

WEEK 2

21-DAY *Hormone Detox* GUIDE

Suggested Meals & Shopping List



WEEKLY MEALS MADE EASY: WEEK 2

You're such a star! Onward to week two and 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 on 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. Scan ahead in the plan to see if a recipe is repeated so you can make it in batches and keep or freeze for later.

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 you will have them in your pantry for further recipes.

PLEASE NOTE: Snacks, protein balls, dips, toppings and drinks are not included in your sample meal plan or shopping list. Please add one to two snacks per day in between meals, if needed, or have a green juice or cup of tea. If there is anything you don't like or can't get hold of feel free to swap it out. like or can't get your hands on easily.



THIS WEEK'S PLAN

YOUR HORMONE 21-DAY DETOX MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hormone Health Smoothie & Chaga 'Fat Bomb' Coffee	Scrambled Eggs with Spinach and Fermented Veggies	Grain-Free Porridge	Almond Butter Smoothie & Turmeric Chai Latte (or similar)	Fried Eggs with Kimchi and Rocket	Orange Cranberry Chia Pudding & Turmeric Latte (or similar)	Eggs with Sweet Potato/Kumara Hash
Herbed White Bean Salad with Salmon and Asparagus & Creamy Carrot Sunflower Butter Soup	Pomegranate Black Beans and Herbed Rice with Chicken & Chicken Bone Broth	Cucumber Salad with Egg & Creamy Carrot Sunflower Butter Soup	Hormone Health Salad Bowl & Chicken Vegetable Stew	Sweet Fig Salad Bowl with Chicken & Black Bean and Butternut Soup	Green Goddess Salad with Salmon and Lentils & Creamy Carrot Sunflower Butter Soup	Nutri-Strong Kale Bowl & Black Bean and Butternut Soup
Roasted Chicken with Herbed Coconut Sweet Potato Soup	Squash and Broccoli Sauté with Quinoa and Roasted Snapper	Roasted Chicken Kebabs with Sautéed Greens and Apples & Side Salad	Vegetable Stir-Fry with Salmon and Ginger Turmeric Broth & Side Salad	Riced Cauli Bowl with Barbecued Salmon & Side Salad	Cinnamon Roasted Sweet Potatoes with Falafel and Cucumber Salad	Nutri-Wise Steak Bowl with Savoury Pumpkin Seed Pâté



SHOPPING LIST WEEK 2

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

VEGETABLES

- ☐ Spinach – 4 cups
- ☐ Rocket – 3 cups
- ☐ Onions – 4 large
- ☐ Red Onions – 2 large
- ☐ Celery – ½ head
- ☐ Sweet Potatoes – 4 large
- ☐ Asparagus – 1 bunch
- ☐ Mixed Greens – 13 cups
- ☐ Purple Cabbage, shredded – 2 cups (or ½ medium-sized head)
- ☐ Cabbage – ¼ medium-sized head
- ☐ Red Capsicum – 1
- ☐ Cucumbers – 5
- ☐ Carrots – 1.2kg
- ☐ Radishes – 1 bunch
- ☐ Kale – 2 bunches
- ☐ Spring Onions – 1 bunch
- ☐ Zucchini – 1
- ☐ Yellow Squash – 1
- ☐ Broccoli – 1 head
- ☐ Cauliflower Florets – ½ cup
- ☐ Cauliflower Rice – 2 cups
- ☐ Watercress – 1 bunch
- ☐ Butternut, chopped – 1 cup (or ½ squash)
- ☐ Fennel Bulbs – 1
- ☐ Full-Sized Bok Choy – 1 head
- ☐ Beetroot – 1 large
- ☐ Frozen Peas – ½ cup




FRUIT

- ☐ Avocados – 7
- ☐ Banana – 1
- ☐ Apples – 2
- ☐ Berries (any variety) – $\frac{1}{4}$ cup
- ☐ Blueberries – $\frac{3}{4}$ cup
- ☐ Tomatoes – 2
- ☐ Orange – 1
- ☐ Grapefruit – 1
- ☐ Lemons – 5
- ☐ Limes – 11 (or swap for lemons)
- ☐ Pomegranate – 1
- ☐ Dried Figs – 2 figs

SEASONINGS, CONDIMENTS & MISC.

- ☐ Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Brown Rice Syrup or Raw Honey
- ☐ Raw Apple Cider Vinegar
- ☐ Chaga Powder
- ☐ Collagen Protein or Marine Collagen
- ☐ Glycine or stevia
- ☐ Kelp Sprinkles
- ☐ Kombu Seaweed, 5cm pieces – 2
- ☐ Nori – 1 sheet
- ☐ Dried Cranberries
- ☐ Raw Sauerkraut
- ☐ Kimchi
- ☐ Tahini
- ☐ Unsweetened, Dried Shredded Coconut
- ☐ White Beans, dry – $\frac{1}{2}$ cup
- ☐ Black Beans, dry – 2 cups
- ☐ Chickpeas, dry – $1\frac{3}{4}$ cups

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- ☐ Quinoa, dry – 1 ½ cups
 - ☐ Brown Lentils, dry – 1 cup
 - ☐ Black-Eyed Peas, dry – ½ cup
 - ☐ Organic Barbeque Sauce

MEAT, POULTRY, FISH & EGGS

- ☐ Steak – (approx) 250g
- ☐ Chicken Breasts – 3
- ☐ Chicken Soup Bones – 1 to 3 kg
- ☐ Roasted Deli Chicken – ¼
- ☐ Snapper Fillets - 1
- ☐ Salmon Fillets – 5
- ☐ Eggs – 6

BEVERAGES & DAIRY-FREE

- ☐ Dairy-Free Milk – 2¼ cups
- ☐ Dairy-Free Yoghurt – ¾ cup
- ☐ Unsweetened Coconut Milk, 400ml cans – 2
- ☐ Roasted Dandelion Tea – 1 teabag (HealthPost/Amazon)
- ☐ Vegetable Broth, (approx) 13 cups

SEEDS & NUTS

- ☐ Chia Seeds – ½ cup
- ☐ Ground Flax Seeds – 1 tablespoon
- ☐ Raw Pumpkin Seeds – ¾ cup
- ☐ Raw Sunflower Seeds – ¼ cup
- ☐ Hemp Seeds – 4 tablespoons
- ☐ Brazil Nuts – 1
- ☐ Sunflower Seed Butter – 5 tablespoons
- ☐ Almond Butter – 1 tablespoon



HERBS & SPICES

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

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