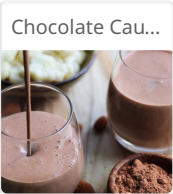
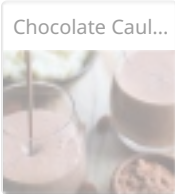

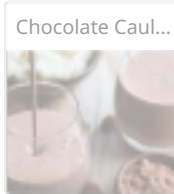
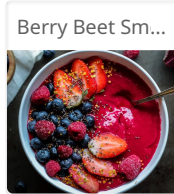
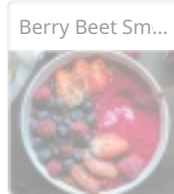
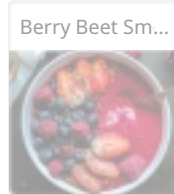
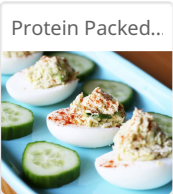
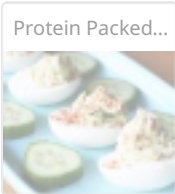
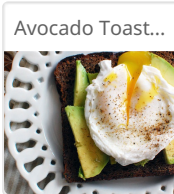
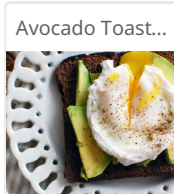
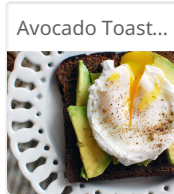
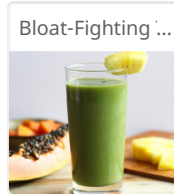
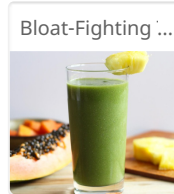
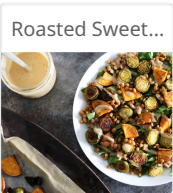
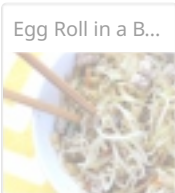
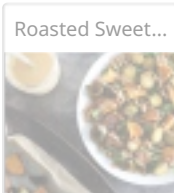
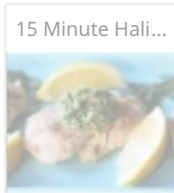
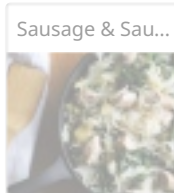
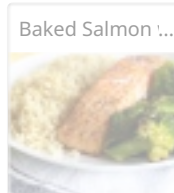
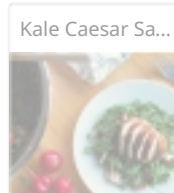



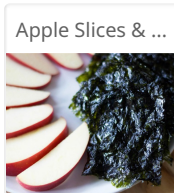
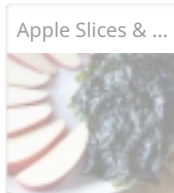
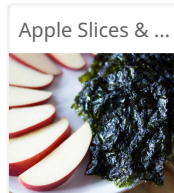
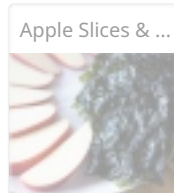

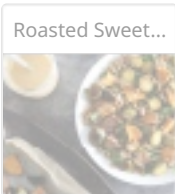
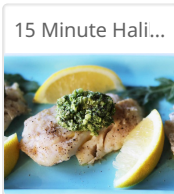
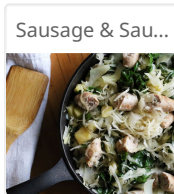
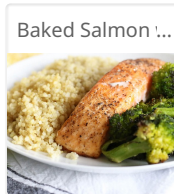
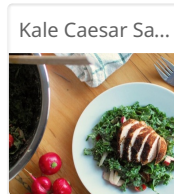
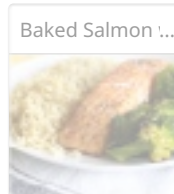




## Calm Parent Hormone Balancing Diet

Created by Michal Ofer Lifestyle & Wellness for [www.calmparent.net](http://www.calmparent.net)



