut milk, maple syrup and spices to a refrigerator-friendly bowl and whisk until smooth/well-combined. Add in the chia seeds and continue to mix until an even consistency.
2. Cover and place in the fridge to chill a minimum of 2 hours. For easiness, I like to prep the night before and serve the next day.
3. Once chilled, layer in single-serving glass jars with coconut yogurt, organic berries and your granola clusters.





LUNCH + DINNER:

**CHARRED CHIPOTLE  
BRUSSELS SPROUT TACOS**

## CHARRED CHIPOTLE BRUSSELS SPROUT TACOS

The main ingredient in this recipe, brussels sprouts have some major hormone-balancing benefits. Along with kale, cabbage, cauliflower, bok choy and broccoli, these babies belong to the cruciferous vegetable family, which are rich in glucosinolates, i.e. sulphur compounds that support the liver in phase 2 detoxification and help to protect the vulnerable lining of your stomach and digestive tract (as you learned earlier, gut and liver health are imperative to hormone balance).

It's beneficial to incorporate these veggies during each phase of your cycle, but particularly week #1 and #2 as your estrogen significantly rises (the glucosinolates help the liver get rid of any excess estrogen that could cause an imbalance).

It's also important to note if you're preparing for conception in the near future that these veggies are a fertility superstar, as they're rich in folic acid, a vitamin essential for increasing sperm levels in men and help to line your womb the nutrients it needs to increase sperm survival.

**Pro-Tip:** Pairing these tacos with a healthy fat like avocado or guacamole helps to increase the bioavailability of the nutrients, especially vitamin-K, which helps to fight off free radicals and lower inflammation. Plus it's extra delicious :)

\*\*\*While cruciferous vegetables are super effective at balancing hormones, they can become a problem for those with a thyroid disorder. This is because they contain goitrogens, a compound that interferes with your thyroid gland's iodine uptake. Luckily, cooking these foods helps to significantly reduce the goitrogenic content. If you do have a thyroid condition, I encourage you to consult with a functional medicine practitioner before consuming. If cooked cruciferous vegetables are still not an option try swapping the brussels for beets or squash.



## CHARRED CHIPOTLE BRUSSELS SPROUT TACOS CONT.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Nut-Free, Vegan*

Servings – 4    Cook Time – 30 minutes

**INGREDIENTS:****For the Tacos:**

1 bag (about two cups) organic brussels sprouts, de-stemmed and sliced in half  
 4 tbsp avocado oil  
 4-8 cloves garlic, minced  
 1 tsp sea salt  
 cracked black pepper  
 2 tsp chipotle adobo sauce (NOT the peppers)  
 1 tbsp honey or maple syrup  
 1 tbsp fresh lime juice (½ a lime, squeezed)  
 1 cup chopped cilantro

**For the Chipotle Aioli:**

½ cup clean mayo (I like Primal Kitchen)  
 ½ cup sour cream (I like lactose-free Green Valley Organics, but you can swap the sour cream for more mayo as well)  
 ¼ cup chipotle adobo sauce  
 2 cloves garlic, minced  
 1 tsp sea salt


**For Serving/Topping Options:**

Siete Foods Almond Flour Tortillas or Butter Lettuce Wraps  
 Sliced red cabbage, radish or tomatoes  
 Superfood Guacamole or sliced avocado

**DIRECTIONS:**

1. Preheat oven to 425. Line a large pan with parchment paper, spread brussels sprouts halves evenly in pan and drizzle with 2 of the 4 tbsp of avocado oil, minced garlic, salt and pepper. Roast at 425 for 20-30 minutes, flipping halfway through.
2. While brussels are roasting, mix the remaining taco ingredients together in a bowl (the chipotle adobo sauce, lime juice, cilantro, remaining avocado oil and honey/maple syrup). Set aside.
3. Mix together chipotle aioli ingredients together in a bowl and set aside.
4. Get any other taco fixings ready.
5. When brussels are finished cooking, toss with the chipotle sauce.
6. Serve in tortillas or butter lettuce topped with chipotle aioli and any other fixings.





LUNCH + DINNER:

**HARVEST CHICKEN SALAD +  
WARM APPLE CIDER DRESSING**



## HARVEST CHICKEN SALAD + APPLE CIDER DRESSING

Not gonna lie, this is one of the most delicious salads I've ever had, and it just happens to be loaded with healthy fats (avocado, olive oil and walnuts), leafy greens (arugula), fiber (squash), estrogen-balancing + antioxidant-rich pomegranates and clean, light protein (roasted chicken) your hormones crave in week #1 of your cycle.

**Pro-Tip:** You can make this seasonal by swapping the squash for asparagus or carrots in the spring and lightly grilled stone fruit in the summer. It'd also be delicious with wild smoked salmon or quinoa instead of the chicken. Feel free to get creative, you really can't go wrong!

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Sugar-Free*

Servings – 2    Cook Time – 30 minutes

### INGREDIENTS:

#### For The Salad:

1 delicata squash, rinsed and dried  
 2 cups fresh arugula  
 1 cup organic rotisserie chicken  
 1 tbsp avocado oil  
 2 cloves garlic  
 ½ cup walnuts, chopped  
 ¼ cup pomegranate seeds  
 sea salt + black pepper to taste  
 1 avocado, peeled and chopped


#### For The Dressing:

1 cup apple cider (look for one with no added sugar)  
 ½ cup olive oil  
 2 tbsp apple cider vinegar  
 2 tbsp minced shallots  
 2 tsp dijon mustard  
 1 tsp sea salt  
 black pepper to taste

### DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Slice delicata squash in half lengthwise, scoop out seeds, then cut into small pieces (so that they look like the half moon shapes pictured above).
3. Toss squash with a tbsp of avocado oil, garlic cloves, sea salt and pepper (and optional maple syrup) and spread out evenly in a large baking pan. Roast at 425 for 20 minutes, then remove, flip and add the walnut pieces. Place back in the oven and roast for 10 minutes or until golden brown.
4. While squash is roasting, combine the apple cider, apple cider vinegar and minced shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 8 or so minutes, until cider is reduced to approximately one cup. Turn off the heat, whisk in the remaining dressing ingredients.
5. Place arugula in a large bowl or serving platter and add roasted squash, toasted walnuts, pomegranate seeds, avocado and chicken. Pour dressing over and toss to combine.



A top-down view of a bowl of creamy, orange-colored roasted kabocha squash soup. The soup is served in a rustic, dark brown ceramic bowl with a white, textured rim. The soup is garnished with a swirl of white cream, a drizzle of olive oil, and a mix of fresh microgreens and pumpkin seeds. A silver spoon is placed on the right side of the bowl.

LUNCH + DINNER:

**CREAMY ROASTED  
KABOCHA SQUASH SOUP**

## CREAMY ROASTED KABOCHA SQUASH SOUP

This soup is loaded with vitamin-c from the squash, which helps to reduce oxidative stress in the body during week #1. It also contains gut-health superstars miso (a fermented chickpea paste that provides the gut with helpful bacteria it needs to thrive) and bone broth (rich in gelatin, collagen and amino acids that work to heal and seal your intestinal lining, minimizing inflammation and food sensitivities).

It's also light enough during week #1 of your cycle to nourish you without weighing you down but would still be great during week #4 as well, due to its warmth and ease on digestion.

**Pro-Tip:** You can make this seasonal by swapping the squash carrots, parsnips, sweet potatoes or yams in the spring/summer months.

*Gluten-Free, Dairy-Free, Grain-Free, Sugar-Free*

Servings – 6-8    Cook Time – 40 minutes

### INGREDIENTS:

1 sweet onion, peeled and chopped	¼ cup tahini
2 tbsp + 1 tbsp grass-fed ghee	1 very large (or 2 small) kabocha squash, sliced and seeded
4 garlic cloves, minced	3 cups organic, grass-fed bone broth
1 tbsp fresh ginger, minced	1 can organic, full-fat canned coconut milk
1 tsp sea salt	
¼ cup chickpea miso paste	

### DIRECTIONS:

1. Preheat oven to 425 degrees. Melt 1 tbsp ghee and spread over sliced and seeded squash halves. Sprinkle with sea salt and pepper and turn face down on a parchment lined pan. Roast 30 minutes until completely cooked through.
2. Heat the other 2 tbsp ghee in a large stovetop pot over medium heat.
3. Once melted, add in chopped onion and cook 5-10 minutes, until translucent.
4. Add in garlic, ginger, sea salt and pepper and sauté for an additional minute.
5. Add in bone broth and coconut milk, simmering until the squash has finished cooking. Once squash is finished roasting let cool for a few minutes, then scoop the flesh into the pot and stir until well combined.
6. Remove from heat, and use a measuring cup to scoop one hot cup of the soup broth into a blender. Add in the tahini and miso to the blender and blend mixture until smooth. Pour back into soup and stir.
7. Use an immersion blender or scoop entire mixture back into the blender and mix again, until the soup is rich and creamy.
8. Try topping with coconut yogurt, fresh herbs and pumpkin seeds.





LUNCH + DINNER:

**BYOB BUILD YOUR OWN  
BOWL + ROMESCO SAUCE**

## **BUILD YOUR OWN BOWL + ROMESCO SAUCE**

The BYOB is my secret weapon in the kitchen, especially when I'm in a rush or out of ideas on what to cook. It's versatile, easily customizable and filled with nourishing and satiating ingredients.

The secret of the BYOB lies in the sauce. One delicious, homemade sauce can turn a basic bowl into restaurant-quality eats.

Week #1's recommended sauce is a romesco, which is loaded with vitamin-c from roasted bell peppers and tomato paste, omega-3 fatty acids from walnuts, and almonds rich in trace minerals your thyroid needs to thrive. It's also insanely delicious, and you can use it to compliment many other dishes (grilled steak or shrimp, zoodles, roasted cauliflower, etc.)

**Pro-Tip:** Because of the acidity in this sauce, it'll last for a good couple of weeks in the fridge.

*Gluten-Free, Dairy-Free, Grain-Free, Sugar-Free, Paleo + Vegan Options*

Servings – Depends      Cook Time – 30 minutes

### **INGREDIENTS:**

#### **For The Bowl:**

For week #1, think spring foods. Light, nourishing and flavorful. Some bowl ideas include:

Base: leafy greens (spinach, arugula, butter lettuce, romaine)

Veggies: roasted bell peppers or asparagus, artichokes, green beans, peas, eggplant, zucchini, summer squash, fresh cucumber, cabbage, broccoli, brussels

Proteins: wild salmon, roasted organic chicken, lamb, quinoa cooked in bone broth

Fats: nuts and seeds, avocado, extra virgin olive oil, greek or coconut yogurt/kefir

#### **For The Sauce:**

2 large organic red bell peppers (you can buy in a jar pre-roasted to skip the cooking step if preferred)

4 garlic cloves, minced

½ cup slivered almonds (no skin)

½ cup walnuts

½ cup tomato paste

¼ cup sherry vinegar

¼ cup chopped italian flat-leaf parsley

2 tsp smoked paprika

2 tsp sea salt

Red chili flakes to taste

1 cup extra virgin olive oil

### **DIRECTIONS:**

1. If cooking bell peppers at home (vs. buying pre-roasted in a jar), rinse, slice in half, de-seed and coat in avocado oil and sea salt. Roast in a pan at 425 for 30 minutes. Remove, let cool and peel of skin.
2. Add to food processor with all remaining ingredients except for olive oil. Begin to mix, slowly adding in olive oil while the motor is running. Mix until combined, sauce should still have a thick, slightly chunky texture.
3. Keeps well in the fridge for 2-3 weeks.



A top-down view of several round, light-colored snowballs on a pink plate. Each snowball is coated in white icing and topped with a dollop of white cream, shredded coconut, and chopped pistachios. The plate is also scattered with these ingredients. A light green text box is overlaid on the top right.

SNACKS + TREATS:

**NO-BAKE COCONUT  
SNOWBALLS**

## NO BAKE COCONUT SNOWBALLS

These no-bake coconut snowballs are ridiculously easy to make and filled with healthy fats from the coconut butter, which help to regulate leptin levels within your body (i.e. your satiation hormone) and sustain your menstrual cycle so your body has enough energy to develop and release the follicle.

**Pro-Tip:** Make a batch and store in the freezer for whenever a sweet craving strikes.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Vegan*

Servings – 10-12 balls    Cook Time – 10 minutes + 1 hour to chill

### INGREDIENTS:

1 cup organic coconut butter  
1 cup + ¼ cup unsweetened shredded coconut  
¼ cup maple syrup  
2 tsp vanilla extract  
Pinch sea salt

### DIRECTIONS:

1. Place all ingredients except for the additional ¼ cup shredded coconut in a food processor and mix until a firm dough is formed.
2. Line a pan or plate with parchment paper and spread out the ¼ cup coconut shreds evenly.
3. Roll dough into individual sized balls and roll out on parchment paper to coat in coconut shreds.
4. Chill in fridge for 1 hour and keep refrigerated for up to 2 weeks, or in freezer for 2 months.





SNACKS + TREATS:

**SEED CYCLE  
BLISS BALLS**



## SEED CYCLE BLISS BALLS

This recipe is another awesome way to incorporate seed cycling into your practice. The balls are simple to make and delicious enough that you won't forget to eat them. Just make sure you're swapping the pumpkin + flax seeds for sesame and sunflower halfway through your cycle.

