

WEEK 3

21-DAY *Hormone Detox* GUIDE

Suggested Meals & Shopping List



WEEKLY MEALS MADE EASY: WEEK 3

Here we go the final stretch! Here 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 (especially for meals like the soups which tend to be repeated later in the week). Or you can 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 if you prefer. A good idea is to set aside some time on the weekend to make what you can ahead, so during the week you can just heat and eat.

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. As always, feel free to swap out anything you don't like or can't get your hands on.



THIS WEEK'S PLAN

YOUR HORMONE 21-DAY DETOX MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hormone Happiness Smoothie & Chaga 'Fat Bomb' Coffee	Grain-Free Porridge	Fried Eggs with Kimchi and Rocket	Orange Cranberry Chia Pudding & Turmeric Chai Latte	Eggs with Sweet Potato Hash	Green Smoothie Bowl & Instant Dandelion Latte	Scrambled Eggs with Spinach and Fermented Veggies
Zucchini Noodle Salad with Garlic Chicken & Red Lentil Soup with Lemon and 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	Nutri-Strong Kale Bowl & Coconut Sweet Potato Soup	Pomegranate Black Beans and Herbed Rice with Chicken & Creamy Carrot Sunflower Butter Soup	Cucumber Salad with Egg & Vegetable Pesto Soup	Herbed White Bean Salad with Salmon and Asparagus & Chicken Bone Broth
Butternut with Fig, Roasted Salmon, & Side Salad	Sautéed Mixed Vegetables with Chicken and Pesto Rice & Side Salad	Curried Chicken, Sweet Potato and Cabbage Sauté & Side Salad	Roasted Chicken Kebabs with Sautéed Greens and Apples & Side Salad	Squash and Broccoli Sauté with Quinoa and Roasted Snapper	Roasted Chicken with Herbed Coconut Sweet Potato Soup	Cinnamon-Roasted Sweet Potato with Falafel and Cucumber Salad



SHOPPING LIST WEEK 3

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

VEGETABLES

- ☐ Spinach – 6 cups
- ☐ Rocket – 3 cups
- ☐ Onions – 4 large
- ☐ Red Onions – 3 large
- ☐ Celery – ½ head
- ☐ Sweet Potatoes – 4 large
- ☐ Asparagus – 1 bunch
- ☐ Mixed Greens – 9 cups
- ☐ Purple Cabbage, shredded – 2½ cups (or ½ head)
- ☐ Green Cabbage, shredded – ½ cup
- ☐ Red Capsicum – 1
- ☐ Yellow Capsicum – 1
- ☐ Cucumbers – 6
- ☐ Carrots – 1 kg
- ☐ Radishes – 1 bunch
- ☐ Kale – 1 bunch
- ☐ Spring Onions – 1 bunch
- ☐ Cauliflower Rice – 1½ cups
- ☐ Zucchini – 2
- ☐ Zucchini Noodles – 1 cup
- ☐ Yellow Squash – 1
- ☐ Broccoli – ¼ head
- ☐ Watercress – 1 bunch
- ☐ Beetroot – 1 large
- ☐ Butternut, chopped – ½ cup
- ☐ Frozen Peas – ¾ cup




FRUIT

- ☐ Avocados – 7
- ☐ Bananas – 1
- ☐ Apples – 1
- ☐ Blueberries – ½ cup
- ☐ Berries (any variety) – ¼ cup
- ☐ Tomatoes – 2
- ☐ Cherry Tomatoes – 1 punnet
- ☐ Orange – 1
- ☐ Lemons – 7
- ☐ Limes – 7 (or swap out lemons)
- ☐ Pomegranate - 1
- ☐ Dried Figs – 1

SEASONINGS, CONDIMENTS & MISC.

- ☐ Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Brown Rice Syrup or Raw Honey
- ☐ Raw Apple Cider Vinegar
- ☐ Chaga Powder
- ☐ Raw Cacao
- ☐ Collagen Powder or Marine Collagen
- ☐ Glycine or stevia
- ☐ Kelp Sprinkles
- ☐ Kombu Seaweed 5cm pieces – 5
- ☐ Nori Sheets - 2
- ☐ Dried Cranberries
- ☐ Raw Sauerkraut
- ☐ Kimchi
- ☐ Tahini
- ☐ Unsweetened, Dried Shredded Coconut
- ☐ White Beans, dry – ½ cup
- ☐ Black Beans, dry – 1 cup
- ☐ Chickpeas, dry – 2¼ cups
- ☐ Quinoa, dry – 1 cup

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- ☐ Brown Lentils, dry – ½ cup
 - ☐ Red Lentils, dry – ¼ cup

MEAT, POULTRY, FISH & EGGS

- ☐ Steak – 250 grams
- ☐ Minced Chicken – 250 grams
- ☐ Chicken Breasts – 2
- ☐ Chicken Soup Bones – 1 to 3 kgs
- ☐ Whole Roasted Deli Chickens – 1
- ☐ Whole Chicken (uncooked) – ¼
- ☐ Snapper Fillets – 1
- ☐ Salmon Fillets – 2
- ☐ Eggs – 7

BEVERAGES & DAIRY-FREE

- ☐ Dairy-Free Milk – 1½ cups
- ☐ Dairy-Free Yoghurt – 1 ¼ cups
- ☐ Unsweetened Coconut Milk, 400ml cans – 2
- ☐ Roasted Dandelion Tea – 1 teabag (HealthPost/Amazon)
- ☐ Vegetable Broth – 6½ cups
- ☐ Coconut Water – ½ cup

SEEDS & NUTS

- ☐ Chia Seeds – Approx 1 cup
- ☐ Ground Flax Seeds – ¼ tablespoon
- ☐ Flax Seeds – 1 tablespoon
- ☐ Raw Pumpkin Seeds – ¼ cup
- ☐ Raw Sunflower Seeds – ¼ cup
- ☐ Hemp Seeds – 1 tablespoon
- ☐ Brazil Nuts – ½ cup



- ☐ Sunflower Seed Butter – 3 tablespoons
- ☐ Almond Butter – ½ tablespoon

HERBS & SPICES

- ☐ Sea Salt
- ☐ Black Pepper
- ☐ Turmeric Powder
- ☐ Cinnamon Powder
- ☐ Curry Powder
- ☐ Ground Ginger
- ☐ Ground Cumin
- ☐ Curry Powder
- ☐ Dried Thyme
- ☐ Dried Rosemary
- ☐ Italian Seasoning
- ☐ Fennel Seeds
- ☐ Bay Leaf – 1
- ☐ Fresh Garlic – 2 bulbs
- ☐ Fresh Basil – 1 bunch
- ☐ Fresh Dill – 1 bunch
- ☐ Fresh Mint – 3 bunches
- ☐ Fresh Coriander – 2 bunches
- ☐ Fresh Parsley – 3 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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