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Cau... 	Chocolate Caul... 	Chocolate Caul... 	Chocolate Caul... 	Berry Beet Sm... 	Berry Beet Sm... 	Berry Beet Sm... 
Snack 1	Protein Packed... 	Protein Packed... 	Avocado Toast... 	Avocado Toast... 	Avocado Toast... 	Bloat-Fighting ... 	Bloat-Fighting ... 
Lunch	Roasted Sweet... 	Egg Roll in a B... 	Roasted Sweet... 	15 Minute Hali... 	Sausage & Sau... 	Baked Salmon ... 	Kale Caesar Sa... 
Snack 2	Grapefruit 	Grapefruit 	Grapefruit 	Apple Slices & ... 	Apple Slices & ... 	Apple Slices & ... 	Apple Slices & ... 
Dinner	Egg Roll in a B... 	Roasted Sweet... 	15 Minute Hali... 	Sausage & Sau... 	Baked Salmon ... 	Kale Caesar Sa... 	Baked Salmon ... 



# Hormone Balancing Diet

 69 items

## Fruits

- 5 Apple
- 2 Avocado
- 4 Banana
- 3 Grapefruit
- 1 1/8 Lemon
- 1 cup Papaya
- 1 cup Pineapple

## Breakfast

- 1/4 cup Almond Butter
- 2 1/4 tsps Maple Syrup

## Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 2 tsps Chia Seeds
- 1/2 tsp Cumin
- 1 1/2 tsps Paprika
- 2 tsps Pumpkin Seeds
- 3/4 tsp Sea Salt
- Sea Salt & Black Pepper
- 2 2/3 tsps Slivered Almonds

## Frozen

- 4 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries

## Vegetables

- 7 cups Baby Spinach
- 1 cup Bean Sprouts
- 1 1/2 Beet
- 6 cups Broccoli
- 3 cups Brussels Sprouts
- 1/4 cup Cherry Tomatoes
- 3 cups Coleslaw Mix
- 1 1/2 Cucumber
- 2 tsps Fresh Dill
- 4 Garlic
- 1 1/2 tsps Ginger
- 3 1/2 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Mint Leaves
- 4 cups Mixed Greens
- 1/2 cup Parsley
- 1/4 cup Radishes
- 1 1/2 Sweet Potato
- 2 cups Swiss Chard
- 1 1/2 tsps Thyme
- 1 Yellow Onion

## Boxed & Canned

- 1 1/2 cups Lentils
- 3/4 cup Quinoa
- 1 can Tuna

## Baking

- 1/2 cup Cacao Powder
- 1 1/2 tsps Pitted Dates

## Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 10 ozs Halibut Fillet
- 1/2 lb Lean Ground Pork
- 3 slices Organic Bread
- 5 ozs Organic Chicken Sausage
- 15 ozs Salmon Fillet

## Condiments & Oils

- 3 tsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 tsps Coconut Aminos
- 2 1/4 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Sauerkraut
- 3 tsps Tahini




## Cold

- 7 Egg
- 5 1/2 cups Unsweetened Almond Milk

## Other

- 1 cup Chocolate Protein Powder
- 5 Ice Cubes
- 2 tsps Maca Powder
- 8 Nori Sheets
- 1 1/2 tsps Schisandra Berry Powder
- 2 1/3 cups Water

# Chocolate Cauliflower Shake

 7 ingredients  5 minutes  2 servings

## Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

## Notes

**Make it Mocha** Replace half of the almond milk with chilled coffee.




**Likes it Sweeter** Add pitted medjool dates.

**No Maca Powder** Leave it out or use cinnamon instead.

## Ingredients

<b>2 cups</b>	Frozen Cauliflower
<b>2</b>	Banana (frozen)
<b>2 tbsps</b>	Almond Butter
<b>1/4 cup</b>	Cacao Powder
<b>1/2 cup</b>	Chocolate Protein Powder
<b>2 cups</b>	Unsweetened Almond Milk
<b>1 tbsp</b>	Maca Powder