**Pro-Tip:** Make a batch every two weeks, swapping the seeds based on your cycle. Store in the fridge for when you need a snack or a sweet treat. Also delicious on top of smoothies, coconut yogurt bowls or drizzled with a scoop of nut butter + dark chocolate.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Vegan*

Servings – 15-20 balls, depending on size    Cook Time – 10 minutes + 1 hour to chill

### INGREDIENTS:

1 cup pumpkin seeds (week #1 + #2) or sunflower seeds (week #3 + #4)	¼ cup coconut oil, melted
¼ cup flax seeds (week #1 + #2) or sesame seeds (week #3 + #4)	¼ cup unsweetened coconut flakes
1 cup pitted + coarsely chopped medjool dates	2 tbsp coconut flour
¼ cup creamy cashew or almond butter	½ tsp sea salt
	Optional -- 2 tbsp cacao powder to add a chocolatey taste or 2 tbsp coconut shreds

### DIRECTIONS:

1. Add all of the nuts and seeds together in a food processor and mix until a flour like mixture has formed. Remove and set aside.
2. Pulse the dates in the food processor until a sticky ball has formed. Add in nut butter and melted coconut oil and continue to pulse until creamy.
3. Add back in the ground nut/seed flour and remaining ingredients, processing until well-mixed.
4. Remove dough and roll into balls. Option to coat in cacao powder or coconut shreds (I like to do half and half).
5. Store in the fridge for 2 weeks or freezer for up to 2 months.



# GROCERY SHOPPING LIST — WEEK #1

## PLANTS (FRUITS + VEG)

- 1 BUNCH RIPE BANANAS
- 1 LARGE CONTAINER ORGANIC SPINACH
- 1 SMALL CONTAINER ORGANIC ARUGULA
- 1 BAG (ABOUT 2 CUPS) ORGANIC BRUSSELS SPROUTS
- 1 ORGANIC ZUCCHINI
- 2 AVOCADOS
- 1 HEAD OF GARLIC
- 1 LIME
- 1 BUNCH OF FRESH CILANTRO
- 1 BUNCH OF FRESH PARSLEY
- 1 BUNCH OF FRESH MINT
- BUTTER LETTUCE (IF USING FOR TACOS)
- 1 DELICATA SQUASH
- 1 LARGE KABOCHA SQUASH
- 1 SMALL CONTAINER POMEGRANATE SEEDS (IF AVAILABLE)
- 1 SHALLOT
- 1 SWEET ONION
- 1 KNOB FRESH GINGER ROOT (CAN ALSO BUY IN JAR)
- 2 ORGANIC RED BELL PEPPERS

**NOTE** — If making the BYOB, don't forget to add any additional veggies of choice. If you can, I encourage you to buy organic when mentioned, as these plants specifically are heavily sprayed with hormone-disrupting pesticides.

## FRIDGE/FREEZER (FROZEN ITEMS, DAIRY ALTERNATIVES, ETC.)

- 1 CARTON UNSWEETENED CLEAN NUT MILK SUCH AS COCONUT, CASHEW, HEMP, ALMOND, ETC.
- 1 PACKET SIETE ALMOND FLOUR TORTILLAS (IF USING FOR TACOS)
- 1 CONTAINER CHICKPEA MISO PASTE
- 1 PACKAGE (AT LEAST 3 CUPS) BONAFIDE BONE BROTH
- 1-3 CONTAINERS COCONUT YOGURT (IF USING FOR GRANOLA PARFAIT)

## PROTEINS (MEAT, SEAFOOD, POULTRY, EGGS)

- 1 ORGANIC ROTISSERIE CHICKEN
- 1 CARTON PASTURE-RAISED ORGANIC EGGS (I LIKE VITAL FARMS)

**NOTE** — If making the BYOB, don't forget to add any additional proteins of choice

## PANTRY (GRAINS, BEANS, NUTS, ETC.)

- 1 CUP ORGANIC CASHEWS (FROM BULK BINS)
- 1 CUP ORGANIC PECANS (FROM BULK BINS)
- 2 CUPS ORGANIC PUMPKIN SEEDS (FROM BULK BINS)
- 1 CUP ORGANIC WALNUTS (FROM BULK BINS)
- ½ CUP SLIVERED ALMONDS (FROM BULK BINS)
- 1 BAG (OR CUP) COCONUT FLAKES
- 1 BAG (OR 2 CUPS) SHREDDED COCONUT
- 1 BAG GROUND FLAXSEED
- 1 BAG COCONUT FLOUR
- 1 JAR ORGANIC ALMOND, CASHEW, COCONUT OR OTHER NUT BUTTER
- 1 JAR GROUND TAHINI
- 1 JAR PURE MAPLE SYRUP
- 1 CONTAINER VANILLA COLLAGEN PROTEIN POWDER (OR OTHER CLEAN PROTEIN POWDER OF CHOICE)
- 1 BAG CACAO NIBS
- 2 CUPS MEDJOL DATES
- 2 CANS FULL-FAT UNSWEETENED COCONUT MILK
- ½ CUP ORGANIC CHIA SEEDS
- 1 JAR BRAGG'S APPLE CIDER VINEGAR
- 1 SMALL JAR SHERRY VINEGAR
- 1 JAR APPLE CIDER, UNSWEETENED
- 1 SMALL JAR AVOCADO OIL
- 1 JAR UNREFINED ORGANIC COCONUT OIL
- 1 JAR ORGANIC EXTRA VIRGIN OLIVE OIL
- 1 JAR GRASS-FED GHEE

## SPICES + CONDIMENTS

- SEA SALT
- BLACK PEPPER
- CEYLON CINNAMON
- VANILLA EXTRACT
- SMOKED PAPRIKA
- RED CHILE FLAKES
- GINGER
- CLOVES
- NUTMEG
- 1 CAN CHIPOTLE IN ADOBO SAUCE (MAKE SURE IT'S GLUTEN-FREE)
- 1 CONTAINER DIJON MUSTARD
- 1 SMALL CAN ORGANIC TOMATO PASTE
- 1 JAR CLEAN AVOCADO OIL MAYO

## TEAS, SUPPLEMENTS + MISC.

- NETTLE LEAF TEA
- HOLY BASIL TEA
- SCHISANDRA POWDER

**BONUS TIPS** — This list includes every item you'll need to make every single recipe in week #1. If you don't plan on making all of the recipes or need to add on other foods, make sure to alter as needed. I also encourage you to take inventory of what you already have in your fridge/freezer/pantry to avoid any extra purchases you don't need. Additionally, I like to do one bulk pantry purchase a month on Thrive Market and one bulk freezer purchase on Butcher Box for meat/seafood in order to save money and time (less items to purchase at the store weekly). Then I'll do a weekly shop trip (or use Whole Foods Amazon delivery) for produce and miscellaneous items.

# CALENDAR/MEAL PLAN IDEA — WEEK #1

**PRO-TIP:** This calendar is meant to provide you with some loose structure/ideas around how to plan your meals, if that sort of thing is helpful for you. Personally, I like to go into the week with a few meal ideas already mapped out and prepared, while still allowing myself plenty of flexibility to tap into what my body truly needs, craves and feels like. Bottom-line, like everything with this plan, I encourage you to use this template in a way that is most helpful for you.

## WEEKEND PREP

- + PURCHASE/ORDER GROCERIES
- + BAKE MAPLE ALMOND BUTTER GRANOLA CLUSTERS
- + ROAST VEG OF CHOICE (FOR BYOB)
- + MAKE ROMESCO SAUCE
- + OPTION TO MAKE SEED CYCLE BLISS BALLS OR COCONUT SNOWBALLS FOR SNACKS/TREATS AS NEEDED

## MONDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — BYOB + Romesco
- + DINNER — Brussels Sprouts Tacos

## TUESDAY

- + BREAKFAST — Mint Chocolate Chip Smoothie
- + LUNCH — Leftover Brussels Sprouts Tacos
- + DINNER — Creamy Roasted Kabocha Squash Soup

## WEDNESDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — Leftover Roasted Squash Soup
- + DINNER — BYOB + Romesco (use leftover sauce)
- + PREP — Chai Spiced Chia Pudding Parfait

## THURSDAY

- + BREAKFAST — Chai Spiced Chia Pudding Parfait
- + LUNCH — BYOB + Romesco
- + DINNER — Harvest Chicken Salad + Warm Apple Cider Dressing

## FRIDAY

- + BREAKFAST — Smoothie, chia pudding or coyo + granola
- + LUNCH — Leftover Harvest Chicken Salad
- + DINNER — Leftover Creamy Roasted Kabocha Squash Soup

## OTHER IDEAS

- + Use the leftover brussels sprouts tacos to make a bowl or breakfast tacos (just add eggs)
- + Top BYOB with a variety of proteins (roasted chickpeas, hard boiled egg, smoked salmon or roasted chicken) to make it feel less redundant
- + Try the romesco sauce with grilled shrimp + zoodles or an omelette/frittata





## WEEK #2 — OVULATION PHASE

### AKA SUMMER

#### WHAT IT IS

Ovulation typically occurs between days 12-17 of your cycle. It's referred to as the "summer" phase of your cycle, when your egg is released from the ovary. This phase is short, usually only lasting about two to three days. Right before ovulation, there's a surge of luteinizing hormone, LH, which causes the dominant follicle to burst open and release its egg into the fallopian tube. The egg will be viable for roughly 12-24 hours, and if it's not fertilized, it will disintegrate.

The cervix moves up higher so the egg can get the best sperm, meaning the sperm have to swim farther to get to the egg. Only the fittest sperm will survive this seemingly long journey up the cervix, through the uterus, and up one of the fallopian tubes. Additionally, the cervix will become soft and open. The cervical fluid is considered to be fertile during this phase.

Levels of estrogen and testosterone are at their peak during the ovulatory phase. Women often report looking and feeling more attractive during this time, and their sex drive tends to be highest. After all, the body is programmed to maximize genetic potential, so naturally it will get you in the mood to get it on during your window for fertility.

#### OPTIMAL FOODS TO INCORPORATE

Because your estrogen is at its peak, it's helpful to eat foods that will support liver detoxification of potentially harmful excess estrogen. Cruciferous veggies like brussels sprouts, kale, cabbage, turnips, cauliflower, bok choy and broccoli are all awesome choices for this time of the cycle.

Light but nourishing (i.e. vitamin and mineral-rich) options such as quinoa and brown rice, leafy greens, nutrient-rich veggies and cold-water fish are also great go-to's during this time, as our appetite tends to be suppressed (due to our hormones shifting from "feeding and foraging" mode to sexual desire mode, oooh la LA).

#### CORE EATING PRINCIPLES

- + Eat lots of fresh but nourishing foods (think SUMMER foods)
- + Avoid heavy foods as they can often make you feel a bit lethargic



- + Try to eat regular meals, even if not as hungry, to keep blood sugar balanced
- + Add foods high in water content to help with hydration and eliminate bloating

### WEEK #2 – RECIPE IDEAS:

#### **Breakfast**

- + [Seed Cycling Maple Almond Butter Granola Clusters](#)  
Refer to recipe in week #1, using the same seeds for week #2
- + [Creamy Chocolate Maca Breakfast Porridge](#)
- + [Best Green Smoothie EVER](#)

#### **Lunch + Dinner**

- + [Broccoli Cheddar Stuffed + Baked Potatoes](#)
- + [All Hail Kale Caesar](#)
- + [Broccoli Falafel + Miso Tahini Sauce](#)
- + [BYOB with Beet Hummus](#)

#### **Treats/Snacks**

- + [Hormone Helper Hot Chocolate](#)
- + [Seed Cycle Bliss Balls](#)  
Refer to week #1 for the recipe

### HERBS + SUPPLEMENTS

- + Maca – Try taking a tsp of gelatinized organic maca powder a few days before, during and after ovulation to boost libido + fertility (The Hormone Helper Hot Chocolate is a great option, as well as adding to any smoothie)
- + Shatavari – This adaptogen will help to boost LH production and support libido during ovulation. If you're trying to conceive, take it in either tea or powder form from menstruation up until ovulation begins, then stop and resume the next cycle
- + Red Clover – This herb helps to increase cervical mucus and lubricate the vagina. Drink as an infusion or tea daily to promote optimal conception



## MOVEMENT

This is still a great time for intense physical exercise, activities, and sports. Because an egg is being released and traveling down your fallopian tube you may feel slightly stiff or sore around the hips, lower abdomen, and lower back, so hip-opening yoga poses may be helpful.

## LIFESTYLE

Because estrogen and testosterone enhance sexual desire, we naturally shift from a "feeding and foraging mode" to procreation mode, so our appetite tends to be more suppressed. Our progesterone levels, which boost our appetite, are also at their lowest, so it's common to eat less or lighter. Just make sure you're getting enough nourishment in the forms of lighter proteins, fresh produce and healthy fats (i.e. the recipes suggested above).

If you can, continue to limit alcohol consumption as estrogen is at its absolute peak, meaning your liver needs all the support it can to detox it properly (beets and sulphur containing veggies also help!)

Because your confidence-boosting hormones (estrogen + testosterone) are now at their peak, it's a good time for –

- + Job interviews, or anything where you need to be on your A game
- + Asking for a raise or having important conversations
- + Networking or public speaking events
- + Launching a new business or venture
- + Scheduling a date night or asking someone out



A top-down view of a bowl of porridge. The bowl is light purple with a speckled pattern. The porridge is dark brown and thick. It is topped with several slices of banana, a dollop of white yogurt, chocolate shavings, and sliced almonds. A silver spoon is visible at the bottom right.

BREAKFAST:

**CREAMY CHOCOLATE MACA  
BREAKFAST PORRIDGE**

## CREAMY CHOCOLATE MACA BREAKFAST PORRIDGE

If you're a big fan of oats or sweet breakfast recipes, then you will absolutely love this dish. Not only is it creamy, chocolatey, warming and cozy, but it's loaded with nutrients and blood-sugar-balancing ingredients your hormones crave during ovulation.

Maca, an ancient adaptogenic superfood helps to suppress estrogen dominance and encourages an optimal estrogen/progesterone balance, which is especially important for fertility/ getting pregnant. It also happens to have a delicious caramel like taste that goes really well with the chocolate.

The oats base also sneaks in zucchini, a hydrating, fiber-rich vegetable that can help offset bloat.

