






































## Calm Parent Hormone Optimizing Diet

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



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Banana Cocon... 	Banana Cocon... 	Peanut Butter ... 	Peanut Butter ... 	Blueberry Beet... 	Blueberry Beet... 	Blueberry Beet... 
<b>Snack 1</b>	Yogurt & Berri... 	Yogurt & Berri... 	Salt n' Vinegar... 	Salt n' Vinegar... 	Trail Mix With ... 	Trail Mix With ... 	Trail Mix With ... 
<b>Lunch</b>	Slow Cooker B... 	Apple Turkey B... 	Slow Cooker H... 	Creamy Garlic ... 	Creamy Garlic ... 	Slow Cooker BL... 	Slow Cooker BL... 
<b>Snack 2</b>	Peanut Butter ... 	Peanut Butter ... 	Peanut Butter ... 	Brownie Batter... 	Brownie Batter... 	Brownie Batter... 	Brownie Batter... 
<b>Dinner</b>	Apple Turkey B.. 	Slow Cooker H... 	Creamy Garlic ... 	Baked Salmon ... 	Mexican Black ... 	Kale Greek Sal... 	Kale Greek Sal... 

# Hormone Optimizing Diet

 74 items

## Fruits

- ☐ 1 Apple
- ☐ 1/4 Avocado
- ☐ 9 Banana
- ☐ 1 cup Blueberries
- ☐ 1 2/3 Lemon
- ☐ 1 Lime
- ☐ 3/4 cup Strawberries

## Breakfast

- ☐ 2/3 cup All Natural Peanut Butter
- ☐ 2 3/4 tbsps Maple Syrup
- ☐ 3 1/2 tbsps Pumpkin Seed Butter
- ☐ 1/2 cup Steel Cut Oats

## Seeds, Nuts & Spices

- ☐ 2/3 tsp Black Pepper
- ☐ 1/4 tsp Cayenne Pepper
- ☐ 1 1/16 cups Chia Seeds
- ☐ 1 1/4 tbsps Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 cup Clean Trail Mix
- ☐ 1 1/2 tsps Cumin
- ☐ 1 1/2 tsps Curry Powder
- ☐ 1/4 tsp Dried Thyme
- ☐ 1 tsp Garam Masala
- ☐ 1/4 tsp Ground Sage
- ☐ 1/2 tsp Nutmeg
- ☐ 1/4 tsp Oregano
- ☐ 1 1/2 tsps Paprika
- ☐ 1/4 cup Pecans
- ☐ 1 2/3 tsps Sea Salt
- ☐ Sea Salt & Black Pepper

## Vegetables

- ☐ 1 Beet
- ☐ 2 cups Broccoli
- ☐ 1/2 Carrot
- ☐ 1 stalk Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/2 Cucumber
- ☐ 5 1/2 Garlic
- ☐ 1/4 Green Bell Pepper
- ☐ 1/2 head Green Lettuce
- ☐ 10 cups Kale Leaves
- ☐ 1/4 cup Mushrooms
- ☐ 2 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1 Sweet Potato
- ☐ 1 1/2 Yellow Onion

## Boxed & Canned

- ☐ 4 3/4 cups Black Beans
- ☐ 2 cups Chickpeas
- ☐ 3/4 cup Crushed Pineapple
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 1 3/4 cups Organic Coconut Milk
- ☐ 3/4 cup Quinoa

## Baking

- ☐ 2 tsps Cacao Powder
- ☐ 1/2 cup Oats
- ☐ 1/3 cup Organic Dark Chocolate Chips
- ☐ 3 1/2 tbsps Pitted Dates
- ☐ 1/4 cup Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

- ☐ 1/2 lb Beef Brisket
- ☐ 6 ozs Beef Tenderloin
- ☐ 2 ozs Brie Cheese
- ☐ 1/2 lb Extra Lean Ground Turkey
- ☐ 1/4 cup Feta Cheese
- ☐ 5 ozs Salmon Fillet

