

Happy Hormones
FOR LIFE



WEEK 2 MEAL PLANNER

ENTRY LEVEL



INTRODUCTION

This is a suggested meal plan for the ENTRY level for Week 2. 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.

Shopping List;

Fresh;

Coconut yoghurt
Natural yoghurt
Avocados
Lemons, Limes
Courgettes
Celery
Cucumbers
Carrots
Spinach
Peppers (red & yellow)
Spring onions
Onions
Leeks
Kale
Tomatoes
Cauliflower
Collard Greens
Romaine lettuce
Gem lettuce
Asparagus tips
Fine green beans
Sweet potatoes
Mint, parsley, basil, coriander
Chives (optional)
Your choice of organic fruit & extra veg

Garlic cloves
Red chilli's
Ginger root
Eggs
Bacon (organic, free range)
Chicken breast (organic, boneless, skinless)
Steaks (organic, grass-fed)
Lamb (stewing, organic)
Smoked salmon (preferably wild Alaskan)
Halloumi cheese
Parmesan cheese
Crème fraiche (organic)
Cheddar cheese (organic)
Goats cheese

Store cupboard;

Protein powder & Life Drink (for smoothies)
Maca (optional)
Seeds (chai, flax, sunflower and pumpkin)
Nuts (almonds, pecans, walnuts)
Tahini
Desiccated coconut (or coconut flakes)
Cinnamon
Nutmeg
Smoked paprika
Cumin
Ground coriander
Cayenne pepper
Turmeric powder
Chilli flakes
Salt (sea or pink Himalayan)
Black pepper
Coconut oil
Olive oil
Mustard
Sardines (tinned, in olive oil)
Black beans (canned)
Red lentils
Tuna (tinned, line caught/sustainable)
Baking powder

Coconut flour
Almond flour
Raw honey
Gluten-free oats
Brown rice pasta
Passata (large jars)
Stock cubes (gluten-free, vegetable and/or chicken)

WEEK 2 | REST

These recipes are designed to reduce any potential dietary stressors. If you are vegetarian or vegan, you can swap meals for recipes labelled V in the Recipe handout.

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Coconut banana muffins	2 eggs
Lunch	Grilled halloumi salad	Leftover chicken fajitas	Sardine paté with little gems	Leftover frittata & salad	Leftover tuna pasta bake	Any soup	Leftover quiche with salad
Dinner	Chicken fajitas	Steak, chilli salsa and cauliflower cheese	Goats cheese & asparagus frittata	Tuna pasta bake & salad	Mexican sweet potatoes	Paleo Quiche with veg or salad	Slow cooked lamb curry
Drinks	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 ood lists. All recipes are Gluten Free.