

WEEK 1

# 21-DAY *Hormone Detox* GUIDE

Suggested Meals & Shopping List



# WEEKLY MEALS MADE EASY: WEEK 1

Woohoo! Here we go. These are your suggested meals for the week plus a shopping list to make planning as easy as 1-2-3.

You're probably going to be eating at home a lot more than usual so that means more grocery shopping. Bear in mind that these recipes serve one so you can double them if there are two of you following the eating plan or even scale them up to serves four, so that you not only gain in economies of scale when buying the produce you need but you'll have leftovers which could take the place of a suggested meal in the next day or week's plan. It pays to scan ahead in the week to see if the recipe is repeated so you can make it in batches.

There is a big emphasis on herbs, lemon, garlic and onions for flavour so if you don't already have a stock of dried herbs, it's worth investing in them so you will have them in your pantry for weeks two and three.

**PLEASE NOTE:** Snacks, protein balls, dips, toppings and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks per day in between meals, if needed, or have a green juice or cup of tea. If there's anything you don't like or want to swap out yes, change it! And yes of course I'll help with suggestions. :-)



# THIS WEEK'S PLAN

## YOUR HORMONE 21-DAY DETOX MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scrambled Eggs with Spinach and Fermented Veggies	Orange Cranberry Chia Pudding & Turmeric Chai Latte	Blueberry Green Bowl & Chaga 'Fat Bomb' Coffee	Eggs with Sweet Potato Hash	Grain-Free Porridge	Green Smoothie Bowl & Turmeric Latte	Fried Eggs with Kimchi and Rocket
Green Goddess Salad with Salmon and Lentils & Vegetable Pesto Soup	Zucchini Noodle Salad with Garlic Chicken Breast & Coconut Sweet Potato Soup	Hormone Health Salad Bowl & Vegetable Pesto Soup	Nutri-Strong Kale Bowl & Red Lentil Soup with Lemon & Shredded Chicken	Spicy Spinach Salad with Steak and Berries & Coconut Sweet Potato Soup	Savoury Kale Salad with Beetroot, Sauerkraut, and Chicken & Creamy Carrot Sunflower Butter Soup	Sweet Fig Salad Bowl with Chicken & Chicken Bone Broth
Nutri-Wise Steak Bowl with Savoury Pumpkin Seed Pâté	Vegetable Stir-Fry with Salmon and Ginger Turmeric Broth & Side Salad	Sautéed Mixed Vegetables with Chicken and Pesto Rice & Side Salad	Cinnamon Roasted Sweet Potatoes with Falafel and Cucumber Salad	Butternut with Fig, Roasted Salmon & Side Salad	Riced Cauli Bowl with Barbecued Salmon & Side Salad	Curried Chicken, Sweet Potato, and Cabbage Sauté & Side Salad





# SHOPPING LIST WEEK 1

NOTE: Buy organic whenever possible as budget allows. Read labels to ensure clean ingredients with no preservatives.

## VEGETABLES

- ☐ Spinach – 8 cups
- ☐ Onions – 4 large
- ☐ Red Onions – 3
- ☐ Celery – ½ head
- ☐ Cucumbers – 6
- ☐ Rocket – 1 cup
- ☐ Carrots – 1.5 kg
- ☐ Zucchini – 1 large
- ☐ Zucchini Noodles – 1 cup
- ☐ Sweet Potatoes (Kumara) – 4 large
- ☐ Watercress – 1 bunch
- ☐ Mixed Greens – 15 cups
- ☐ Yellow Capsicum – 1
- ☐ Red Capsicum – 1
- ☐ Kale – 2 bunches
- ☐ Radishes – 1 bunch
- ☐ Spring Onions – 1 bunch
- ☐ Beetroot – 2 large
- ☐ Green Cabbage, shredded – ½ cup (or ¼ medium-sized head)
- ☐ Purple Cabbage, shredded – 3 cups (or 1 small head)
- ☐ Fennel Bulb – 1
- ☐ Full-Sized Bok Choy – 1 medium-sized head
- ☐ Broccoli – 1 head
- ☐ Cauliflower – ½ head
- ☐ Cauliflower Rice – 1½ cups
- ☐ Butternut, chopped – ½ cup
- ☐ Frozen Peas – 1 cup