Quinoa gives this recipe a b-vitamin boost important for fertility and energy levels, but if you don't digest grains well or suffer from a thyroid condition, I suggest swapping out the quinoa for cauliflower rice, which will support your liver in detoxing excess estrogen to boot!

**Pro-Tip:** Try making a big batch and packing in individual glass containers for an easy breakfast to reheat throughout the week. I love topping mine with banana, nut butter, coconut flakes and more dark chocolate pieces for an extra boost of magnesium.

*Gluten-Free, Dairy-Free, Refined-Sugar-Free, Vegan*

Servings – 2-4    Cook Time – 15-20 minutes

### INGREDIENTS:

½ cup uncooked sprouted quinoa (sprouting increases its bioavailability), swap for cauliflower rice if you don't do grains well	2 tbsp cacao powder
½ cup riced zucchini or cauliflower, pulsed in a food processor	2-4 tbsp maple syrup
2 cups unsweetened coconut, cashew or hemp milk	2-4 tbsp dark chocolate (70% cacao or higher)
	1 tbsp gelatinized organic maca root powder
	1 tsp vanilla extract
	½ tsp sea salt

### DIRECTIONS:

1. Make sure your zucchini or cauliflower is pulsed in a food processor until it resembles a "rice-like" consistency.
2. Add quinoa, nut milk and sea salt to a medium-sized stovetop pot and bring to a boil, then reduce to a simmer, cooking as long as the package instructions recommend, typically 15 or so minutes.
3. Once it's about halfway through cooking, stir in the zucchini or cauliflower rice.
4. Once the liquid is mostly absorbed and the mixture is well-cooked, remove from heat and stir in cacao powder, chopped dark chocolate, maca powder, maple syrup and vanilla extract.
5. Top with creamy nut butter, flaxseeds, banana, coconut flakes and more dark chocolate if you prefer. Store in a glass container in the fridge for up to 4 days.





A close-up photograph of a hand holding a glass jar filled with a vibrant green smoothie. The hand, with white nail polish on the thumb, is positioned on the left side of the jar. A silver metal straw is inserted into the top of the jar. The background is a bright, slightly blurred white surface. A semi-transparent green rectangular box is overlaid on the right side of the image, containing text.

BREAKFAST:

***BEST GREEN  
SMOOTHIE EVER***

## BEST GREEN SMOOTHIE EVER

No explanation needed, this smoothie is legit the best green smoothie ever (hence the name).

It's refreshing but still slightly sweet, creamy, satisfying and truly delicious. It's also loaded with estrogen-balancing flaxseed and satiating avocado, blood-sugar-balancing cinnamon and collagen protein and plenty of leafy greens to support your liver and keep digestion optimal.

**Pro-Tip:** For an additional thyroid-boost, try using homemade [brazil nut milk](#), which is delicious and rich in selenium that helps your master metabolizer function optimally.

*Gluten-Free, Dairy-Free, Paleo, Grain-Free, Refined-Sugar-Free, Vegan-friendly option*

Servings – 1    Cook Time – 5 minutes


### INGREDIENTS:

1 ½ cups cashew, coconut, hemp or <a href="#">brazil nut milk</a> (use less to make into a smoothie bowl or more if you like a thinner consistency)	2 cups frozen spinach or leafy greens
1 serving vanilla collagen protein powder	1 small frozen banana or ½ cup frozen berries
1 heaping tbsp flaxseed powder	1 tsp cinnamon
¼ - ½ avocado, pitted and chopped (can also sub for 1 heaping tbsp nut or coconut butter)	½ tsp vanilla extract
1-2 dates, pitted and chopped	¼ tsp sea salt
	Optional: 1 handful organic broccoli sprouts for some extra liver love

### DIRECTIONS:

1. Add all ingredients to a high speed blender and mix until smooth and creamy.
2. Try topping with the Seed Cycling Maple Almond Butter Granola Clusters for an additional hormone-balancing treat.





LUNCH + DINNER:

**BROCCOLI CHEDDAR  
STUFFED + BAKED POTATOES**

## BROCCOLI CHEDDAR STUFFED + BAKED POTATOES

Stuffed + baked potatoes are typically my answer whenever I'm stuck on what to cook. They're versatile, easily customizable and a tasty vehicle for fiber-loaded veggies, grains + beans or delicious sauces.

This version uses broccoli, rich in sulphur compounds to support the liver in detoxing excess estrogen while it's at its peak along with a cheesy-tasting sauce that sneaks in miso, a fermented chickpea paste loaded with bacteria to support a healthy gut and digestion.

**Pro-Tip:** You can swap the potatoes for sweet potatoes or yams for an extra boost of vitamin c and slightly sweet taste.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free*

Servings – 4    Cook Time – 1 hour

### INGREDIENTS:

#### For The Potatoes

4 medium-sized potatoes or sweet potatoes, rinsed, scrubbed, dried and pierced with holes  
 1 large head of broccoli, chopped into small pieces  
 2 cloves minced garlic  
 2-4 tbsp avocado oil  
 2-4 tbsp grass-fed ghee  
 ½ tsp sea salt  
 Black pepper  
 Optional toppings of cooked quinoa, hemp seeds, lentils or beans, cooked ground turkey or chicken


#### For the Cheese Sauce

1 cup roasted butternut squash (can also swap for yams or carrots)  
 2 tbsp grass-fed ghee, melted  
 ¾ cup unsweetened and unflavored nut milk, such as cashew or almond  
 ¼ heaping cup nutritional yeast  
 2 tbsp chickpea miso paste  
 1 tbsp arrowroot starch  
 1 tbsp lemon juice  
 2 tsp dijon mustard  
 1 tsp garlic powder  
 1 tsp sea salt  
 ½ tsp onion powder  
 Black pepper to taste

### DIRECTIONS:

1. Preheat the oven to 425.
2. Once potatoes (or sweet potatoes) are rinsed, scrubbed, dried and poked with holes, coat in a bit of avocado oil with your hands and sprinkle with sea salt and pepper.
3. Place on a parchment lined pan (make sure there is space between each potato) and bake for 1 hour, flipping every 20 minutes or so on each side. They should feel completely soft.
4. While potatoes are cooking, prepare broccoli by coating it in avocado oil, minced garlic and sea salt and placing on a parchment lined pan. Add them in the oven the last 20 minutes the potatoes need to bake, flipping the broccoli halfway through. Remove when slightly charred and crispy.
5. While both veggies are cooking, make your sauce by adding all ingredients to a high speed blender and mix until creamy and smooth. Set aside.
6. Once potatoes and broccoli are done baking, remove from oven and slit potatoes lengthwise, letting them cool for a couple of minutes. Add a dollop of grass-fed ghee into each potato, then scoop in broccoli and drizzle with cheese sauce.
7. Option to add in cooked quinoa, beans, legumes, ground chicken or turkey for a protein boost.





LUNCH + DINNER:

**ALL HAIL KALE  
CAESAR SALAD**

## ALL HAIL KALE CAESAR SALAD

Not your mother's caesar, this salad still has that creamy, tangy, bright and peppery taste, while packing in cruciferous veggies your liver loves (kale), miso paste for a gut-healthy boost, and tahini sauce for additional omegas.

**Pro-Tip:** Try topping with organic shredded rotisserie chicken and avocado slices for blood-sugar-balancing protein and fat to accompany all that fiber.

\*\*\*If you have a thyroid condition I recommend substituting the raw kale for another leafy green, or you can try steaming beforehand to reduce the goitrogenic compounds.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free*

Servings – 2-4    Cook Time – 10 minutes

### INGREDIENTS:

#### **For The Salad**

1 large bundle of organic lacinato kale, de-stemmed, chopped, rinsed and dried

1 head romaine lettuce, chopped, rinsed and dried

Optional 2-4 cups organic shredded rotisserie chicken, wild-smoked salmon, grilled shrimp or roasted chickpeas for protein

1 large avocado, sliced

#### **For the Tahini Miso Dressing**

¼ heaping cup fresh lemon juice

¼ heaping cup ground tahini

¼ heaping cup extra virgin olive oil

2 heaping tbsp chickpea miso paste

2 tsp pure maple syrup

2 tsp onion powder

1 tsp garlic powder


½ tsp sea salt

Black pepper to taste

### DIRECTIONS:

1. Add all dressing ingredients to a high speed blender and mix until creamy. Set aside.
2. Assemble salad ingredients by tossing together the rinsed, chopped and dried kale + romaine, avocado slices and protein options of choice. Toss in the dressing (you should have some left over) and garnish with fresh lemon wedges.





LUNCH + DINNER:

**BROCCOLI FALAFEL +  
TAHINI MISO DRIZZLE**

## BROCCOLI FALAFEL + TAHINI MISO DRIZZLE

These falafels are an excellent way to sneak in broccoli (or other cruciferous veggies like cauliflower or kale) if you're not a huge fan of the taste otherwise. They're also rich in protein and fiber (thanks to the chickpeas) and taste especially good when paired with this tahini miso drizzle.

**Pro-Tip:** Try serving these in lettuce wraps or making a bowl along with other fresh vegetables and herbs like sliced carrots, radish, cucumber, red onion, parsley and mint. Additionally, I recommend purchasing Eden Organics chickpeas if possible, which have been pressure cooked to remove most lectins, making them much easier on your digestion and their nutrients more bioavailable.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free*

Servings – 4-6    Cook Time – 30 minutes

### INGREDIENTS:

#### For The Falafels

½ head of a large broccoli, chopped into florets  
 ½ onion, peeled and roughly chopped  
 2 garlic cloves, minced  
 1 large handful mixed herbs (such as parsley and mint)  
 1 15 oz. can Eden Organics chickpeas, drained and rinsed  
 3 tbsp almond flour  
 Grated zest of 1 lemon  
 2 tsp cumin powder  
 1 tsp coriander  
 1 tsp paprika

1 tsp sea salt  
 1 tsp baking powder  
 Black pepper to taste

#### For the Tahini Miso Dressing


¼ heaping cup fresh lemon juice  
 ¼ heaping cup ground tahini  
 ¼ heaping cup extra virgin olive oil  
 2 heaping tbsp chickpea miso paste  
 2 tsp pure maple syrup  
 2 tsp onion powder  
 1 tsp garlic powder  
 ½ tsp sea salt  
 Black pepper to taste

### DIRECTIONS:

1. Preheat oven to 425 F and line a large baking tray with parchment paper.
2. Using a food processor, pulse the broccoli florets a few seconds at a time, until it resembles a "rice-like" texture. Remove broccoli and repeat the process with the onion, garlic and herbs.
3. Add back in the broccoli rice, along with all remaining ingredients. Pulse until combined (do not overmix, you want the texture slightly chunky).
4. Using your hands or an ice cream scooper, roll into balls and place evenly on the parchment lined pan.
5. Bake for 15 minutes, remove and flip, then bake for 5-10 minutes more. Until balls are golden brown.
6. While your falafel is baking, add all tahini miso drizzle ingredients to a high speed blender and mix until smooth. Assemble the rest of your toppings to create a bowl or lettuce wraps.
7. Once falafels are done cooking, let cool for a few minutes, then add to bowl or lettuce wrap and drizzle generously with tahini sauce. Will last in fridge for 5 days.





A top-down view of a white ceramic bowl filled with a vibrant red beet hummus. The hummus is thick and textured, with visible flecks of ingredients. It is topped with several golden-brown, round falafel balls. Fresh green microgreens, including watercress and dill, are scattered across the top. Thin, pinkish-red onion rings and small, light-colored seeds (possibly sesame or sunflower) are also visible. The bowl has a slightly distressed, rustic edge.

LUNCH + DINNER:

**BYOB BUILD YOUR OWN  
BOWL + LIVER LOVIN'  
BEET HUMMUS**

## **BUILD YOUR OWN BOWL + BEET HUMMUS**

Back to the BYOB (build your own bowl), my secret weapon in the kitchen. As you learned earlier, the key element of the BYOB lies in the sauce. One delicious, homemade sauce can turn a basic bowl into restaurant-quality eats.

Week #2's recommended sauce is the Liver Lovin' Beet Hummus, which is high in glutathione and omega-3 fatty acids, both of which provide major liver support (super important for hormone balance as your liver has to also break down and safely excrete excess hormones like estrogen). They also assist with cleansing the blood and stimulating bile flow, which helps your body break down and properly absorb all of those healthy fats you're consuming to support production of your sex hormones estrogen, progesterone and testosterone.

**Pro-Tip:** This hummus would be excellent to incorporate during any phase of your cycle, but I especially love it during ovulation, when estrogen is at its peak (as the beets support the liver in eliminating any excess estrogen). I also love it on gluten-free sourdough toast with avocado and fried eggs or as a snack with sliced cucumbers and endive leaves.

*Gluten-Free, Dairy-Free, Grain-Free, Sugar-Free*

Servings – Depends    Cook Time – 30 minutes

### **INGREDIENTS:**

#### **For The Bowl**

For week #2, think summer foods. Light, nourishing and flavorful. Some bowl ideas include:

Base: leafy greens (spinach, arugula, butter lettuce, romaine, micro-greens)

Veggies: roasted bell peppers or asparagus, artichokes, green beans, peas, eggplant, zucchini, summer squash, fresh cucumber, cabbage, broccoli, cauliflower, potato, radish

Proteins: shellfish, eggs, cold-water fish (salmon, sardines, etc.)

Fats: nuts and seeds, avocado, extra virgin olive oil, greek or coconut yogurt/kefir

#### **For The Hummus**

1 heaping cup peeled and roasted beets (can buy pre-cooked, Love Beets is a good option)

1 15 oz. can Eden organic chickpeas, rinsed and drained

juice of half a large lemon

½ cup extra virgin olive oil

¼ cup tahini

2 large garlic cloves, minced

1 tsp sea salt

black pepper to taste

### **DIRECTIONS:**

1. If roasting beets at home, peel 1 large beet (or 2 small ones), dice into small pieces and roast at 425 for 30 minutes, tossing halfway through.
2. Add cooked beets and remaining ingredients except for olive oil to a food processor. Turn on the food processor to mix and slowly drizzle in the olive oil.
3. Use a spatula to scrape down the sides and ensure mixture is mostly creamy and smooth. There may be some small chunks of beet and that's totally okay.



