

THE 3-DAY
Hormone Recovery
DIET PLAN



WELCOME

Hey there friends,

Are you tired of belly bloat, weight gain, moodiness, and crazy hormones? Do you wish you could wake up every day feeling amazing?

The good news? You don't need to live like this. You can improve your hormone health – without medication! Medication does not fix hormone imbalance; it only masks it. And you probably already know that synthetic hormones are not healthy.

What if I told you hormone recovery is possible by changing your diet, lifestyle and getting the right supplements? That's what I believe. More importantly, that's what I experienced. At one time, I had chronic belly bloating, eczema, heart arrhythmia and hair loss too!

That all changed when I adopted a healthy lifestyle and radically changed my diet. Today I am going to teach you exactly what I did to get my hormones back on track. So, if you are ready to step out of the struggle and get back to your bliss – read on.

CHANGE YOUR MINDSET

It all starts here my friend. You can't just wish your way to hormone recovery! Your internal self-dialogue has a powerful influence over your hormones.

Let's do a quick mindset assessment.

- ✓ If you are a woman, what do you believe about your periods?
- ✓ If you are a woman, would you be happy if you never had another period?
- ✓ If you are a woman, how frustrated are you with perimenopause or menopause?
- ✓ If you are a man, how frustrated are you with andropause?
- ✓ How do you feel about your body?
- ✓ Do you feel worthy?

What you believe will significantly influence your body's biochemistry. It's true! So, the first step in hormone recovery is to change your beliefs about your womanhood/manhood, your body image, and your self-worth.

There are lots of ways to shift your mindset; one of the fastest is affirmations. Try practicing some **"I AM"** affirmations.

"I am happy to be a woman/man."

"I am thankful for my monthly periods/every phase of my life." (women)

"I am thankful for my erections"

"I am thankful for this time in my life."

"I am thankful for my body and all the work it does on my behalf each day without me having to ask"

If the notion of being thankful for your monthly periods made you giggle, remember this - without estrogen, you would not have boobs, curves or a killer but! Estrogen is what makes you a woman.

If the notion of being thankful made you grin, remember that it is your testosterone levels that impact your libido and if they are low there are lots of ways that this can be addressed.

PUT THE BRAKES ON STRESS

For men chronic and ongoing stress over an extended period can affect testosterone production, resulting in a decline in sex drive or libido and can even cause erectile dysfunction or impotence. Add into the mix xenoestrogens, obesity and exceeding the safe limits for alcohol consumption and this results in estrogen dominance. The signs that this is happening to you are mood swings, depression or irritability. Some men are fatigued or have sleep disturbances. Other symptoms you may notice are short-term memory loss, sugar cravings, weight gain or water retention. It varies from man to man.

Stress messes up your hormones - period! Stress and happy hormones cannot co-exist. When there is prolonged stress, your body raises cortisol levels. High levels of cortisol will rob you of precious progesterone and set you up for estrogen dominance. What is estrogen dominance? Let me put it this way ... for women this means painful periods, heavy periods, bloating, breast pain, moodiness, and feeling like you want to slap someone, those are courtesy of estrogen dominance. If you're going to recover your hormone bliss, consider how you can manage your stress (real and perceived).



Here are my favorite stress reducing tips:

- Yin Yoga
- Meditation
- Breathwork
- Doing things, you love
- Knowing when to say "NO".
- Stop spending time with toxic people
- Go for a walk
- Read a good book

To reap the benefits, you must do these things regularly!

REDUCE EXPOSURE TO TOXINS

Have you heard of endocrine disrupting chemicals? If you answered no, it's time to get empowered as your hormone health depends on it.

Unfortunately, our environment is loaded with these kinds of chemicals. As the name implies, these chemicals disrupt the endocrine system and wreak havoc on your hormones. If you are not familiar with the word endocrine system, what you need to know is your ovaries are part of the endocrine system (so are the adrenal glands and thyroid).

These nasty chemicals can cause severe dysfunction of the ovaries and testes such as PCOS, infertility and erectile dysfunction.

You have been exposed to these chemicals via your personal care products, household cleaners, tap water, and diet. While you cannot eliminate your exposure to endocrine disrupting chemicals (because the planet is poisoned), you can significantly reduce it.

Our greatest daily exposure comes from our personal and beauty care products.

There are several environmental toxins found in today's standard products including:

- Aluminum Chips(found in anti-perspirants)
- Phthalates (found in skin care items, perfumes, nail polish and hairsprays)

- Furans & Dioxins(found in tampons)
- Chemical Solvents(found in dishwasher detergent & laundry care items)
- Parabens(found in lotions, makeup, shampoos and conditioners)

Use these instead:

- Acure: Use for your shampoos, conditioners, face creams and more.
- LOLA & Honest: Both make affordable organic tampons.
- Schmidt's & Tom's of Maine: Use for great deodorant free of aluminum.
- Dazzle Dry: A healthy, non-toxic brand of nail polish that helps nails grow.
- Ilia and Kosas: Beautiful non-toxic makeup options.
- Seventh Generation/Young Living: Non-toxic household cleaners, laundry detergents and dishwasher detergents.