## Condiments & Oils

- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 2 1/2 tbsps Coconut Oil
- ☐ 2 1/3 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tbsps Red Wine Vinegar
- ☐ 1 tbsp Tamari

## Cold

- ☐ 6 Egg
- ☐ 2 cups Plain Greek Yogurt
- ☐ 4 1/8 cups Unsweetened Almond Milk

## Other




- ☐ 1/3 cup Chocolate Protein Powder
- ☐ 3 1/8 cups Water

## Frozen

- ☐ 3 Brown Rice Tortillas
- ☐ 2 cups Frozen Berries



# Banana Coconut Steel Cut Oats

 6 ingredients  25 minutes  2 servings

## Directions

1. In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
2. Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
3. Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

## Notes

**Make it Sweeter** Top with sliced banana or a drizzle of maple syrup.




**On-the-Go** Pack the oats into mason jars and reheat before eating.

**No Coconut Milk** Use unsweetened almond milk.

## Ingredients

- |                |                                      |
|----------------|--------------------------------------|
| <b>3/4 cup</b> | Organic Coconut Milk (canned)        |
| <b>3/4 cup</b> | Water                                |
| <b>1/2 cup</b> | Steel Cut Oats (uncooked)            |
| <b>1</b>       | Banana (very ripe)                   |
| <b>1/4 cup</b> | Pecans (toasted)                     |
| <b>1/4 cup</b> | Unsweetened Coconut Flakes (toasted) |

# Peanut Butter Banana Oat Smoothie

 4 ingredients  5 minutes  2 servings

## Directions

1. Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

## Notes

**No Banana** Sweeten with raw honey, maple syrup or a few soaked dates.

**No Peanut Butter** Use any nut or seed butter.

**Storage** Store in a mason jar with lid in the fridge up to 48 hours.




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

**More Fibre** Add ground flax seed.

## Ingredients

<b>1/2 cup</b>	Oats (quick or traditional)
<b>1/4 cup</b>	All Natural Peanut Butter
<b>2</b>	Banana
<b>1 cup</b>	Unsweetened Almond Milk

# Blueberry Beet Chia Pudding

 7 ingredients  3 hours  4 servings

## Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
2. Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
3. Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
4. Remove chia pudding from fridge. Add desired toppings and enjoy!

## Notes

**Save Time** Buy canned beets. Make sure they are not pickled!




**Topping Ideas** Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.

## Ingredients

1	Beet (medium)
3 cups	Unsweetened Almond Milk
1 cup	Organic Coconut Milk
1 cup	Blueberries (fresh or frozen)
1 tsp	Cinnamon
2 tbsps	Maple Syrup
1 cup	Chia Seeds



# Yogurt & Berries

 2 ingredients  5 minutes  2 servings

## Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## Notes




**Dairy-Free** Use a dairy-free yogurt like coconut, almond or cashew.

**No Frozen Berries** Use any type of fresh fruit instead.

## Ingredients

<b>2 cups</b>	Plain Greek Yogurt
<b>2 cups</b>	Frozen Berries (thawed)

# Salt n' Vinegar Hard Boiled Eggs

 3 ingredients  35 minutes  2 servings

## Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!




## Ingredients

- |                |                               |
|----------------|-------------------------------|
| <b>4</b>       | Egg                           |
| <b>1/2 tsp</b> | Sea Salt (divided)            |
| <b>2 tbsps</b> | Apple Cider Vinegar (divided) |