SNACKS + TREATS:

**HORMONE HELPER  
HOT CHOCOLATE**



## HORMONE HELPER HOT CHOCOLATE

I don't know about you, but I never need an excuse to eat chocolate, especially when it comes in creamy, cozy liquid form :).

Not only is this drink rich and delicious (without being overly sweet) but it's abundant in hormone balancing ingredients like maca root powder (an ancient adaptogenic superfood that helps to suppress estrogen dominance and encourages an optimal estrogen/progesterone balance), cacao powder (rich in anti-stress mineral magnesium, working to lower cortisol levels in the body) and selenium (an important mineral for thyroid health).

**Pro-Tip:** This would be especially helpful to consume during weeks #3 + #4 as well, as the magnesium-rich dark chocolate will help with cramping. Try swapping the maca root for another adaptogen, like chaga or reishi mushroom, to boost immunity and help lower stress in the body.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free, Vegan*

Servings – 1 12 oz cup    Cook Time – 10 minutes

### INGREDIENTS:

10 oz (about 1 ½ cups) non-dairy milk like <u>Brazil Nut</u> , cashew, coconut or hemp	1 tsp organic maca root powder
1 tbsp coconut oil or butter	½ tsp vanilla extract
1-2 squares clean dark chocolate (such as Hu Kitchen)	½ tsp ceylon cinnamon
1-2 dates, pitted and chopped (can swap for 1-2 tsp pure maple syrup)	Sprinkle of sea salt
1 heaping tbsp cacao powder	Optional adaptogen boost such as reishi or chaga mushroom powder

### DIRECTIONS:

1. Add the coconut oil and dark chocolate squares to a small stovetop pot over medium heat.
2. Once melted, add in the remaining ingredients and heat through until steaming (not boiling), stirring frequently.
3. Pour into a high speed blender and pulse until creamy and frothy.



# GROCERY SHOPPING LIST — WEEK #2

## PLANTS (FRUITS + VEG)

- 1 LARGE HEAD ORGANIC CAULIFLOWER (OR 1 BAG PRE-RICED CAULIFLOWER)
- 1 BUNCH RIPE BANANAS
- 1 BUTTERNUT SQUASH
- 2 LARGE HEADS OF ORGANIC BROCCOLI
- 4 SMALL SWEET POTATOES OR RUSSET POTATOES
- 1 BUNCH ORGANIC BROCCOLI SPROUTS (IF AVAILABLE)
- 1 ORGANIC ZUCCHINI
- 1 LARGE (OR TWO SMALL) BEETS (YOU CAN ALSO OPT FOR A PRECOOKED OPTION LIKE LOVE BEETS)
- 1 LARGE CONTAINER SPINACH OR OTHER LEAFY GREENS (LIKE COLLARDS, SWISS CHARD).
- 1 LARGE BUNCH ORGANIC KALE
- 1 LARGE HEAD ORGANIC ROMAINE LETTUCE
- 2 AVOCADOS
- 1 HEAD OF GARLIC
- 12 LARGE LEMONS
- 1 ONION
- 1 BUNCH PARSLEY
- 1 BUNCH MINT

**NOTE** — If making the BYOB, don't forget to add any additional veggies of choice. If you can, I encourage you to buy organic when mentioned, as these plants specifically are heavily sprayed with hormone-disrupting pesticides.

## FRIDGE/FREEZER (FROZEN ITEMS, DAIRY ALTERNATIVES, ETC.)

- 2 CARTONS UNSWEETENED CLEAN NUT MILK SUCH AS COCONUT, CASHEW, HEMP, ALMOND, ETC.
- 1 CONTAINER CHICKPEA MISO PASTE
- 1-3 CONTAINERS COCONUT YOGURT (IF USING FOR GRANOLA PARFAIT)

## PROTEINS (MEAT, SEAFOOD, POULTRY, EGGS)

- 1 ORGANIC ROTISSERIE CHICKEN, WILD SALMON, OR SHRIMP (FOR KALE SALAD TOPPINGS)

**NOTE** — If making the BYOB, don't forget to add any additional proteins of choice

## PANTRY (GRAINS, BEANS, NUTS, ETC.)

- 1 CUP ORGANIC CASHEWS (FROM BULK BINS)
- 1 CUP ORGANIC PECANS (FROM BULK BINS)
- 2 CUPS ORGANIC PUMPKIN SEEDS (FROM BULK BINS)
- 1 BAG SPROUTED QUINOA
- 1 BAG ORGANIC COCONUT FLAKES
- 1 BAG GROUND FLAXSEED
- 1 JAR ORGANIC ALMOND, CASHEW, COCONUT OR OTHER NUT BUTTER
- 1 JAR GROUND TAHINI
- 1 JAR PURE MAPLE SYRUP
- 1 CONTAINER VANILLA COLLAGEN PROTEIN POWDER (OR OTHER CLEAN PROTEIN POWDER OF CHOICE)
- 1 BAG CACAO POWDER
- 1 BAG ORGANIC, GELATINIZED MACA POWDER
- 1 SMALL BAG ARROWROOT STARCH
- 1 SMALL BAG ALMOND FLOUR
- 1 BAG COCONUT FLOUR
- 2 CUPS MEDJOOOL DATES
- 2 CANS FULL-FAT UNSWEETENED COCONUT MILK
- 1 BAR HIGH QUALITY DARK CHOCOLATE
- 2 CANS EDEN ORGANIC CHICKPEAS
- 1 SMALL CONTAINER BAKING POWDER
- 1 SMALL JAR AVOCADO OIL
- 1 JAR UNREFINED ORGANIC COCONUT OIL
- 1 JAR ORGANIC EXTRA VIRGIN OLIVE OIL
- 1 JAR GRASS-FED GHEE

## SPICES + CONDIMENTS

- SEA SALT
- BLACK PEPPER
- CEYLON CINNAMON
- VANILLA EXTRACT
- CUMIN
- CORIANDER
- PAPRIKA
- GARLIC POWDER
- ONION POWDER
- 1 CONTAINER DIJON MUSTARD
- 1 CAN NUTRITIONAL YEAST

## TEAS, SUPPLEMENTS + MISC.

- SHATAVARI CAPSULES
- RED CLOVER TEA

**BONUS TIPS** — This list includes every item you'll need to make every single recipe in week #2. If you don't plan on making all of the recipes or need to add on other foods, make sure to alter as needed. I also encourage you to take inventory of what you already have in your fridge/freezer/pantry to avoid any extra purchases you don't need (you should already have quite a bit if you just completed week #1). Additionally, I like to do one bulk pantry purchase a month on Thrive Market and one bulk freezer purchase on Butcher Box for meat/seafood in order to save money and time (less items to purchase at the store weekly). Then I'll do a weekly shop trip (or use Whole Foods Amazon delivery) for produce and miscellaneous items.

# CALENDAR/MEAL PLAN IDEA — WEEK #2

**PRO-TIP:** This calendar is meant to provide you with some loose structure/ideas around how to plan your meals, if that sort of thing is helpful for you. Personally, I like to go into the week with a few meal ideas already mapped out and prepared, while still allowing myself plenty of flexibility to tap into what my body truly needs, craves and feels like. Bottom-line, like everything with this plan, I encourage you to use this template in a way that is most helpful for you.

## WEEKEND PREP

- + PURCHASE/ORDER GROCERIES
- + BAKE MAPLE ALMOND BUTTER GRANOLA CLUSTERS
- + ROAST VEG OF CHOICE (FOR BYOB) + BAKE POTATOES FOR MONDAY'S DINNER
- + MAKE BEET HUMMUS
- + OPTION TO MAKE SEED CYCLE BLISS BALLS + HORMONE HELPER HOT CHOCOLATE FOR SNACKS/TREATS AS NEEDED

## MONDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — BYOB + Beet Hummus
- + DINNER — Broccoli Cheddar Stuffed Baked Potatoes

## TUESDAY

- + BREAKFAST — Best Green Smoothie Ever
- + LUNCH — Leftover Broccoli Cheddar Stuffed Baked Potatoes
- + DINNER — All Hail Kale Caesar Salad (+ protein of choice)

## WEDNESDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — Leftover All Hail Kale Caesar Salad
- + DINNER — BYOB + Beet Hummus
- + PREP — Creamy Chocolate Maca Breakfast Porridge

## THURSDAY

- + BREAKFAST — Creamy Chocolate Maca Breakfast Porridge
- + LUNCH — BYOB + Beet Hummus
- + DINNER — Broccoli Falafel + Miso Tahini Sauce

## FRIDAY

- + BREAKFAST — Best Green Smoothie Ever
- + LUNCH — Leftover Broccoli Falafel + Miso Tahini Sauce
- + DINNER — Leftover Broccoli Cheddar Stuffed Potatoes or Kale Caesar

## OTHER IDEAS

- + Use the baked potatoes or sweet potatoes to make a savory (eggs + cheese sauce + smoked salmon) or sweet (coyo + granola clusters) stuffed breakfast bowl
- + Top kale salad with a variety of proteins (roasted chickpeas, hard boiled egg, smoked salmon or roasted chicken) to make it feel less redundant
- + Try having the beet hummus on GF toast with greens or as a dip to veggie crudite



## **WEEK #3 — LUTEAL PHASE**

### **AKA FALL**

#### **WHAT IT IS**

This phase lasts about 10-12 days (roughly days 14-24 of your cycle) and is referred to as the "fall season" of your cycle.

It's important the luteal phase fall within this timeframe (days 14-24) for it to be considered an optimal fertile cycle, because a fertilized egg usually takes at least 10 days to travel from the fallopian tube and implant into the uterine lining. After ovulation, FSH and LH levels sharply decline and remain low for the rest of the cycle. Estrogen and testosterone decline as well, but estrogen will make another appearance later on in the luteal phase.

On the other hand, progesterone rises and stimulates the growth of the lining of the uterus in preparation for pregnancy. It's also responsible for transforming cervical fluid from stretchy and wet, to sticky and dry in this phase (aka it's much less fertile and not conducive to sperm).

Emotionally, during the first half of the luteal phase, you are often still riding high off of the effects of the ovulatory, or "summer phase." However, as progesterone production increases, you'll find yourself starting to wind down and wanting to avoid the social scene you were seeking the first half of the cycle.

During the second week of the luteal phase, estrogen will rise again slightly to further prepare the uterine lining for pregnancy. If there's no pregnancy, estrogen and progesterone will drop and cause the uterine lining to shed during the bleeding, or menstruation, phase.

#### **OPTIMAL FOODS TO INCORPORATE**

It's important to eat foods that support progesterone production, so that it can rise enough to stimulate a healthy growth of your uterine lining. Foods high in zinc and magnesium (nuts, seeds, oysters, beans, etc.) vitamin C (citrus, leafy greens, bell pepper) as well as foods high in vitamin B6 (salmon, bananas, walnuts) are all helpful for boosting progesterone levels.

You'll also want to keep blood sugar as stable as possible in the luteal phase, as progesterone can cause blood sugar to dip lower than what's normal in the follicular phase. This dip could partially explain why so many women struggle with emotional



PMS symptoms, like moodiness and anxiety. Remember to eat consistent, nutrient-dense meals balanced with protein, fat and fiber (i.e. all recipes in this plan) for optimal blood sugar balance.

Water retention increases during this time, which can cause bloating and puffiness, so make sure you're drinking enough water (minimum half of your body weight in ounces) and consuming hydrating fruits and vegetables.

During this phase our feel-good hormones like serotonin and dopamine tend to decrease, which can not only lead to feelings of stress or sadness, but major cravings for sweets and carbohydrates that give us a temporary dopamine fix but leave us feeling worse in the long run. Make sure to reach for treats or carbohydrate-rich options like the recipes outlined in your reset, which have plenty of nutrients, protein, fat and fiber to help you get your sweet fix without the subsequent sugar crash.

### CORE EATING PRINCIPLES

- + Make sure to increase protein and healthy fat intake as well as warming, nourishing foods as your body gets prepared to do a lot of work
- + Eat a variety of hydrating fruits and vegetables and drink plenty of water (at least half of your body weight in ounces) to help with water retention and bloat
- + Do your best to minimize alcohol and caffeine during this phase, as they tend to increase PMS symptoms and drain the body of much-needed nutrients for the upcoming bleeding phase

### WEEK #3 – RECIPE IDEAS

#### **Breakfast**

- + [Maple Almond Butter Granola Cluster Yogurt Parfait](#)  
Refer to recipe in week #1, swapping the pumpkin seeds for sunflower seeds and the flaxseeds for sesame seeds
- + [Banana Bread Walnut Oats](#)
- + [Sweet Potato Toast 2 Ways](#)

#### **Lunch + Dinner**

- + [Sheet Pan Glazed Miso Salmon + Broccoli](#)
- + [Chickpea Yam Coconut Curry](#)





- + [Gut-Friendly Mac n' Cheese](#)
- + [BYOB with Miso Tahini Sauce](#)

### **Treats/Snacks**

- + [Peanut Butter Chocolate Chip Chickpea Cookie Dough](#)
- + [Seed Cycle Bliss Balls](#)

This recipe is another awesome way to incorporate seed cycling into your practice. The balls are simple to make and delicious enough that you won't forget to eat them. Just make sure you're now swapping out the pumpkin + flax seeds for sesame and sunflower as you're in week #3 of your cycle.