IMPROVE YOUR MICROBIOME

The microbiome is made up of the microbes that live in your gut. Believe it or not, the gut microbiome does more than keep your gut in check. The gut microbiome plays a significant role in hormone balance too.

Estrogen is typically associated with women, but men also need it in just the right amounts. Your gut microbiota is a key regulator of the level of circulating estrogen in the body. Your microbes produce an enzyme, beta-glucuronidase, that converts estrogen into its active forms. Your body makes three main types of estrogen estriol, estradiol, and estrone. While your reproductive system produces these estrogens, they are generated by your gut microbiome as well. Isn't that interesting? When you have gut dysbiosis hormone imbalance can result. Especially estrogen imbalance.

Luckily there are steps you can take to improve your gut microbiome and thus improve your hormone health. Here are some ideas:

- Take a high-quality probiotic (MegaSporeBiotic).
- Add one tbsp. cultured vegetables to your meals (Wild Brine beets or cabbage/kimchi).
- Drink probiotic drinks like Kevita or Kombucha
- Drink beef bone broth
- Reduce high lectin foods (seeds, nuts, beans, and grains)
- Reduce the use of antacids
- Do not take unnecessary antibiotics

FIX YOUR DIET

What's on your plate these days? Do you need to reel yourself in? First, reduce how often you are eating out. Start eating at home as often as possible. When you eat out, you cannot control the quality of the foods you're eating.

EAT HEALTHY HORMONE FOODS

There are a lot of foods that support healthy hormone balance. Here are my top five:

- Coconut oil: Your body needs healthy fats to produce hormones.
- Shrimp: Your gonads, breasts and your thyroid gland need iodine.
- Kale: Kale offers a unique compound called DIM (Diindolylmethane). DIM supports healthy estrogen metabolism and prevents estrogen dominance.
- Brussel sprouts: Did I say DIM? Yup...you need this!
- Flaxseed: High in omega 3 to help you rock your hormones.

REDUCE INFLAMMATORY FOODS

It's time to detox your pantry and clean out the refrigerator.

- Processed foods: For obvious reasons!
- Grains: We love pseudo grains like quinoa, which is a top superfood for hormone health plus this awesome food keeps your androgen levels even.
- Sugar: Oh, sad day! Use healthier sugars like raw honey, coconut sugar, real maple syrup, molasses, and dates.
- Alcohol: Just one glass of alcohol increases bad estrogen.
- Coffee: I know it's very unpopular to say this, but coffee can disrupt hormone balance. Studies show coffee can significantly hinder fertility as well as induce changes in the breast tissue. You're probably thinking – "It's all good. I don't want to have a baby." But here is the thing to understand – good fertility equals a healthy body. You could try Chaga mushroom coffee I hear it's tasty yet I am not a coffee fan! Another coffee alternative is Dandy blend.

To jump-start your hormone recovery, I'm sharing one of my amazing 3-day menus with you. Rock this menu and see how you feel. I know you will feel amazing.

NOTE: Some people with hormonal imbalances don't feel AMAZING when they eat any grain, even one like quinoa. Use your Food Diary to document how you

feel when you eat quinoa. Even after you finish the 3-Day menu, continue to keep a food journal to see what foods give you energy vs. depleting you.

YOUR AMAZING 3-DAY MENU

DAY 1

Upon waking, drink warm lemon water.

BREAKFAST

SMOOTHIE

Serves 1


1½ cups coconut milk
1 scoop hemp protein powder
1 date, pitted
½ teaspoon ground cinnamon
1 brazil nut
1 teaspoon ground flax seed

Add all ingredients to a high-speed blender.

LUNCH

KALE AND SWEET POTATO WITH SIDE SALAD

Serves 2



2 tablespoons coconut oil
1 onion, chopped
2 garlic cloves, chopped
2 cups chopped sweet potatoes
1 bunch kale, chopped
1 15-ounce can black beans, drained and rinsed
1 teaspoon smoked paprika
1 teaspoon ground cumin
6 cups vegetable broth

Melt coconut oil in a large saucepan over medium heat. Add onion and garlic. Stir for about 3 minutes until fragrant. Add sweet potatoes, kale, black beans, paprika, cumin, and vegetable broth. Stir well and cover. Bring to a boil, then reduce heat to a simmer. Continue to cook for about 15 minutes or until the sweet potatoes are tender.