# Trail Mix With Banana



 2 ingredients  5 minutes  1 serving



## Directions

1. Divide trail mix into bowls or containers, and serve with a banana on the side. Happy snacking!

## Ingredients

1/3 cup	Clean Trail Mix
1	Banana

# Slow Cooker Black Bean Soup

 11 ingredients  4 hours  3 servings

## Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

## Notes

**Toppings** Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

**Stove Top** If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

## Ingredients

<b>1 tbsp</b>	Extra Virgin Olive Oil
<b>1/2</b>	Yellow Onion (finely diced)
<b>1 stalk</b>	Celery (diced)
<b>1/2</b>	Carrot (large, chopped)
<b>3</b>	Garlic (cloves, minced)
<b>1 1/2 tsps</b>	Cumin
<b>1/4 tsp</b>	Cayenne Pepper
<b>3 cups</b>	Black Beans (cooked, drained and rinsed)
<b>1 1/2 cups</b>	Diced Tomatoes
<b>1 cup</b>	Water
<b>1</b>	Lime (juiced)

# Peanut Butter & Jelly Banana Rolls

 6 ingredients  1 hour  3 servings

## Directions

1. Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
4. Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

## Notes




**No Strawberries** Use any type of berry instead.

## Ingredients

<b>3/4 cup</b>	Strawberries (halved)
<b>2 1/4 tsps</b>	Maple Syrup
<b>2 1/4 tsps</b>	Chia Seeds
<b>3</b>	Brown Rice Tortillas
<b>3</b>	Banana (peeled)
<b>1/3 cup</b>	All Natural Peanut Butter



# Brownie Batter Protein Balls

 7 ingredients  40 minutes  3 servings

## Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!




## Notes

- Serving Size** Nutrition information is calculated based on 3 balls per serving.
- Storage** Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.
- No Pumpkin Seed Butter** Use tahini, sunflower butter, almond butter or peanut butter instead.
- Preferred Protein Powder** This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use this or a plant-based protein powder.

## Ingredients

- 3 1/2 tbsps** Pitted Dates (packed)
- 1 1/3 cups** Black Beans (cooked)
- 1/3 cup** Chocolate Protein Powder
- 3 1/2 tbsps** Pumpkin Seed Butter
- 1/3 tsp** Sea Salt
- 2 tsp** Cacao Powder
- 1/3 cup** Organic Dark Chocolate Chips (optional)

# Apple Turkey Burgers with Caramelized Onions and Brie

 11 ingredients  45 minutes  2 servings

## Directions

1. Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1-2 tbsp of water at a time to deglaze the pan. Set aside.
2. Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
3. In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
4. Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear (or internal temperature reaches 165 F). Remove from grill.
5. Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

## Notes

- BBQ Lover** Grill your apple slices too.
- No Grill** Cook burgers in the oven at 350 for 15 minutes per side.
- More Carbs** Serve on a bed of brown rice or in a brown rice tortilla wrap.
- Leftovers** Can be frozen up to 6 months in an airtight container.

## Ingredients

- |                   |  |
|-------------------|--|
| <b>1 1/2 tsps</b> | Coconut Oil                                      |
| <b>1</b>          | Yellow Onion (peeled and finely sliced)          |
| <b>1</b>          | Apple (green, divided)                           |
| <b>1/2 lb</b>     | Extra Lean Ground Turkey                         |
| <b>1 tsp</b>      | Dijon Mustard                                    |
| <b>1/4 tsp</b>    | Ground Sage                                      |
| <b>1/4 tsp</b>    | Dried Thyme                                      |
| <b>1/2 tsp</b>    | Sea Salt   |
| <b>1/8 tsp</b>    | Black Pepper                                     |
| <b>2 ozs</b>      | Brie Cheese                                      |
| <b>1/2 head</b>   | Green Lettuce (separated into leaves and washed) |



# Slow Cooker Hawaiian Beef

 10 ingredients  6 hours  2 servings

## Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing 2 cups of water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