**Refer to week #1 for the recipe**

### **Herbs + Supplements**

- + Chaste Tree Berry – helps to lengthen the luteal phase by boosting progesterone levels. This is important as a short luteal phase can be indicative of conception issues in the future (or currently if you're trying to conceive). You can take in tincture or capsule form daily during this phase
- + Raspberry Leaf – drink as a tea to help minimize cramping during both the luteal and menstruation phase
- + Burdock Root – helps to remove excess hormones that have built up in the body by gently detoxifying the liver. Drink daily as a tea or infusion
- + Triphala – begin taking at the end of your luteal phase (a few days before menstruation) to support elimination, relieve constipation and help support your body's detoxification abilities
- + Dandelion Root – drink daily to help minimize bloating or edema
- + Ginger – drink daily as a tea to warm the body, help clear gas and bloating and support digestion and detoxification

### **MOVEMENT**

Light exercise is encouraged during this phase to help balance mood and hormones. Just be sure to stay away from anything too strenuous as it will deplete the body.

### **LIFESTYLE**



Just like the seasons transitioning from summer to fall, you'll naturally notice your body wanting to slow down and you may feel more introverted. It's important to listen to these cues and give yourself ample space. Indulge in activities like journaling, massage, meditation, deep breathing practices, stretching and yoga.

Because your progesterone (calming + relaxation hormone) is rising, it's a good time for –

- + Nesting
- + Organizing your home or office
- + Taking care of your personal to-do lists and chores
- + Really good self-care practices, like massages and baths
- + Gentle exercise, like yin yoga
- + Getting to bed earlier or sleeping in later



A top-down view of a white ceramic bowl filled with a breakfast dish. The dish consists of oatmeal or overnight oats, topped with sliced banana, walnuts, and a dusting of brown powder (likely cinnamon). A silver fork is visible in the bottom right corner, partially submerged in the oatmeal. The bowl is set on a light-colored, speckled surface.

BREAKFAST:

**BANANA BREAD  
WALNUT OATS**

## BANANA BREAD WALNUT OATS

As you transition into week #3, your luteal phase (aka FALL), your body craves foods that support progesterone production so that it can rise enough to stimulate a healthy growth of your uterine lining. Luckily, this recipe's primary ingredients (b6-vitamin-rich bananas and walnuts) do just that.

The oats also work to boost your feel-good hormone serotonin, which tends to drop during this phase, leading to feelings of stress or sadness (hi, pms). Because of this drop, you also tend to crave sweets or carbs that give you a temporary boost, but mess with blood sugar in the long run. Thus working in this bowl of complex carbohydrates (along with plenty of quality fat, fiber and protein) helps to satisfy cravings without the subsequent sugar crash.

**Pro-Tip:** Try making a big batch and packing in individual glass containers for an easy breakfast to reheat throughout the week. I love topping mine with more banana, nut butter (tahini is especially great for week #3), vanilla bean ghee, coconut yogurt and coconut flakes. I also recommend purchasing gluten-free certified sprouted oats if possible, as they're easier on digestion for maximum nutrient absorption.

*Gluten-Free, Dairy-Free, Refined-Sugar-Free, Vegan*

Servings – 2    Cook Time – 10 minutes

### INGREDIENTS:

2 cups unsweetened coconut, hemp, cashew or almond milk	1 tbsp grass-fed ghee
1 cup sprouted, gluten-free rolled oats (substitute for cauliflower rice if you don't digest grains well or have a thyroid condition)	1 tsp cinnamon
1 ripe banana, mashed	1 tsp vanilla extract
¼ cup chopped walnuts	Sprinkle of sea salt
2-4 tbsp pure maple syrup	Optional coconut shreds, flakes or yogurt for topping
1 tbsp creamy nut butter	Optional (but recommended) 1 serving collagen protein powder

### DIRECTIONS:

1. In a medium-sized stovetop pot, bring milk to a boil.
2. Add in oats and stir well, reducing heat to a simmer for about 5 minutes.
3. Stir in mashed bananas, walnuts, cinnamon, vanilla and sea salt. Keep cooking until most of the liquid is absorbed (about 2-3 minutes).
4. Remove from heat and stir in maple syrup, creamy nut butter, grass-fed ghee, and optional collagen powder + coconut shavings.



A top-down view of a white ceramic plate with a wooden rim, featuring three sweet potato toasts. The central toast is topped with a thick layer of sliced avocado, fresh dill, and a green herb sauce. The two side toasts are topped with sliced bananas, a drizzle of caramel sauce, and chocolate shavings. The plate is garnished with small red berries and toasted nuts.

BREAKFAST:

**SWEET POTATO  
TOAST 2 WAYS**

## SWEET POTATO TOAST 2 WAYS

Another awesome breakfast for your luteal phase, the sweet potatoes provide a hefty dose of b-vitamins, which support progesterone production and provide your body with the extra energy it needs as it gets ready for menstruation. Remember, your body will be craving carbs, which on a cellular level equates to more B vitamins. Adding toppings in the form of eggs, avocado, bananas and walnuts gives you an extra dose of important micronutrients.

**Pro-Tip:** If you're not into the toast, try baking a batch of sweet potatoes at 400 for 1-1 ½ hours, until soft. You can then either scoop out the flesh to make a bowl or stuff the sweet potato with the topping ideas below. Feel free to get creative with toppings, just remember it's important that you're adding some sort of healthy fat (avocado, olive or coconut oil, nut butter, etc.) and protein (eggs, nuts, seeds, etc.) to help balance blood sugar.

*Gluten-Free, Dairy-Free, Refined-Sugar-Free, Vegan, Paleo*

Servings – 2    Cook Time – 10 minutes

### INGREDIENTS:

#### **For The Toast**

1 large sweet potato, sliced into ¼ inch thick pieces (to resemble toast, refer to picture above)

#### **For Savory Toppings**

##### Kale Walnut Pesto

Sliced avocado

Hempseeds

Drizzle of extra virgin olive oil

Flaky sea salt, pepper and chile flakes

Fresh herbs (like basil, dill or arugula)

Optional pasture-raised fried eggs

#### **For Sweet Toppings**

2 tbsp creamy nut butter

1 banana, sliced

1-2 tbsp 4th and Heart Grass-fed Ghee spread (can substitute for coconut oil or butter)

Chopped walnuts

Sprinkle of cinnamon or flaky sea salt

Optional coconut yogurt or shavings for toppings

### DIRECTIONS:

1. To make the toast, add ¼ inch thick pieces of sweet potato to a toaster and toast minimum 2-3 times (depending on your toaster you may have to do this several times), until cooked through. Alternately, if you like the sweet potato softer, you could bake it at 400 for 1 hour (until soft) and layer toppings to make a stuffed sweet potato version.
2. Once cooked, layer with savory or sweet toppings (I prefer a mix of both to maximize the diversity of nutrients and satisfy both cravings!)





LUNCH + DINNER:

**SHEET PAN GLAZED  
GINGER MISO SALMON  
+ ROASTED BROCCOLI**

## SHEET PAN GLAZED GINGER MISO SALMON

Wild-caught salmon is one of the most optimal foods to add to week #3, as the b-vitamins work to boost progesterone levels (that offset PMS symptoms) and the omega-3 fatty acids help to reduce inflammation in the body, curbing menstrual pain and cramping as a result.

Fiber-rich broccoli helps to eliminate bloat, but you can also try swapping it for cauliflower, bok choy or grounding root vegetables like sweet potato or butternut squash.

Warming spices like ginger help to soothe inflammation, optimize digestion and balance blood flow to your uterine lining.

**Pro-Tip:** Try serving with quinoa, brown or black rice or millet cooked in bone broth for an additional boost of b-vitamins.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free*

Servings – 2    Cook Time – 30 minutes

### INGREDIENTS:

#### **For The Salmon + Broccoli**

2 tbsp avocado oil or grass-fed ghee  
 1 large head of broccoli, rinsed, dried and chopped into florets  
 2 wild salmon fillets  
 Minced garlic  
 Sea salt + black pepper to taste

#### **For The Ginger Miso Sauce**


Juice of 1 lime  
 2 tbsp maple syrup  
 2 tsp minced ginger  
 ¼ cup chickpea miso paste  
 ¼ cup hot water

### DIRECTIONS:

1. Preheat oven to 425 F and line with parchment paper.
2. Spread broccoli florets evenly on parchment paper and coat with 1-2 tbsp avocado oil or melted grass-fed ghee. Coat with garlic, sea salt + black pepper and roast for 15 minutes.
3. While broccoli is baking, whisk together ginger miso sauce ingredients and set aside.
4. After 15 minutes, remove tray from oven and nestle the wild salmon fillets, skin side down, among the broccoli.
5. Pour miso sauce over broccoli and salmon and sprinkle sea salt + pepper on salmon as well.
6. Roast in oven for 8-10 more minutes, until the fillets are just cooked through and the broccoli is tender.







LUNCH + DINNER:

**CHICKPEA YAM  
COCONUT CURRY**

## CHICKPEA YAM COCONUT CURRY

This warm, cozy and comforting curry is rich in b-vitamins, vitamin c, zinc and magnesium, basically all the powerhouse nutrients that work to boost progesterone so levels can get high enough to offset pms and properly thicken the uterine lining.

Warming spices like curry, turmeric and ginger also optimize digestion, fight inflammation and decrease bloat and water retention, which typically increases during your luteal phase.

Adding healthy fats like coconut milk and oil help to supply your body with the energy it desperately needs and craves this week.

**Pro-Tip:** If you feel like you could use an extra energy/carb-boost, try serving this curry with some quinoa, brown/black rice or millet cooked in bone broth. This also makes a huge batch of soup, so you should have leftovers to last you several days (win!) If you don't do well with legumes you can try swapping them for organic chicken or cashews.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free*

Servings – 6-8    Cook Time – 40 minutes

### INGREDIENTS:

1 small butternut squash (2-4 cups) peeled, chopped and cubed	1 heaping tbsp curry powder
2 small sweet potatoes, peeled and chopped	2 heaping tsp cumin
2 large carrots, peeled and chopped	2 tsp turmeric
1 organic red bell pepper, deseeded and chopped	1 tsp sea salt
1 sweet onion, peeled and chopped	Black pepper to taste
1 can Eden Organics Chickpeas, rinsed and drained	3 cups organic bone broth
2 tbsp coconut oil	1 can full-fat unsweetened coconut milk
4 garlic cloves, minced	2 cups spinach, chopped
1 tbsp coconut sugar	1 cup fresh cilantro, chopped
	Coconut yogurt, lime, more cilantro and optional gf grains like quinoa or millet for serving

### DIRECTIONS:

1. Heat a large stovetop pot over medium heat and add the coconut oil.
2. Once melted, toss in chopped onion and cook 5-10 minutes, until translucent.
3. Add in the coconut sugar and all other spices, cooking an additional 2-3 minutes until fragrant.
4. Toss in peeled and chopped butternut squash, sweet potato, carrot, bell pepper and chickpeas and coat with spices.
5. Add in bone broth and coconut milk and bring soup to a boil, then reducing to a simmer.
6. Simmer on low-heat for 30 minutes, until vegetables are soft and cooked through.
7. Remove from heat and toss in chopped spinach and cilantro.
8. Let cool before serving with lime, fresh cilantro and optional coconut yogurt/grains.





LUNCH + DINNER:

**GUT-FRIENDLY  
MAC N' CHEESE**

## GUT-FRIENDLY MAC N' CHEESE

If you make ONE THING out of this recipe plan, let it be this gut-friendly mac n' cheese. Not only does it taste insanely creamy, flavorful, cheesy and delicious, but it's free of common inflammatory triggers like gluten, dairy and shelf-stabilizing chemicals.

Instead it obtains its rich orange hue from vitamin-c loaded butternut squash and gets its cheesy taste from nutritional yeast, which also happens to contain a hefty dose of much-needed b vitamins. The miso in the sauce provides just the right amount of saltiness, as well as boosts gut bacteria to help with digestion and offset bloat.

This is the perfect meal to incorporate into week #3, which is when all those carb cravings strike, as it will supply your body with the energy and nutrients it needs to power through, as well as satisfy you emotionally with the comforting food you seek.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free, Vegan-friendly*

Servings – 4    Cook Time – 10 minutes

### INGREDIENTS:

#### For the Pasta

1 box gluten-free, nutrient-rich pasta of choice (I like chickpea, lentil, quinoa or brown rice options, especially for week #3)

1-2 tbsp grass-fed ghee

Optional veggies like cooked peas, roasted broccoli or leafy greens

Sea salt, chile flakes + black pepper to taste

#### For the "Cheese" Sauce

1 cup roasted butternut squash (can also swap for yams or carrots)

2 tbsp grass-fed ghee, melted

¾ cup unsweetened and unflavored nut milk, such as cashew or almond

¼ heaping cup nutritional yeast

2 tbsp chickpea miso paste

1 tbsp arrowroot starch

1 tbsp lemon juice

2 tsp dijon mustard

1 tsp garlic powder

1 tsp sea salt

½ tsp onion powder

Black pepper to taste

### DIRECTIONS:

1. Follow cooking instructions for your pasta of choice.
2. While pasta is cooking, add ingredients for cheese sauce to a high speed blender and mix until smooth and creamy. Set aside.
3. Once pasta is done cooking, follow instructions to drain and rinse. Place in a bowl and toss with more grassfed ghee and the cheesy sauce (+ chopped leafy greens like spinach or cooked veggies of choice). Sprinkle with sea salt, black pepper and red chile flakes.  
**\*\*\*Note – you may have leftover cheesy sauce, depending on how saucy you like it. Reserve to use on baked, stuffed sweet potatoes if you like.**





LUNCH + DINNER RECIPES:

**BYOB BUILD YOUR  
OWN BOWL + TAHINI  
MISO SAUCE**

## **BUILD YOUR OWN BOWL + MISO TAHINI SAUCE**

Back to the BYOB (build your own bowl), my secret weapon in the kitchen. As you learned earlier, the key element of the BYOB lies in the sauce. One delicious, homemade sauce can turn a basic bowl into restaurant-quality eats.