# Berry Beet Smoothie Bowl

 6 ingredients  10 minutes  3 servings

## Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

## Notes




**Topping Ideas** Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

**No Schisandra Berry Powder** Leave it out, or use acai powder instead.

## Ingredients

- |                    |                                 |
|--------------------|---------------------------------|
| <b>1 1/2</b>       | Beet (medium, peeled and diced) |
| <b>1 1/2 cups</b>  | Frozen Mango                    |
| <b>1 1/2 cups</b>  | Frozen Raspberries              |
| <b>1 1/2 tbsps</b> | Pitted Dates                    |
| <b>1 1/2 tsps</b>  | Schisandra Berry Powder         |
| <b>1 1/2 cups</b>  | Unsweetened Almond Milk         |

# Protein Packed Deviled Eggs

 7 ingredients  20 minutes  2 servings

## Directions




1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

## Ingredients

- |         |                                    |
|---------|------------------------------------|
| 4       | Egg (hard boiled)                  |
| 1 can   | Tuna (drained)                     |
| 1/2     | Avocado                            |
| 1 stalk | Green Onion (chopped)              |
|         | Sea Salt & Black Pepper (to taste) |
| 1/2 tsp | Paprika                            |
| 1/2     | Cucumber (sliced)                  |



# Avocado Toast with a Poached Egg

 6 ingredients  15 minutes  1 serving

## Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

## Ingredients

<b>1 slice</b>	Organic Bread (we like Dimpflmeier)
<b>1/2</b>	Avocado
	Sea Salt & Black Pepper (to taste)
<b>1</b>	Egg
<b>1 tbsp</b>	Apple Cider Vinegar
<b>1/8 tsp</b>	Sea Salt

# Bloat-Fighting Tropical Smoothie

 8 ingredients  5 minutes  1 serving

## Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

## Notes

**Likes it Sweet** Add raw honey.




**More Protein** Add hemp seeds or a scoop of vanilla protein powder.

## Ingredients

<b>1/2 cup</b>	Papaya (chopped)
<b>1/2 cup</b>	Pineapple (chopped)
<b>1/2</b>	Cucumber (chopped)
<b>2 1/2</b>	Ice Cubes
<b>1/4 cup</b>	Mint Leaves
<b>1/2 cup</b>	Baby Spinach
<b>1 tbsp</b>	Chia Seeds
<b>1/2 cup</b>	Water



# Roasted Sweet Potato & Brussels Sprouts Salad

 11 ingredients  30 minutes  3 servings

## Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

## Notes

**No Brussels Sprouts** Use broccoli instead.




**Sprouts**

**No Lentils** Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

## Ingredients

- 1 1/2** Sweet Potato (medium. sliced into 1 inch cubes)
- 3 cups** Brussels Sprouts (washed and halved)
- 2 1/4 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tsps** Tahini
- 2 1/4 tsps** Maple Syrup
- 3 tsps** Water (warm)
- 1/8 tsp** Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp** Sea Salt
- 1 1/2 cups** Lentils (cooked, drained and rinsed)
- 6 cups** Baby Spinach (chopped)

# Grapefruit

 1 ingredients  5 minutes  1 serving

## Directions

1. Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!




## Notes

**Cut the flavour** Sprinkle with a pinch of sea salt.

## Ingredients

1 Grapefruit

# Apple Slices & Nori Crisps

 3 ingredients  5 minutes  2 servings

## Directions

1. Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
2. Slice apples and divide onto plates with nori crisps. Enjoy!

## Notes

**Save Time** Buy pre-toasted nori sheets.

## Ingredients

- |         |                        |
|---------|------------------------|
| 4       | Nori Sheets            |
| 1/3 tsp | Extra Virgin Olive Oil |
| 2       | Apple (medium)         |



# Egg Roll in a Bowl

 9 ingredients  30 minutes  2 servings

## Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

## Notes




**No Coconut Aminos** Use tamari or soy sauce instead.

**Meat-Free** Replace the ground meat with scrambled eggs or tofu.

## Ingredients

<b>1 tbsp</b>	Avocado Oil
<b>1/2</b>	Yellow Onion (medium, diced)
<b>2 1/2 stalks</b>	Green Onion (diced)
<b>2</b>	Garlic (cloves, minced)
<b>1 1/2 tsps</b>	Ginger (peeled and grated)
<b>1/2 lb</b>	Lean Ground Pork
<b>3 cups</b>	Coleslaw Mix
<b>1 cup</b>	Bean Sprouts
<b>2 tsps</b>	Coconut Aminos

