

# 5 DAY *Hormone Detox*

SUGGESTED MEALS  
& PANTRY LIST





# SUGGESTED MEALS AND PANTRY LIST

**Here are the simple ways to make sure your program is a home run:**

1. Quantities are not included in the shopping/pantry list as this is dependent on how many you are serving. Go through the five days and adjust quantities for your shopping to suit.
2. Most the meals are vegetarian but omnivore suggestions are included over in the recipe guide which also gives meal suggestions if you prefer to keep your paper files down.
3. Make sure to listen to your body. If you feel a meal is too much food for you, eat until you are full, then save the leftovers for your mid-morning or afternoon snack.
4. If you want to omit a soup at lunch or add a soup to dinner, do it. This is your divine choice.
5. Keep in mind that any extra soups, salads, and vegetables are NOT included in your shopping lists. If you plan to include them, you'll need to add them to your list.
6. If you are feeding your family and are concerned about satisfying their needs while you do this program, don't stress. Add brown rice, gluten-free pasta, or a similar side to their meals. (Don't you have them though 😊)

# SUGGESTED MEALS

## DAYS 1-5

Optional dressings, snacks, and drinks are not included in your sample meal plan or shopping list. Please add 1-2 snacks (suggestions in the recipe guide), if needed, or have a green juice or cup of tea.

DAY	BREAKFAST	LUNCH	DINNER
1	Breakfast Smoothie	Emerald Salad	Veggie Roast with Dressed Greens
2	Beauty Smoothie	Creamy Avocado Salad	Roasted Veggies Over Millet
3	Chocoberry Smoothie	Berry Basil Jar Salad	Greek Cauli Bowl
4	Warm Cinnamon Apple Chia Pudding	Cucumber Salad	Garden Medley Sheet Pan
5	Hot Quinoa Bowls	Hormone Health Rollups	Lentil Sweet Potato Stew with Salad

# PANTRY LIST

## VEGETABLES

- ☐ Onions
- ☐ Red Onions
- ☐ Spring Onions
- ☐ Carrots, whole
- ☐ Carrots, shredded
- ☐ Shredded Purple Cabbage
- ☐ Celery
- ☐ Broccoli
- ☐ Cauliflower (whole & florets)
- ☐ Sweet Potatoes
- ☐ Tomatoes
- ☐ Red Capsicum
- ☐ Fennel Bulb
- ☐ Brussels Sprouts
- ☐ Asparagus
- ☐ Baby Spinach
- ☐ Dandelion Greens/Rocket
- ☐ Spinach Leaves (whole)
- ☐ Kale, chopped
- ☐ Mixed Greens
- ☐ Raw Coleslaw Blend (undressed)
- ☐ Cucumbers
- ☐ Summer Squash

- ☐ Beetroot, raw
- ☐ Radishes
- ☐ Sugar Snap Peas
- ☐ Green Beans
- ☐ Sprouts (preferably broccoli sprouts)

## FRUITS

- ☐ Green Apples
- ☐ Bananas
- ☐ Lemons
- ☐ Oranges
- ☐ Avocados
- ☐ Blueberries
- ☐ Strawberries
- ☐ Frozen Mixed Berries
- ☐ Olives
- ☐ Raisins

## NUTS & SEEDS

- ☐ Brazil nuts
- ☐ Chia Seeds
- ☐ Hemp Seeds
- ☐ Walnuts
- ☐ Tahini

## CONDIMENTS/MISC

- ☐ Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Apple Cider Vinegar
- ☐ Pure Vanilla Extract
- ☐ Protein Powder
- ☐ Maca Powder
- ☐ Dried, Unsweetened Shredded Coconut
- ☐ Raw Cacao Powder
- ☐ Dry Millet
- ☐ Dry Quinoa
- ☐ Dry Black Beans
- ☐ Dry Chickpeas
- ☐ Dry White Beans
- ☐ Dry Lentils

## LIQUIDS

- ☐ Dairy-Free Milk, unsweetened
- ☐ Vegetable Broth

## HERBS/SPICES

- ☐ Sea Salt
- ☐ Black Pepper
- ☐ Dried Rosemary
- ☐ Dried Oregano
- ☐ Cinnamon Powder
- ☐ Turmeric Powder

- ☐ Garlic Powder
- ☐ Cumin Powder
- ☐ Italian Seasoning
- ☐ Dulse Flakes
- ☐ Bay leaves
- ☐ Fresh Mint
- ☐ Fresh Basil
- ☐ Fresh Coriander
- ☐ Fresh Parsley
- ☐ Fresh Ginger

- ☐ Fresh Garlic Cloves

#### PROTEIN ALTERNATIVES

- ☐ Tofu
- ☐ Tempeh

#### OMNIVORE OPTIONS

- ☐ Salmon Fillets

- ☐ Ground chicken
- ☐ Eggs
- ☐ Dried Thyme
- ☐ Smoked Paprika
- ☐ Coconut Flour