Week #3's recommended sauce is the Tahini Miso Dressing, which at this point you've most likely already made (delicious right?). Tahini is made up of ground sesame seeds, which are important to incorporate into weeks #3 and #4 of your cycle to block excess estrogen and support liver detoxification. Adding in miso gives this sauce a gut-friendly boost to support optimal digestion and minimize bloat.

**Pro-Tip:** This sauce can truly be incorporated at any phase of your cycle, but I especially like it in week #3's bowl due to the high content of sesame seeds.

*Gluten-Free, Dairy-Free, Grain-Free, Sugar-Free, Vegan friendly options*

Servings – Depends    Cook Time – 30 minutes

### **INGREDIENTS:**

#### **For The Bowl**

For week #3, think fall foods. Warm, comforting and nourishing. Some bowl ideas include:

**Base:** B-vitamin-rich gluten-free grains such as brown or black rice, quinoa, millet, oats, etc. cooked in bone broth

**Veggies:** kale, swiss chard, spinach or other leafy greens, roasted carrots, sweet potato, yams or squash, potatoes, etc.

**Proteins:** chickpeas, black, kidney or navy beans, salmon, turkey or chicken, shellfish, lean red meat such as lamb or bison

**Fats:** nuts and seeds, avocado, extra virgin olive oil, greek or coconut yogurt/kefir

#### **For The Tahini Miso Dressing**

½ heaping cup fresh lemon juice

¼ heaping cup ground tahini

¼ heaping cup extra virgin olive oil

2 heaping tbsp chickpea miso paste

2 tsp pure maple syrup

2 tsp onion powder

1 tsp garlic powder

½ tsp sea salt

Black pepper to taste

### **DIRECTIONS:**

1. Add all sauce ingredients to a high speed blender and mix until smooth. Set aside.
2. Assemble bowl and drizzle sauce on top.



A close-up, top-down view of a bowl filled with thick, golden-brown peanut butter chickpea cookie dough. The dough is heavily topped with dark chocolate chips and coarse sea salt flakes. The bowl has a light-colored interior and a textured, cork-like exterior. The background is a plain, light-colored surface.

SNACKS + TREATS:

**PEANUT BUTTER CHOCOLATE  
CHIP CHICKPEA COOKIE DOUGH**

## PEANUT BUTTER CHOCOLATE CHIP CHICKPEA COOKIE DOUGH

Legit one of my favorite treats and I'm guessing it will soon be yours too, this super simple recipe is loaded with more progesterone-boosting b-vitamins, magnesium and zinc, thanks to the chickpeas, peanut butter and dark chocolate.

**Pro-Tip:** This makes a huge batch, so keep in your fridge for whenever you need a sweet treat this week (which might be a lot because hello, PMS). Because of the high protein, fat and fiber content, it also makes for a great blood-sugar-balancing snack as well.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free, Vegan*

Servings – 8    Cook Time – 10 minutes

### INGREDIENTS:

1 can Eden's organic chickpeas, rinsed and drained

½ cup organic creamy peanut butter (with no additives or inflammatory oils like palm, sunflower, etc.) I like the Marantha brand.

¼ cup maple syrup

½ tsp sea salt

½ cup chopped dark chocolate or chocolate chips (70% cacao or higher)

Optional -- 2-4 tbsp almond or oat flour if you like a thicker, dryer cookie dough consistency

### DIRECTIONS:

1. Add all ingredients except for chocolate to a food processor or high speed blender and mix until creamy and smooth.
2. Fold in dark chocolate chunks or chips with a spatula until evenly mixed.
3. Sprinkle with more sea salt if desired. Store in fridge for up to a week.





# GROCERY SHOPPING LIST — WEEK #3

## PLANTS (FRUITS + VEG)

- 1 BUNCH RIPE BANANAS
- 3 SWEET POTATOES
- 2 BUTTERNUT SQUASH
- 2 LARGE ORGANIC CARROTS
- 1 LARGE HEAD ORGANIC BROCCOLI
- 1 SWEET ONION
- 1 LARGE CONTAINER ORGANIC SPINACH
- 1 ORGANIC RED BELL PEPPER
- 1 HEAD OF GARLIC
- 1 BUNCH OF FRESH LEMONS (ABOUT 12 LARGE)
- 1 LIME
- 1 KNOB FRESH GINGER
- 1 BUNCH FRESH CILANTRO

**NOTE** — If making the BYOB, don't forget to add any additional veggies of choice. If you can, I encourage you to buy organic when mentioned, as these plants specifically are heavily sprayed with hormone-disrupting pesticides.

## FRIDGE/FREEZER (FROZEN ITEMS, DAIRY ALTERNATIVES, ETC.)

- 2 CARTONS UNSWEETENED CLEAN NUT MILK SUCH AS COCONUT, CASHEW, HEMP, ALMOND, ETC.
- 1 CONTAINER CHICKPEA MISO PASTE
- 1-3 CONTAINERS COCONUT YOGURT (IF USING FOR GRANOLA PARFAIT)
- 1 PACKAGE (AT LEAST 3 CUPS) BONAFIDE BONE BROTH
- 1 PACKAGE FROZEN PEAS (IF ADDING TO MAC N CHEESE)

## PROTEINS (MEAT, SEAFOOD, POULTRY, EGGS)

- 2 WILD SALMON FILLETS

**NOTE** — If making the BYOB, don't forget to add any additional proteins of choice

## PANTRY (GRAINS, BEANS, NUTS, ETC.)

- 1 CUP ORGANIC CASHEWS (FROM BULK BINS)
- 1 CUP ORGANIC PECANS (FROM BULK BINS)
- 2 CUPS ORGANIC SUNFLOWER SEEDS (FROM BULK BINS)
- ½ CUP ORGANIC WALNUTS (FROM BULK BINS)
- 1 CUP ORGANIC SESAME SEEDS
- 1 BAG ORGANIC COCONUT FLAKES
- 1 BAG SPROUTED, GLUTEN-FREE OATS
- 1 JAR ORGANIC ALMOND, CASHEW, COCONUT OR OTHER NUT BUTTER
- 1 JAR ORGANIC, UNSWEETENED PEANUT BUTTER
- 1 JAR GROUND TAHINI
- 1 JAR PURE MAPLE SYRUP
- 1 CONTAINER VANILLA COLLAGEN PROTEIN POWDER (OR OTHER CLEAN PROTEIN POWDER OF CHOICE)
- 1 BAG CACAO POWDER
- 1 BAG ORGANIC, GELATINIZED MACA POWDER
- 1 SMALL BAG ARROWROOT STARCH
- 1 BAG COCONUT FLOUR
- 2 CUPS MEDJOO DATES
- 1 BAG COCONUT SUGAR
- 1 CAN FULL-FAT UNSWEETENED COCONUT MILK
- 2 BARS HIGH QUALITY DARK CHOCOLATE
- 2 CANS EDEN ORGANIC CHICKPEAS
- 1 BOX GLUTEN-FREE, NUTRIENT-RICH PASTA
- 1 SMALL JAR AVOCADO OIL
- 1 JAR UNREFINED ORGANIC COCONUT OIL
- 1 JAR ORGANIC EXTRA VIRGIN OLIVE OIL
- 1 JAR GRASS-FED GHEE

## SPICES + CONDIMENTS

- SEA SALT
- BLACK PEPPER

- CEYLON CINNAMON
- VANILLA EXTRACT
- CURRY POWDER
- CUMIN
- TURMERIC
- GARLIC POWDER
- ONION POWDER
- 1 CONTAINER DIJON MUSTARD
- 1 CAN NUTRITIONAL YEAST

## TEAS, SUPPLEMENTS + MISC.

- RED RASPBERRY LEAF TEA
- GINGER TEA
- CHASTE TREE BERRY SUPPLEMENTS
- DANDELION LEAF TEA
- BURDOCK BLEND TINCTURE
- TRIPHALA CAPSULES

**BONUS TIPS** — This list includes every item you'll need to make every single recipe in week #3. If you don't plan on making all of the recipes or need to add on other foods, make sure to alter as needed. I also encourage you to take inventory of what you already have in your fridge/freezer/pantry to avoid any extra purchases you don't need (you should already have quite a bit if you just completed week #2). Additionally, I like to do one bulk pantry purchase a month on Thrive Market and one bulk freezer purchase on Butcher Box for meat/seafood in order to save money and time (less items to purchase at the store weekly). Then I'll do a weekly shop trip (or use Whole Foods Amazon delivery) for produce and miscellaneous items.

# CALENDAR/MEAL PLAN IDEA — WEEK #3

**PRO-TIP:** This calendar is meant to provide you with some loose structure/ideas around how to plan your meals, if that sort of thing is helpful for you. Personally, I like to go into the week with a few meal ideas already mapped out and prepared, while still allowing myself plenty of flexibility to tap into what my body truly needs, craves and feels like. Bottom-line, like everything with this plan, I encourage you to use this template in a way that is most helpful for you.

## WEEKEND PREP

- + PURCHASE/ORDER GROCERIES
- + BAKE MAPLE ALMOND BUTTER GRANOLA CLUSTERS (MAKE SURE TO SWAP SEEDS FOR SUNFLOWER + SESAME)
- + ROAST VEG OF CHOICE (FOR BYOB)
- + MAKE MISO TAHINI SAUCE (OR IF YOU HAVE LEFTOVERS FROM WEEK #2'S FALAFEL USE INSTEAD)
- + OPTION TO MAKE SEED CYCLE BLISS BALLS + PEANUT BUTTER CHOCOLATE CHIP CHICKPEA COOKIE DOUGH FOR SNACKS/TREATS AS NEEDED

## MONDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — BYOB + Miso Tahini Sauce
- + DINNER — Sheet Pan Glazed Ginger Miso Salmon + Broccoli

## TUESDAY

- + BREAKFAST — Banana Bread Walnut Oats
- + LUNCH — Leftover Salmon + Broccoli (add quinoa or more veggies to bulk it up)
- + DINNER — Chickpea Yam Coconut Curry

## WEDNESDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — Leftover Chickpea Yam Coconut Curry
- + DINNER — BYOB + Miso Tahini Sauce
- + PREP — Sweet potato for tomorrow's toast

## THURSDAY

- + BREAKFAST — Sweet Potato Toast 2 Ways
- + LUNCH — BYOB + Miso Tahini Sauce
- + DINNER — Gut-Friendly Mac n' Cheese

## FRIDAY

- + BREAKFAST — Banana Bread Walnut Oats
- + LUNCH — Leftover Gut Friendly Mac n' Cheese
- + DINNER — Leftover Chickpea Yam Coconut Curry

## OTHER IDEAS

- + Use the baked sweet potatoes 2 ways as a vehicle for lunch/dinner toast (try topping with fried eggs, tahini miso sauce, broccoli, etc.)
- + Top swapping the broccoli with the salmon for other cruciferous veggies like bok choy, cauliflower, kale, cabbage, etc. to add more variety and serving with quinoa or forbidden rice for extra bulk
- + The Peanut Butter Chocolate Chip Chickpea Cookie Dough is rich in healthy protein, fats and fiber and can double as a quick breakfast if needed





## **WEEK #4 — MENSTRUAL PHASE**

### **AKA WINTER**

#### **WHAT IT IS**

This phase is typically within days 24-28, or the last few days of your cycle, when menstruation or bleeding occurs as the lining of the uterus sheds.

Think of this as the winter season of the cycle - when the body is clearing out what's no longer needed and preparing for new growth. This phase lasts for about two to seven days for most women.

The bleeding phase begins when progesterone levels drop, causing the lining of the uterus to break down and shed. During this week, your energy is the lowest it will be during your cycle. You may feel tired, withdrawn, and introspective.

#### **OPTIMAL FOODS TO INCORPORATE**

I highly encourage opting for plenty of healthy comfort foods like soups, bone broth, stews and vitamin-rich smoothies to help replenish lost iron and mineral stores (from blood loss). Iron-rich foods include liver and other grass-fed animal protein, beans and leafy green vegetables.

You'll also want to consume plenty of foods rich in B vitamins, which work to support energy levels during this time. Think nuts and seeds, eggs, leafy greens, mushrooms and dark chocolate.

Additionally you'll want to ensure you're getting enough vitamin-c rich foods (citrus, leafy greens, bell peppers, colorful fruits and veggies), which promote iron nutrient absorption.

Foods rich in zinc will work to remineralize your blood, so add in organic peanut butter and seaweed when possible.

Lastly, seek out omega fatty acid rich foods like avocados, wild-caught fish, cod liver oil, hemp, sesame and sunflower seeds, which all work to lower inflammation and boost overall mood.

#### **CORE EATING PRINCIPLES**

- + Keep blood sugar stable, so as not to create additional stress on the body while it works to release the uterine lining
- + Think WINTER, by consuming warm, nourishing and easy to digest foods



- + Minimize caffeine during this time if cramping tends to be aggressive
- + Continue drinking plenty of water to help with bloating and cramping, minimum half your body weight in ounces

## WEEK #4 – RECIPE IDEAS

### **Breakfast**

- + Maple Almond Butter Granola Clusters  
Refer to recipe in week #1, swapping the pumpkin seeds for sunflower seeds and the flaxseeds for sesame seeds)
- + Savory Golden Oats with A Jammy Egg
- + Chaga Chocolate Fudge Smoothie Bowl

### **Lunch + Dinner**

- + Italian Meatballs + Butternut Squash Noodles & Marinara
- + Pumpkin Chicken Chili
- + 1 Pan Egg Shakshuka
- + BYOB + Kale Walnut Pesto

### **Treats/Snacks**

- + CBD Chocolate Peanut Butter Feel Good Fudge
- + Seed Cycle Bliss Balls – Sunflower + Sesame

This recipe is another awesome way to incorporate seed cycling into your practice. The balls are simple to make and delicious enough that you won't forget to eat them. Just make sure you're now swapping out the pumpkin + flax seeds for sesame and sunflower as you're in week #4 of your cycle.