## Notes

**Make it Paleo** Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

**Storage** Store in an airtight container in the fridge up to 3 days.




**Save Time** Cook the quinoa in advance and reheat before serving.

## Ingredients

<b>1/2 lb</b>	Beef Brisket
<b>1 1/2</b>	Red Bell Pepper (sliced)
<b>3/4 cup</b>	Crushed Pineapple (canned, packed in pineapple juice)
<b>1/4 cup</b>	Red Onion (finely diced)
<b>1 tbsp</b>	Apple Cider Vinegar
<b>1 tbsp</b>	Tamari
<b>1</b>	Garlic (cloves, minced)
	Sea Salt & Black Pepper (to taste)
<b>1 cup</b>	Water
<b>1/2 cup</b>	Quinoa (dry)



# Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

 14 ingredients  40 minutes  3 servings

## Directions

1. Preheat the oven to 400. Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
2. Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 - 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
3. Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
4. Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

## Notes

**Save Time** Used pre-washed and sliced bagged kale.

**No Kale** Use spinach, romaine or any leafy green.




**No Sweet Potato** Use diced carrot or beet instead.

**Make it Ahead** The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.

## Ingredients

1	Garlic (whole bulb)
2 cups	Chickpeas (cooked, drained and rinsed)
1	Sweet Potato (diced into half inch cubes)
1 1/2 tbsps	Coconut Oil (melted)
1 1/2 tsps	Curry Powder
1 tsp	Garam Masala
1 tbsp	Chili Powder
1 tsp	Paprika
1/4 cup	Extra Virgin Olive Oil
1	Lemon (juiced)
2 tsps	Dijon Mustard
1/2 tsp	Black Pepper
1/4 tsp	Sea Salt
8 cups	Kale Leaves (chopped)

# Baked Salmon with Broccoli & Quinoa

 7 ingredients  20 minutes  1 serving

## 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>5 ozs</b>	Salmon Fillet
	Sea Salt & Black Pepper (to taste)
<b>2 cups</b>	Broccoli (sliced into small florets)
<b>1 1/2 tsps</b>	Extra Virgin Olive Oil
<b>1/4 cup</b>	Quinoa (uncooked)
<b>1/3 cup</b>	Water
<b>1/8</b>	Lemon (sliced into wedges)



# Mexican Black Bean Omelette

 11 ingredients  15 minutes  1 serving

## Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

## Ingredients

1 1/2 tsps	Coconut Oil
2	Egg (whisked)
2 tbsps	Unsweetened Almond Milk
1/4	Green Bell Pepper (finely diced)
1/2 cup	Black Beans (cooked, drained and rinsed)
1/4 cup	Mushrooms (diced)
3/4 tsp	Chili Powder
1/2 tsp	Nutmeg
1/2 tsp	Paprika
	Sea Salt & Black Pepper (to taste)
1/4	Avocado (diced)



# Kale Greek Salad with Steak

 15 ingredients  40 minutes  2 servings

## Directions

1. Preheat oven to 425 and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
2. Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
3. Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
4. Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
5. Increase the oven temperature to 500 and move the rack to the top setting.
6. Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
7. Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

## Notes

**Vegan & Vegetarians** Skip the steak and add roasted chickpeas.

## Ingredients

<b>1/2</b>	Red Bell Pepper (de-seeded and cut into slices)
<b>1/4 cup</b>	Red Onion (finely sliced)
<b>1/2</b>	Cucumber (diced)
<b>2 cups</b>	Kale Leaves (finely chopped)
<b>1/2 cup</b>	Cherry Tomatoes (halved)
<b>1/4 cup</b>	Pitted Kalamata Olives (diced)
<b>1/4 cup</b>	Feta Cheese (crumbled)
<b>3 tbsps</b>	Extra Virgin Olive Oil
<b>1 1/2 tbsps</b>	Red Wine Vinegar
<b>1/4 tsp</b>	Oregano
<b>1/2</b>	Lemon (juiced)
<b>1/2</b>	Garlic (clove, minced)
<b>1/8 tsp</b>	Sea Salt
<b>1/16 tsp</b>	Black Pepper
<b>6 ozs</b>	Beef Tenderloin