SIDE SALAD

Serves 2

4 cups mixed greens
1 handful cherry tomatoes
1 cup peeled and chopped cucumber
½ cup broccoli slaw
1 avocado, diced
1 lemon, cut in half
tahini, for dressing
balsamic vinegar, to taste
sea salt and black pepper, to taste

Combine mixed greens, cherry tomatoes, cucumber, and broccoli slaw in a large bowl and top with avocado. Squeeze the juice of the full lemon over the top. Drizzle salad with tahini and toss with balsamic vinegar. Season with salt and pepper, as desired.

SNACK

green tea with 1 apple and 3 brazil nuts

DINNER

BEEF CHILI AND LARGE SALAD

Serves 6

2 tablespoons coconut oil
1 medium yellow onion, chopped
2 large carrots, chopped
2 medium celery ribs, chopped
2 medium red bell peppers, chopped
1-pound chopped portobello mushrooms
1 medium jalapeño pepper, chopped (optional)
1½ pounds ground beef
3 garlic cloves, chopped
sea salt and black pepper, to taste
2 teaspoons dried oregano
1 tablespoon ground cumin
2 teaspoons chili powder
1 teaspoon cayenne pepper (optional)
2 tablespoons tomato paste
1 24-ounce can crushed tomatoes, undrained
1 cup beef (or chicken) broth, preferably organic

Optional Toppings:

1 large avocado, diced
½ cup fresh cilantro leaves, chopped

Heat the coconut oil in a large soup pot over medium-high heat. Add in the onion, carrots, celery, bell peppers, mushrooms, and jalapeño pepper (if desired) and cook, stirring occasionally, until the vegetables are soft and fragrant, approximately 5 to 7 minutes.

Add in the ground beef and garlic and season with salt and black pepper to taste. Cook, breaking up the meat with a wooden spoon, until the beef is browned, around 5 to 6 minutes.

Add the oregano, cumin, chili powder, cayenne pepper (if desired), and tomato paste. Stir everything together and cook for another minute or two, or until the spices become fragrant.

Add the crushed tomatoes and the broth and bring to a boil. Once boiling, reduce heat to medium and simmer for 15 to 20 minutes, stirring occasionally.

Remove from heat and adjust seasonings, if necessary. Top with avocado and cilantro, if desired, and serve immediately.

LARGE SALAD

Serves 4

2 cups mixed greens
2 cups spinach
1 handful cherry tomatoes
1 cup carrots, shredded
1 cup peeled and chopped cucumber
2 tablespoons extra virgin olive oil
1 avocado, diced
1 lemon, juiced
¼ cup extra virgin olive oil
sea salt and black pepper, to taste

Combine all ingredients in a large mixing bowl and serve.

Day 2


Upon waking, drink warm lemon water.

BREAKFAST

SCRAMBLED EGGS WITH AVOCADO

Serves 1

1 teaspoon coconut oil
½ red pepper, chopped
½ cup spinach
2 eggs
sea salt and black pepper, to taste
½ avocado, sliced



Crack eggs into a small bowl and whisk well with a fork. Season with salt and pepper. Melt coconut oil in a hot pan over medium heat. Add red pepper and spinach. Sauté for 2 minutes in a frying pan. Pour eggs into the hot pan and cook for about 1 minute. Use fork to swirl the eggs around the pan until curdles start to form. Continue to do this for about 2 to 3 minutes until you get your desired consistency. For firmer eggs, cook about a minute or two longer. Top with avocado.

LUNCH

KALE AND QUINOA BOWL

Serves 2

1 cup quinoa, uncooked
2 cups vegetable broth
1 cup chopped celery
1 tablespoon coconut oil
1 bunch of kale, torn
1 red bell pepper, chopped
1 15-ounce can lentils, drained and rinsed
1 avocado, diced
1 red onion, sliced
4 tablespoons balsamic vinegar
1 lemon, juiced

Add the quinoa, broth, and celery to a medium saucepan. Cover and boil for 20 minutes until all the water is absorbed. Remove from heat and set to the side.

Place a large sauté pan over medium heat. Add coconut oil. Once the oil has melted, add kale and bell pepper. Sauté until wilted.

Once the quinoa has cooled, lightly fluff with a fork. Spoon the quinoa into a large salad bowl and add sautéed vegetables, lentils, avocado, and red onion. Add balsamic vinegar and lemon juice. Toss to combine and serve.

SNACK: ¼ cup hummus and chopped vegetables

DINNER

CAULIFLOWER RICE AND CASHEW CURRY

Serves 4

Curry Ingredients:

2 tablespoons coconut oil
4 garlic cloves, minced
4 chicken breasts, cut into cubes
1½ cups canned coconut milk
½ cup puréed pumpkin
2 small red onions, sliced
2 tablespoons curry powder
2 teaspoons ground cumin
1 teaspoon cinnamon
sea salt and black pepper, to taste
¾ cup cashews
1 tablespoon cilantro leaves, to garnish

Rice Ingredients:

1 tablespoon coconut oil
2 cups raw cauliflower rice*
¾ cup canned coconut milk
¼ cup unsweetened shredded coconut
1 teaspoon raw honey
sea salt, to taste

***NOTE:** If you are based in the USA Cauliflower rice can be purchased at Whole Foods Market, Trader Joe's, and other specialty grocery stores.