**Refer to week #1 for the recipe**

## HERBS + SUPPLEMENTS

- + Red Raspberry Leaf – Continue drinking this tea or infusion through the menstrual cycle to help cramping and replenish iron in the body



- + Nettle – this tea or infusion is also high in iron to support blood loss and remineralize the body
- + Crampbark – helps relieve cramping associated with menses. Take as a tincture or tea daily
- + Turmeric – this is a highly anti-inflammatory spice that works to support the digestive system and help with menstrual cramps. You can add to food or take as a capsule daily
- + Chaga Mushroom – this adaptogen is one of my favorites due to its earthy taste and ability to support immunity and regulate energy. Drink or add to recipes in powdered form
- + Magnesium – Try citrate to help with elimination and glycinate to support sleep and diminish menstrual cramps
- + B-Vitamins – crucial for optimal energy, try taking an activated B complex

## MOVEMENT

Try avoiding high-impact workouts during this time. Focus on walks, gentle yoga or light stretching, making sure to avoid doing inversions in yoga because they reverse blood flow.

## LIFESTYLE

Your body is working hard during this time, which causes fatigue, so make sure you're getting enough sleep – about 8-9 hours a night – and enjoying restful activities that are not strenuous. Massage just before your cycle begins is helpful for promoting circulation. It's also important to eat warming foods (think winter) and stay warm during menstruation.

Because all of your sex hormones (estrogen, testosterone and progesterone) are low, now is a good time for –

- + Giving yourself some downtime for restoration
- + Trusting your intuition
- + Self-care
- + Keeping blood sugar stable, so as not to create additional stress on the body while it works to release the uterine lining



A top-down view of a rustic, earthenware bowl filled with a vibrant yellow-orange oatmeal. Two perfectly cooked, jammy eggs are sliced in half and placed in the center. The oatmeal is garnished with fresh green herbs, including dill and scallions, and sprinkled with white and black sesame seeds. A silver spoon is visible on the right side of the bowl.

BREAKFAST:

**SAVORY GOLDEN OATS  
WITH A JAMMY EGG**

## SAVORY GOLDEN OATS WITH A JAMMY EGG

As you transition into week #4, your menstrual phase (aka WINTER), your body needs grounding, nourishing foods rich in nutrients to help replenish lost iron and mineral stores.

This savory golden oats bowl with a jammy egg is the perfect way to start your days during week #4, as it delivers plenty of those nutrients, particularly with that jammy egg, which is rich in energy-boosting b-vitamins, anti-inflammatory omegas and iron. The greens provide vitamin c to help optimize iron absorption and the turmeric adds an anti-inflammatory boost.

**Pro-Tip:** Try making a big batch and packing in individual glass containers for an easy breakfast to reheat throughout the week. I recommend purchasing gluten-free certified sprouted oats if possible, as they're easier on digestion for maximum nutrient absorption, or if you don't digest grains well/ have a thyroid disorder, try swapping for cauliflower rice.

*Gluten-Free, Dairy-Free, Refined-Sugar-Free*

Servings – 2    Cook Time – 10 minutes

### INGREDIENTS:

2 pasture-raised eggs	1 tsp turmeric powder
1 tbsp apple cider vinegar	1 clove garlic, minced
1 cup sprouted gluten-free steel cut or rolled oats (can substitute for cauliflower rice)	Sea salt, black pepper + chile pepper to taste
2 cups organic bone broth	2 cups spinach, finely chopped
1 tbsp chickpea miso	Fresh herbs (such as dill and cilantro), sesame seeds and grass-fed ghee for topping

### DIRECTIONS:

1. Add the eggs to a small stovetop pot of water with the apple cider vinegar, cover and bring to a boil. Immediately once boiling, remove from heat and let sit covered for 5 minutes. After 5 minutes, use a slotted spoon to gently set in a bowl of ice water. Let chill while you cook your oats.
2. For the oats, add bone broth to a medium-sized stovetop pot and bring to a boil. Stir in remaining oats ingredients, except for spinach, and let cook for 5-10 minutes, until soft.
3. Once finished cooking, stir in chopped greens and remove from heat. Let cool a minute before peeling the jammy eggs and slicing them in half. Sprinkle with fresh herbs, flaky sea salt, chile pepper, black pepper and sesame seeds.



A top-down view of a white bowl filled with a thick, brown, chocolate-colored smoothie. The smoothie is swirled in the center. The bowl is garnished with a variety of toppings: crushed almonds, chocolate chips, shredded coconut, and fresh green mint leaves. A light green semi-transparent text box is overlaid on the upper right portion of the bowl.

BREAKFAST:

**CHAGA CHOCOLATE  
FUDGE SMOOTHIE BOWL**



## CHAGA CHOCOLATE FUDGE SMOOTHIE BOWL

While I generally encourage warm, comforting foods easy on your digestion during this phase, this smoothie bowl is the ultimate exception.

It's loaded with magnesium, which is key for combating cramps while optimizing sleep and relaxation. It also uses a chocolate collagen protein powder for an extra boost of iron, along with sneaking in some greens to optimize iron absorption. The ceylon cinnamon is key for blood sugar balancing, and the creamy peanut butter adds zinc to help remineralize your blood. Last, but certainly not least, the chaga gives this bowl an earthy, rich taste while boosting your immunity and reducing stress and inflammation in your body.

**Pro-Tip:** I let the frozen produce sit out for a few minutes prior to blending, so the temperature isn't freezing but just slightly cool, which is easier on your digestive tract.

*Gluten-Free, Dairy-Free, Refined-Sugar-Free, Paleo, Grain-Free*

Servings – 1    Cook Time – 10 minutes

### INGREDIENTS:

1 cup unsweetened hemp, almond, coconut, cashew or other non-dairy milk (add more if you want a thinner consistency)

1 cup frozen spinach

½ cup frozen cauliflower or sweet potato (steaming prior is also easier on your digestion)

½ frozen banana

1 serving chocolate collagen protein powder

1 heaping tbsp cacao powder

1 heaping tbsp cacao nibs

1 heaping tbsp sunflower seeds

1 heaping tbsp peanut butter

1 serving chaga mushroom powder (I love Four Sigmatic)

1-2 dates, pitted and chopped

1 tsp cinnamon


¼ tsp sea salt

Optional toppings: shredded coconut, cacao nibs, chopped dark chocolate, peanut butter, coconut yogurt or your Maple Almond Butter Granola Clusters

### DIRECTIONS:

1. Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a bowl and add recommended toppings.





LUNCH + DINNER:

**ITALIAN MEATBALLS  
+ BUTTERNUT SQUASH  
NOODLES & MARINARA**

## ITALIAN MEATBALLS + BUTTERNUT SQUASH NOODLES

If you like red meat, now is a great time to incorporate it into your diet, as the iron works to replenish lost stores. My favorite way to add it into my meals is in the form of these meatballs, which are delicious, easy to make, and ultra-comforting. They're paired with vitamin-c rich marinara and butternut squash noodles to maximize iron absorption and taste, of course.

**Pro-Tip:** Make sure to buy grass-fed and grass-finished beef, which will provide your body with high quality protein and anti-inflammatory omegas that work to lower inflammation and boost overall mood. I love the company [Butcher Box](#), which is a subscription service for high quality meat at an affordable price.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free*

Servings – 4-6    Cook Time – 30 minutes

### INGREDIENTS:

#### **For The Italian Meatballs**

1 lb lean grass-fed ground beef  
 1 large pasture-raised egg  
 3 tbsp almond flour  
 1 tbsp Italian Seasoning  
 1 tbsp fresh minced parsley  
 2 tsp onion powder  
 1 tsp garlic powder  
 1 tsp sea salt  
 Black pepper, to taste  
 2 tbsp grass-fed ghee, for frying  
 1 large 32 oz jar marinara (I prefer Rao's)


#### **For The "Pasta"**

1 box of Cece's Butternut Squash Noodles (or you can use zucchini noodles or gluten-free, nutrient-rich pasta noodle of choice)  
 1 tbsp grass-fed ghee  
 Sea salt + black pepper to taste  
 Fresh parsley, minced

### DIRECTIONS:

1. Add all meatball ingredients to a mixing bowl and mix well with hands, careful not to overwork the meat.
2. Heat a large skillet or stovetop pan over medium high heat and add the 2 tbsp grass-fed ghee.
3. Once ghee is heated and sizzling, begin rolling meat mixture into balls (about 1.5 inches in diameter) and place each one in the pan, continuing until the mixture is used up.
4. Once the bottoms are browned (about 2-3 minutes) flip each meatball over to brown the other side, careful to brown on all four sides.
5. Once all four sides are browned, add red sauce and bring to a boil. Cover and lower heat to simmer, allowing meatballs to cook through, about 10 minutes.
6. Uncover once cooked through and add butternut squash noodles to the pan, cooking for an extra five minutes.
7. Once done cooking remove from heat and serve immediately.



A top-down view of a white ceramic bowl filled with a vibrant orange pumpkin chicken chili. The chili is thick and contains chunks of pumpkin, chicken, and beans. A dollop of white cream is placed in the center, surrounded by fresh green onions and a variety of microgreens, including pink and green stems. The bowl is set against a plain white background.

LUNCH + DINNER:

**PUMPKIN CHICKEN CHILI**

## PUMPKIN CHICKEN CHILI

This chili is one of my favorites, and it's plentiful in ingredients you can enjoy at any time during the month. I particularly love it during week #4 because of the inclusion of nutrient-rich, hydrating bone broth and vitamin-c loaded sweet potato, pumpkin puree and greens. It's also free of beans, deriving its chunky texture from the root vegetables listed above.

**Pro-Tip:** Make sure you're buying organic, pasture-raised chicken (more nutrients and no added antibiotics or hormones). Try adding cilantro for a detoxifying boost and use coconut yogurt for a "sour cream" like finish.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free*

Servings – 4-6    Cook Time – 30 minutes

### INGREDIENTS:

2 tbsp grass-fed ghee	½ tsp ground cinnamon
1 sweet onion, peeled and chopped	2 bay leaves
1 ½ lbs organic, pasture-raised boneless skinless chicken thighs, chopped into bitesize pieces	Black pepper to taste
4 cloves garlic, minced	2 large carrots, peeled and chopped
1 heaping tbsp chili powder	2 large sweet potatoes, peeled and chopped
1 tsp dried oregano	1 15 oz can organic pumpkin puree (make sure BPA free)
1 tsp ground ginger	3 cups organic bone broth
1 tsp sea salt	2 cups leafy greens, chopped
	Cilantro, coconut or greek yogurt for topping

### DIRECTIONS:

1. Heat the grass-fed ghee in a large stovetop pot over medium heat. Add the chopped onion and cook for 5-10 minutes, until translucent.
2. Add chopped chicken and brown 3 to 5 minutes, until much liquid is seeping out.
3. Stir in all of the seasonings and cook 1-2 minutes, until fragrant.
4. Stir in carrots, sweet potatoes, pumpkin puree and bone broth, cover and bring to a boil. Reduce to a simmer and cook for 30 minutes, until chili is thick and vegetables are soft.
5. Remove from heat and top with coconut yogurt and fresh cilantro.





LUNCH + DINNER:

# 1 PAN EGG SHAKSHUKA

## 1 PAN EGG SHAKSHUKA

I don't know about you, but I love breakfast for dinner (although you could enjoy this dish any time of day and it'd still be tasty).

This is an optimal meal to incorporate in week #4, with the eggs giving you a much needed b-vitamin energy boost and helping to diminish menstrual symptoms. The tomato sauce is rich in vitamin-c to help increase nutrient absorption, and the sliced avocado adds delicious texture and anti-inflammatory fats. Bonus points if you cook it in a cast iron skillet, which increases the amount of iron.

**Pro-Tip:** I like to scoop some of the shakshuka out of the pan and eat it like a stew in a bowl, occasionally adding in quinoa or brown rice. You could also toast sweet potato wedges or a high quality gluten-free sourdough for dipping.

*Gluten-Free, Dairy-Free, Grain-Free, Paleo, Refined-Sugar-Free*

Servings – 4    Cook Time – 30 minutes

### INGREDIENTS:

2 tbsp grass-fed ghee	Black pepper to taste
1 yellow onion, peeled and chopped	1 large (28 oz can) crushed tomatoes, preferably fire-roasted
1 red bell pepper, chopped	1 large handful chopped greens (1-2 cups)
4 cloves garlic, minced	1 handful fresh chopped cilantro/parsley or mix
2 tbsp tomato paste	6 large pasture-raised eggs
1 tsp sea salt	1 large avocado, chopped
1 tsp cumin	Quinoa, brown or cauliflower rice or gluten-free sourdough toast for serving
½ tsp smoked paprika	
¼ tsp red pepper flakes	

### DIRECTIONS:

1. Preheat the oven to 375 F. Warm the grass-fed ghee in a large, oven-safe skillet over medium heat. Once sizzling add in the chopped onion, bell pepper, garlic and sea salt, cooking for 5-10 minutes, stirring frequently until translucent.
2. Add the tomato paste, cumin, paprika, red pepper flakes and black pepper, stirring until fragrant, about 1-2 minutes.
3. Pour in the crushed tomatoes, stir and let the mixture come to a simmer. Simmer for 5 minutes, until mixture is thick and bubbling.
4. Turn off the heat and stir in the herbs and leafy greens.
5. Use the back of a spoon to make indents around the perimeter of the pan. Crack the eggs directly into the indents and gently spoon some of the tomato mixture over the whites to help contain the eggs. Sprinkle sea salt + pepper over the eggs.
6. Carefully transfer the skillet to the oven and bake for 12 minutes. Eggs should be an opaque white with the yolks creamy and soft (they should still jiggle in the centers when you shimmy the pan).
7. Remove from oven and let cool for a few minutes. Top with sliced avocado, more fresh herbs and serve with quinoa, brown or cauliflower rice or gluten-free toast if desired.





