

Happy Hormones  
FOR LIFE



# WEEK 1 MEAL PLANNER

## ENTRY LEVEL



# INTRODUCTION

This is a suggested meal plan for the ENTRY level for Week 1. It is for your use as a guide to help you choose and cook hormone friendly dishes during your programme. You can follow it exactly, mix and match or ignore it and do your own thing completely. All the recipes are available in the Recipes download. Check the Shopping Guide for ingredients you're not familiar with.

## Shopping List

### Fresh;

Coconut water  
Coconut and/or natural yoghurt  
Avocados  
Lemons, Limes  
Courgettes  
Celery  
Cucumbers  
Cherry tomatoes  
Carrots  
Aubergines  
Leeks  
Spinach  
Peppers (red and yellow)  
Peas (frozen)  
Spring onions  
Shallots, onions  
Kale  
Collard Greens  
Gem lettuce  
Salad leaves  
Cauliflower  
Herbs; mint, parsley, basil, coriander  
Red chilli  
Garlic cloves  
Root ginger

Eggs  
Bacon (organic, free range)  
Beef mince (organic)  
Chicken breasts (organic, boneless, skinless)  
Salmon steaks (organic/wild Alaskan)  
Cheddar cheese (organic)  
Feta cheese  
Ricotta  
Parmesan cheese (optional)  
Dairy milk (full-fat, organic) optional  
Your choice of organic fruit & extra veg

### Store cupboard;

Protein powder & Life Drink (for smoothies)  
Coconut milk (full fat)  
Almond milk (organic, unsweetened)  
Coconut or brown rice flour  
Seeds (chai, flax, sesame, hemp, sunflower and pumpkin)  
Nuts (cashews, almonds, pecans, walnuts)  
Cashew nut butter  
Red lentils  
Tuna (tinned, preferably line caught/sustainable)  
Tomato passata (large jars)  
Quinoa (ready-cooked)  
Brown rice (raw or ready-cooked)  
Tahini  
Olive oil (extra virgin)  
Coconut oil (cold pressed organic)  
Toasted sesame oil  
Tamari sauce  
Balsamic vinegar  
Apple Cider Vinegar  
Organic vegetable and chicken stock (cubes are OK)  
Raw honey, organic maple syrup or coconut nectar  
Gluten free oats  
Baking powder (gluten free)  
Organic tea and/or coffee (real)  
Herbal teas

Cinnamon  
Nutmeg  
Oregano  
Curry powder  
Salt (sea or pink Himalayan)  
Black pepper  
Stock cubes (gluten-free, chicken & vegetable)  
Gluten-free lasagne sheets  
Pesto (Meridian Free-From) or pine nuts to make own  
Sea salt or Pink Himalayan salt  
Brown rice pasta (Doves is great)  
Vanilla paste or extract

# WEEK 1 | EAT

**These recipes are designed to balance your blood sugar, keeping you full for longer and reducing your sugar/carb cravings. If you are vegetarian or vegan, you can swap meals for recipes labelled V in the Recipe handout.**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Porridge	2 eggs
<b>Lunch</b>	Little Gem Tuna wraps	Salad with leftover frittata	Leftover pesto chicken with salad	Leftover quinoa tabbouleh with feta cheese	Chicken satay wraps	Leftover pea fritters & salad	Any soup
<b>Dinner</b>	Vegetable frittata & chilli salsa	Pesto chicken with cauliflower rice & veg	Spicy mango salmon with quinoa tabbouleh	Chicken satay skewers with brown rice & veg	Green pea fritters with roasted veg	Organic beef burgers with sweet potato fries & sauteed greens	Aubergine lasagne with salad
<b>Drinks</b>	Water, herbal tea, real coffee, tea with organic milk Optional; 1 unit alcohol per day						

***These are just suggestions to help you plan your week. You can mix them up or use your own from the food lists. All recipes are Gluten Free.***