# 15 Minute Halibut with Dill Pesto

 10 ingredients  15 minutes  2 servings

## Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 - 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

## Notes




- Nut Free** Use pumpkin seeds or sunflower seeds instead.
- Save Time** Blend up the pesto in advance.
- More Carbs** Serve it with rice, quinoa or roasted mini potatoes.

## Ingredients

- |                    |                           |
|--------------------|---------------------------|
| <b>1/2 cup</b>     | Parsley (packed)          |
| <b>2 tbsps</b>     | Fresh Dill (packed)       |
| <b>2 2/3 tbsps</b> | Slivered Almonds          |
| <b>1 1/2 tbsps</b> | Extra Virgin Olive Oil    |
| <b>1/2</b>         | Lemon (juiced)            |
| <b>1/2</b>         | Garlic (clove)            |
|                    | Sea Salt & Black Pepper   |
| <b>10 ozs</b>      | Halibut Fillet            |
| <b>3/4 tsp</b>     | Coconut Oil               |
| <b>4 cups</b>      | Mixed Greens (or Arugula) |



# Sausage & Sauerkraut Skillet

 7 ingredients  40 minutes  2 servings



## Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

## Notes

**Vegan and Vegetarian** Skip the sausage and use cooked lentils instead.




**No Swiss Chard** Use kale or spinach instead.

## Ingredients

<b>5 ozs</b>	Organic Chicken Sausage
<b>1 1/2 tsps</b>	Coconut Oil
<b>1/2</b>	Yellow Onion (diced)
<b>1</b>	Apple (peeled, cored and diced)
<b>1</b>	Garlic (cloves, minced)
<b>2 cups</b>	Swiss Chard (washed, stems removed and chopped)
<b>1 cup</b>	Sauerkraut (liquid drained off)



# Baked Salmon with Broccoli & Quinoa

 7 ingredients  20 minutes  3 servings

## Directions

1. Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## Notes

**Leftovers** Store covered in the fridge up to 2 days.




**Speed it Up** Cook the quinoa ahead of time.

**Vegan** Use tofu steaks instead of salmon fillets.

## Ingredients

<b>15 ozs</b>	Salmon Fillet
	Sea Salt & Black Pepper (to taste)
<b>6 cups</b>	Broccoli (sliced into small florets)
<b>1 1/2 tbsps</b>	Extra Virgin Olive Oil
<b>3/4 cup</b>	Quinoa (uncooked)
<b>1 1/8 cups</b>	Water
<b>1/3</b>	Lemon (sliced into wedges)

# Kale Caesar Salad with Blackened Chicken

 15 ingredients  50 minutes  2 servings

## Directions

1. Preheat oven to 420 . Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
2. Remove garlic from oven and set aside until cool. Reduce oven to 350 and lightly oil a baking sheet.
3. In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
4. Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
5. Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
6. Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
7. Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

## Notes

**Vegetarian**      Swap the chicken for roasted chickpeas.

## Ingredients

<b>1/2</b>	Garlic (entire bulb)
<b>8 ozs</b>	Chicken Breast
<b>1 tsp</b>	Paprika
<b>1/4 tsp</b>	Sea Salt
<b>1/4 tsp</b>	Cayenne Pepper
<b>1/2 tsp</b>	Cumin
<b>1 1/2 tsps</b>	Thyme
<b>1/2 tsp</b>	Black Pepper
<b>2 1/2 tbsps</b>	Extra Virgin Olive Oil
<b>1/4</b>	Lemon (juiced)
<b>1 tbsps</b>	Dijon Mustard
<b>2 cups</b>	Kale Leaves
<b>1/4 cup</b>	Radishes (thinly sliced)
<b>1/4 cup</b>	Cherry Tomatoes (halved)
<b>2 tbsps</b>	Pumpkin Seeds