Place a large frying pan over medium heat. Add coconut oil. Once the oil has melted, add minced garlic and chicken. Once the chicken begins to become white on all sides, add coconut milk and puréed pumpkin to the chicken. Stir well, then add sliced onions, curry powder, cumin, cinnamon, salt, and pepper.

Continue to stir for about 5 to 7 minutes to allow the mixture to thicken. Turn off the heat and set to the side to cool.

To cook the cauliflower rice, add coconut oil to a medium pan. Once the oil has melted, add the cauliflower rice and coconut milk. Continue to stir for about 3 minutes, then add remaining ingredients. Stir well until the liquid begins to evaporate and the rice becomes sticky.

Stir the cashews into the chicken and garnish with cilantro before serving.

DAY 3

BREAKFAST

QUINOA BREAKFAST BOWL

Serves 1

½ cup cooked quinoa
¼ cup pumpkin seeds
1 tablespoon ground flax seeds
½ cup almond milk
1 scoop protein powder
stevia, to taste


Tip: Cook quinoa ahead of time according to package instructions to make assembling this bowl a breeze.
Combine all ingredients in a bowl. Serve warm.

LUNCH

HORMONE SALAD

Serves 2

3 cups mixed greens
1 cup broccoli slaw



1 cucumber, chopped
¼ red onion, chopped
1 avocado, diced
¼ cup dried cranberries, unsulfured
2 tablespoons chia seeds
1 orange, juiced for the dressing
2 tablespoons flax oil
balsamic vinegar, to taste
sea salt and black pepper, to taste

Place the mixed greens, slaw, cucumber, and onion in a large bowl. Top with avocado and cranberries. Squeeze the juice of 1 orange over the salad. Next, top with flax oil and balsamic vinegar. Season with sea salt and black pepper to taste. Mix well and serve.

SNACK: 1 green apple and 2 tablespoons almond butter

DINNER

BISON BURGER WITH SALAD

Serves 4

Burger Ingredients:

2 pounds ground bison
sea salt and black pepper, to taste
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon coconut oil

Dressing Ingredients:

¼ cup tahini
1 lemon, juiced
1 garlic clove, chopped
1 teaspoon dulse flakes
sea salt and black pepper, to taste

Salad Ingredients:

4 cups spinach

1 BPA-free can garbanzo beans, drained and rinsed
1 cucumber, chopped
¼ red onion, sliced
1 avocado, diced

Place bison in a mixing bowl. Add salt, pepper, garlic powder, and onion powder and mix well to combine. Form into 4 patties. Melt coconut oil in a hot pan; add patties. Fry on each side for about 5 minutes until the center is no longer red. Set to the side to cool.

To make the salad dressing, combine all the dressing ingredients in a small mixing bowl and mix with a fork.

Place spinach in a large salad bowl. Top with garbanzo beans, cucumber, onion, and avocado. Pour the dressing over top and mix well before serving.

SNACKS

SESAME KALE CHIPS

Serves 2

1 bunch kale
1 heaping tablespoon coconut oil
1 teaspoon garlic powder
1 teaspoon ginger powder
½ teaspoon sea salt
1 tablespoon sesame seeds

Preheat your oven to 350 degrees F/180 degrees C. Wash and dry the kale. Strip the kale leaves from the stem and tear the leaves into a large mixing bowl. Add coconut oil, garlic powder, ginger powder, salt, and sesame seeds. Mix well and spread on to a baking sheet. Bake for 10 to 12 minutes until crisp.

DATE WITH ALMOND BUTTER

Serves 1

1 date
½ teaspoon raw almond butter



Split the date in half, lengthwise. Spoon in almond butter and enjoy.

AVOCADO WITH SEA SALT

Serves 1

½ avocado
1 dash garlic powder
1 dash sea salt
1 tsp dulse flakes

Sprinkle half an avocado with garlic powder, salt, and dulse.

ALMOND SESAME PROTEIN BALLS

Serves 2

½ cup almonds
½ cup sesame seeds
6 pitted dates
1 tablespoon coconut oil
½ cup raw almond butter
2 tablespoons chia seeds

Combine first five ingredients in a high-speed blender. Blend until the almonds are finely chopped. Scoop into 1-inch balls and lightly roll the balls in the chia seeds. Place the balls in a covered container. Refrigerate at least 1 hour before serving. Store refrigerated for up to 1 week.