## FRUIT

- ☐ Avocados – 9
- ☐ Orange – 1
- ☐ Lemons – 8
- ☐ Limes (if available or swap for lemons) – 7
- ☐ Bananas – 2
- ☐ Blueberries – 1¼ cups
- ☐ Berries (any variety) – ¼ cup
- ☐ Apples – 2
- ☐ Tomatoes – 2
- ☐ Cherry Tomatoes – 1 punnet
- ☐ Grapefruit – 1
- ☐ Dried Figs – 3

## SEASONINGS, CONDIMENTS & MISC.

- ☐ Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Raw Apple Cider Vinegar
- ☐ Brown Rice Syrup or honey
- ☐ Chaga Powder
- ☐ Collagen Powder or Marine Collagen
- ☐ Glycine or stevia
- ☐ Tahini
- ☐ Kelp Sprinkles
- ☐ Raw Sauerkraut
- ☐ Kimchi
- ☐ Dried Cranberries
- ☐ Unsweetened, Dried Shredded Coconut
- ☐ Kombu Seaweed, 5cm pieces – 5
- ☐ Nori – 1 sheet
- ☐ Chickpeas, dry – 3 cups
- ☐ Black Beans, dry – ½ cup

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- ☐ Red Lentils, dry – ¼ cup
  - ☐ Brown Lentils, dry – ¾ cup
  - ☐ Black-Eyed Peas, dry – ½ cup
  - ☐ Quinoa – ½ cup
  - ☐ Organic Barbeque Sauce (sugar free)

## MEAT, POULTRY, FISH & EGGS

- ☐ Steak – (approx) 500g
- ☐ Chicken Mince – (approx) 250g
- ☐ Chicken Breasts – 2
- ☐ Chicken Soup Bones – 1 to 3 kgs
- ☐ Whole Roasted Deli Chickens – 1
- ☐ Salmon Fillets – 5
- ☐ Eggs – 6

## BEVERAGES & DAIRY-FREE

- ☐ Dairy-Free Milk – 500ml
- ☐ Dairy-Free Yoghurt – 1 cup (250ml)
- ☐ Coconut Water – ½ cup
- ☐ Roasted Dandelion Tea – 1 teabag (HealthPost/Amazon)
- ☐ Vegetable Broth – 10 cups or 2.5L
- ☐ Unsweetened Coconut Milk, 400ml cans – 2

## SEEDS & NUTS

- ☐ Chia Seeds – ½ cup
- ☐ Flax Seeds – 3 tablespoons
- ☐ Ground Flax Seeds – ¼ tablespoon
- ☐ Brazil Nuts – ½ cup
- ☐ Raw Sunflower Seeds – ¼ cup
- ☐ Raw Pumpkin Seeds – ¼ cup
- ☐ Hemp Seeds – 3-4 tablespoons
- ☐ Sunflower Seed Butter – 1½ tablespoons



## HERBS & SPICES

- ☐ Sea Salt
- ☐ Black Pepper
- ☐ Cinnamon Powder
- ☐ Turmeric Powder
- ☐ Garlic Powder
- ☐ Ground Ginger
- ☐ Ground Cumin
- ☐ Curry Powder
- ☐ Dried Thyme
- ☐ Fennel Seeds
- ☐ Italian Seasoning
- ☐ Fajita Seasoning
- ☐ All-Purpose Seasoning (salt-free)
- ☐ Bay Leaf – 1
- ☐ Fresh Garlic – 3 bulbs
- ☐ Fresh Basil – 1 bunch
- ☐ Fresh Parsley – 3 bunches
- ☐ Fresh Coriander – 2 bunches
- ☐ Fresh Mint – 2 bunches
- ☐ Fresh Dill – 1 bunch
- ☐ Fresh Ginger – 6cm



# JUST IN CASE YOU WANT TO CHANGE IT UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



## MY SIGNATURE SNACK IDEAS FOR THE WEEK

## MY NOTES:

THIS IS YOUR CHANCE TO WRITE DOWN, IN ADDITION TO YOUR FOOD DIARY, WHAT WORKED FOR YOU AND WHAT DIDN'T. THIS IS HOW YOU ARE GOING TO ACCESS YOUR VERY OWN UNIQUE BLUEPRINT FOR SUCCESS!

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