LUNCH + DINNER:

**BYOB BUILD YOUR  
OWN BOWL + KALE  
WALNUT PESTO**



## **BUILD YOUR OWN BOWL + KALE WALNUT PESTO**

Back to the BYOB (build your own bowl), my secret weapon in the kitchen. As you learned earlier, the key element of the BYOB lies in the sauce. One delicious, homemade sauce can turn a basic bowl into restaurant-quality eats.

Week #4's recommended sauce is the Kale Walnut Pesto, which gets a detoxifying boost through liver-supporting kale and arugula. The walnuts and extra virgin olive oil add a dose of anti-inflammatory healthy fats, which is especially critical in week #4 as your body sheds the uterine lining and works to replenish nutrients.

**Pro-Tip:** You can try steaming the kale first if you have a thyroid condition, or swapping the kale for more arugula or basil.

*Gluten-Free, Dairy-Free, Grain-Free, Sugar-Free, \*Paleo + Vegan Options*

Servings – Depends    Cook Time – 30 minutes

### **INGREDIENTS:**

#### **For The Bowl**

For week #4, think winter foods. Warm, grounding, comforting and nourishing. Some bowl ideas include:

Base: B-vitamin-rich gluten-free grains such as brown or black rice, quinoa, millet, oats, etc. cooked in bone broth

Veggies: kale, swiss chard, collard greens, mushrooms, beets, broccoli, brussels sprouts, squash, sweet potatoes, potatoes, carrots, root vegetables, bell peppers

Proteins: all beans and legumes, grass-fed beef and red meat, cold-water fish, poultry and liver

Fats: nuts and seeds, avocado, extra virgin olive oil, greek or coconut yogurt/kefir

#### **For The Kale Walnut Pesto**

1 heaping cup kale, de-stemmed and chopped

1 heaping cup basil, de-stemmed

¼ cup arugula

¼ cup walnuts, lightly toasted and chopped

4 cloves garlic, minced

Juice of 1 lemon

1 tsp sea salt

Red pepper flakes and black pepper to taste

½ cup extra virgin olive oil

### **DIRECTIONS:**

1. Add all pesto ingredients to a food processor and mix until creamy and smooth. Set aside.
2. Assemble bowl and drizzle pesto on top.





SNACKS + TREATS:

***CBD CHOCOLATE PEANUT  
BUTTER FEEL GOOD FUDGE***

## **CBD CHOCOLATE PEANUT BUTTER FUDGE**

This is an amazing treat option to incorporate into your diet week #4, and one of my personal faves. It's loaded with cramp-reducing magnesium from the dark chocolate, zinc from the peanut butter and inflammation-fighting + stress-reducing CBD oil, which has been touted for alleviating cramps and pain. Basically it takes feel good to the next level, and I wouldn't be surprised if you began looking forward to week #4 for this recipe alone :)

**Pro-Tip:** Make this batch and store in the freezer, removing 30 minutes before you want a sweet treat.

*Gluten-Free, Dairy-Free, Grain-Free, Refined-Sugar-Free, Vegan*

Servings – 8    Cook Time – 10 minutes

### **INGREDIENTS:**

#### **For the Peanut Butter Mixture**

½ cup creamy organic peanut butter  
2 tbsp coconut oil, melted and cooled  
2 tbsp organic coconut sugar  
1 tsp vanilla extract

¼ cup coconut sugar

¼ cup organic coconut oil

¼ cup organic full-fat canned coconut milk

½ tsp sea salt

30 drops of organic, full-spectrum CBD Hemp Oil (8.4 mg per serving)

#### **For the Dark Chocolate Mixture**

1 cup dark chocolate chips  
(70% cacao or higher)

Optional: ½ cup chopped nuts like almonds, pistachios or cashews

### **DIRECTIONS:**

1. Add all dark chocolate mixture ingredients except for CBD oil to a small stovetop pot and melt over low heat, stirring continuously. Once melted, thick and shiny remove from heat and let cool for a few minutes.
2. While dark chocolate mixture is cooling, stir together creamy peanut butter mixture until smooth.
3. Pour dark chocolate mixture in with peanut butter mixture, stirring until creamy and well-combined. Add in CBD oil and stir until thoroughly mixed.
4. Pour into an 8x8 parchment lined baking pan and chill in the freezer for 1 hour or fridge 3 hours before serving. Keep in freezer and remove 30 minutes before eating, or leave in fridge for up to a week.



# GROCERY SHOPPING LIST — WEEK #4

## PLANTS (FRUITS + VEG)

- 1 LARGE CONTAINER ORGANIC SPINACH
- 1 HEAD ORGANIC KALE
- 2 LARGE ORGANIC CARROTS
- 2 LARGE SWEET POTATOES
- 1 SWEET ONION
- 1 YELLOW ONION
- 1 ORGANIC RED BELL PEPPER
- 1 BANANA
- 1 HEAD GARLIC
- 1 BUNCH FRESH PARSLEY
- 1 BUNCH FRESH CILANTRO
- 1 LARGE BUNCH (OR AT LEAST 2 SMALL) ORGANIC BASIL
- 1 SMALL CONTAINER FRESH ORGANIC ARUGULA
- 1 BUTTERNUT SQUASH OR 1 BOX CECE'S ORGANIC BUTTERNUT SQUASH NOODLES
- 2 LARGE AVOCADOS
- 1 BUNCH FRESH LEMONS

**NOTE** — If making the BYOB, don't forget to add any additional veggies of choice. If you can, I encourage you to buy organic when mentioned, as these plants specifically are heavily sprayed with hormone-disrupting pesticides.

## FRIDGE/FREEZER (FROZEN ITEMS, DAIRY ALTERNATIVES, ETC.)

- 2 CARTONS UNSWEETENED CLEAN NUT MILK SUCH AS COCONUT, CASHEW, HEMP, ALMOND, ETC.
- 1 CONTAINER CHICKPEA MISO PASTE
- 1-3 CONTAINERS COCONUT YOGURT (IF USING FOR GRANOLA PARFAIT)
- 2 PACKAGES (AT LEAST 6 CUPS) BONAFIDE BONE BROTH
- 1 BAG FROZEN CAULIFLOWER OR SWEET POTATO

## PROTEINS (MEAT, SEAFOOD, POULTRY, EGGS)

- 1 CARTON PASTURE-RAISED ORGANIC EGGS (I LIKE VITAL FARMS)
- 1 LB LEAN GRASS-FED GROUND BEEF

- 1 ½ LBS ORGANIC, PASTURE-RAISED BONELESS SKINLESS CHICKEN THIGHS

**NOTE** — If making the BYOB, don't forget to add any additional proteins of choice

## PANTRY (GRAINS, BEANS, NUTS, ETC.)

- 1 CUP ORGANIC CASHEWS (FROM BULK BINS)
- 1 CUP ORGANIC PECANS (FROM BULK BINS)
- 2 CUPS ORGANIC SUNFLOWER SEEDS (FROM BULK BINS)
- 1 CUP ORGANIC WALNUTS (FROM BULK BINS)
- 1 ½ CUPS ORGANIC SESAME SEEDS
- 1 BAG ORGANIC COCONUT FLAKES
- 1 BAG SPROUTED, GLUTEN-FREE OATS
- 1 JAR ORGANIC ALMOND, CASHEW, COCONUT OR OTHER NUT BUTTER
- 1 JAR ORGANIC, UNSWEETENED PEANUT BUTTER
- 1 JAR GROUND TAHINI
- 1 JAR PURE MAPLE SYRUP
- 1 CONTAINER CHOCOLATE COLLAGEN PROTEIN POWDER (OR OTHER CLEAN PROTEIN POWDER OF CHOICE)
- 1 BAG CACAO POWDER
- 1 BAG CACAO NIBS
- 1 BAG COCONUT FLOUR
- 1 BAG ALMOND FLOUR
- 2 CUPS MEDJOO DATES
- 1 BAG COCONUT SUGAR
- 1 BAG DARK CHOCOLATE CHIPS
- 1 CAN FULL-FAT UNSWEETENED COCONUT MILK
- 2 CANS EDEN ORGANIC CHICKPEAS
- 1 JAR BRAGG'S APPLE CIDER VINEGAR
- 1 LARGE 32 OZ JAR UNSWEETENED MARINARA SAUCE
- 1 15 OZ CAN ORGANIC PUMPKIN PUREE
- 1 LARGE 28-OZ CAN FIRE ROASTED TOMATOES
- 1 SMALL JAR AVOCADO OIL
- 1 JAR UNREFINED ORGANIC COCONUT OIL
- 1 JAR ORGANIC EXTRA VIRGIN OLIVE OIL
- 1 JAR GRASS-FED GHEE

## SPICES + CONDIMENTS

- SEA SALT
- BLACK PEPPER
- CEYLON CINNAMON
- VANILLA EXTRACT
- TURMERIC POWDER
- ITALIAN SEASONING
- ONION POWDER
- GARLIC POWDER
- CHILI POWDER
- DRIED OREGANO
- GROUND GINGER
- DRIED BAY LEAVES
- CUMIN POWDER
- SMOKED PAPRIKA
- 1 CAN TOMATO PASTE

## TEAS, SUPPLEMENTS + MISC.

- RED RASPBERRY LEAF TEA
- 1 BOX FOUR SIGMATIC CHAGA ELIXIR
- 1 30 ML HEMP CBD ELIXIR
- NETTLE LEAF TEA
- ACTIVATED B-VITAMIN COMPLEX
- MAGNESIUM CAPSULES OR POWDER

**BONUS TIPS** — This list includes every item you'll need to make every single recipe in week #4. If you don't plan on making all of the recipes or need to add on other foods, make sure to alter as needed. I also encourage you to take inventory of what you already have in your fridge/freezer/pantry to avoid any extra purchases you don't need (you should already have quite a bit if you just completed week #3). Additionally, I like to do one bulk pantry purchase a month on Thrive Market and one bulk freezer purchase on Butcher Box for meat/seafood in order to save money and time (less items to purchase at the store weekly). Then I'll do a weekly shop trip (or use Whole Foods Amazon delivery) for produce and miscellaneous items.

# CALENDAR/MEAL PLAN IDEA — WEEK #4

**PRO-TIP:** This calendar is meant to provide you with some loose structure/ideas around how to plan your meals, if that sort of thing is helpful for you. Personally, I like to go into the week with a few meal ideas already mapped out and prepared, while still allowing myself plenty of flexibility to tap into what my body truly needs, craves and feels like. Bottom-line, like everything with this plan, I encourage you to use this template in a way that is most helpful for you.

## WEEKEND PREP

- + PURCHASE/ORDER GROCERIES
- + BAKE MAPLE ALMOND BUTTER GRANOLA CLUSTERS (MAKE SURE TO SWAP SEEDS FOR SUNFLOWER + SESAME)
- + ROAST VEG OF CHOICE (FOR BYOB)
- + MAKE KALE WALNUT PESTO
- + OPTION TO MAKE SEED CYCLE BLISS BALLS + CBD CHOCOLATE PEANUT BUTTER FEEL GOOD FUDGE FOR SNACKS/TREATS AS NEEDED

## MONDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — BYOB + Kale Walnut Pesto
- + DINNER — 1 Pan Egg Shakshuka

## TUESDAY

- + BREAKFAST — Chocolate Chaga Fudge Smoothie Bowl
- + LUNCH — Leftover Shakshuka
- + DINNER — Pumpkin Chicken Chili
- + PREP — Oats + jammy eggs for tomorrow's breakfast

## WEDNESDAY

- + BREAKFAST — Savory Golden Oats + Jammy Egg
- + LUNCH — Leftover Pumpkin Chicken Chili
- + DINNER — BYOB + Kale Walnut Pesto

## THURSDAY

- + BREAKFAST — Coyo + Granola Clusters
- + LUNCH — BYOB + Kale Walnut Pesto
- + DINNER — Italian Meatballs + Butternut Squash Noodles & Marinara

## FRIDAY

- + BREAKFAST — Chocolate Chaga Fudge Smoothie Bowl
- + LUNCH — Leftover Italian Meatballs + Squash Noodles
- + DINNER — Leftover Pumpkin Chicken Chili

## OTHER IDEAS

- + Use the kale walnut pesto to top butternut or zucchini noodles, GF toast w/ avocado + fried eggs, or even a pizza using a gf nutrient-dense crust option (like Simple Mills)
- + Top swapping the proteins on your BYOB with lamb or grass-fed ground beef, turkey meatballs, wild caught salmon or hard boiled eggs to mix it up
- + Try adding some extra canned pumpkin to your coconut yogurt + granola clusters for a heartier morning breakfast option



# BONUS GROCERY SHOPPING LIST

ITEM

SECTION

QTY



## **ADDITIONAL RESOURCES + LINKS**

- + [Cycle Syncing 101](#)
- + [How to Cook for Natural Hormone Balance](#)
- + [Do You Have A Hormone Imbalance? Take this free quiz and learn more.](#)
- + [How To Detox To Balance Your Hormones](#)
- + [Trying To Get Pregnant? These Fertility Boosting Foods + Recipes Can Help](#)
- + [How To Transition Off Birth Control Naturally](#)
- + [The Most Effective Testing Methods For A Sex Hormone Imbalance](#)
- + [How To Naturally Balance Your Hormones With B-Vitamins](#)
- + [Hidden Causes + Symptoms of Hormone Imbalance](#)
- + [My Postpartum Recovery – Favorites For Hormone Balancing with Baby](#)
- + [Favorite Foods, Products + Practices For A Healthy, Happy Pregnancy](#)
- + [Shop My Favorite Home, Beauty, Food, Supplement + Lifestyle Products For Optimal Hormone Balance + Health](#)





# *so fresh **N** so green*

EAT WELL. FEEL WELL. LIVE WELL.

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