

Happy Hormones
FOR LIFE



WEEK 4-5 MEAL PLANNER

ENTRY LEVEL



INTRODUCTION

This is a suggested meal plan for the ENTRY level for Week 4. 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;

Avocados
Lemons
Limes
Courgettes
Celery
Cucumbers
Spinach
Peppers (red and yellow)
Tomatoes
Cherry tomatoes
Spring onions
Red onions
Onions
Leeks
Carrots
Fine green beans or sugar snaps
mushrooms
Sweet potatoes
Butternut squash
Kale
Collard Greens
Gem lettuce
Rocket or lettuce
Mintt, parsley, rosemary, coriander, basil, mint
Your choice of organic fruit

Garlic cloves
Red chilli's
Ginger root
Eggs
Bacon (organic, free range)
Chicken breasts (organic, boneless, skinless)
Steak (organic, grass-fed)
Lamb (roundtop, boneless or chops or shanks)
Cod fillets
King prawns

Store Cupboard;

Protein powder & Life Drink (for smoothies)
Seeds (chai, flax, hemp, sunflower and pumpkin)
Nuts (almonds, pecans, walnuts)
Tahini
Cinnamon
Nutmeg
Cumin
Ground coriander
Chilli powder
Oregano
Saffron
Salt (sea or pink Himalayan)
Black pepper
Mild curry powder
Preserved lemon (optional)
Thai green curry paste
Stock cubes (gluten-free, vegetable and/or chicken)
Coconut oil
Olive oil
Fish sauce
Gluten-free oats
Raw honey
Quinoa (ready-cooked sachets)
Chickpeas (canned)
Puy lentils (raw or ready-cooked sachet)
Pinto or black beans (tinned)
Nutritional yeast flakes
Passata (large jar)

WEEK 4 | MOVE

Continuing your gluten and dairy free programme, these recipes will also help to increase your metabolism and burn fat.

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Breakfast	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	2 eggs	Bircher muesli
Lunch	Quinoa falafel with avocado and tomato relish	Leftover chicken with salad	Leftover prawns in gem lettuce wraps with avocado	Leftover vegetable frittata	Leftover steak salad	Baked sweet potato with hummus	2 eggs
Dinner	Tomato basil chicken & veg	Chilli & garlic Prawns	Vegetable frittata & veg or salad	Steak, chilli salsa & roasted veg	Roast cod & lentils	Thai green chicken curry	Vegetarian chilli
Drinks	Water, herbal tea (especially green tea), real coffee, tea (no milk) Optional; 1 unit alcohol per day						

Fat burning foods; garlic, eggs, avocado, seeds, nuts, organic meat, fish, seafood, legumes, pulses, ginger, cinnamon, pepper, chilli, cayenne pepper, dark chocolate, coconut oil, apple cider vinegar, green tea and water!

WEEK 5

Continuing your gluten and dairy free programme for your final 2 days.

	Day 29	Day 30
Breakfast	Smoothie	Smoothie
Lunch	Stuffed Peppers	Leftover chicken salad
Dinner	Thai Chicken Salad	Lamb tagine with veg
Drinks	Water, herbal tea Optional; 1 unit alcohol per day	

You are now ready to go back to week 1 - this time on the Fast Track level!