

Happy Hormones
FOR LIFE



WEEK 4/5 MEAL PLANNER

FAST TRACK



INTRODUCTION

This is a suggested meal plan for the FAST TRACK 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;

Green peas (can use frozen)
Mint, basil, parsley, coriander
Ricotta cheese
Eggs
Lemon
Salad leaves, little gem lettuce
Peppers
Cherry tomatoes
Cucumber
Chili, garlic, ginger
Red onions & spring onions
Feta cheese
Chicken breasts and/or whole chicken
Organic bacon
Organic beef mince
Lamb
Butternut squash
Pine nuts
Mango
Salmon (wild alaskan)
Natural yoghurt (full fat organic)
Avocado
Spinach
Sweet potatoes

Store cupboard;

Coconut flour
Quinoa
Nutritional yeast flakes
Curry powder
Green/black olives
Cashew nuts
Cashew nut butter
Toasted sesame oil
Tamari
Oregano
Dijon mustard
Saffron
Tinned chickpeas
Cumin
Chicken stock

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WEEK 4 | STAGE 3 | REVITALISE

NO: gluten, sugar, processed foods

YES: organic meat, wild caught fish, eggs, fruit & veg, gluten free grains, beans, pulses, nuts and seeds

Go back to Gentle Detox with optional add-ins: organic dairy, sheeps/goats products, 1 glass red wine

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Breakfast	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Porridge	2 eggs
Lunch	Leftover lamb curry	Salad with leftover pea fritters	Leftover pesto chicken with salad	Greek salad	Chicken satay wraps	Leftover frittata & salad	Any soup
Dinner	Green pea fritters with quinoa tabbouleh	Pesto chicken with leftover quinoa tabbouleh	Spicy mango salmon	Chicken satay Skewers with cauli rice	Vegetable frittata & chilli salsa	Organic beef burgers with sweet potato fries	Roast chicken with vegetables
Drinks	Water, herbal tea, real coffee, tea with organic milk 1 unit red wine per day						

These are just suggestions to help you plan your week. You can mix them up or use your own from the allowable food lists.

WEEK 5 | STAGE 3 | REVITALISE

NO: gluten, sugar, processed foods

YES: organic meat, wild caught fish, eggs, fruit & veg, gluten free grains, beans, pulses, nuts and seeds

Go back to Gentle Detox with optional add-ins: organic dairy, sheeps/goats products, 1 glass red wine

	Day 29	Day 30
Breakfast	Smoothie	Smoothie
Lunch	Leftover chicken salad	Leftover Dijon salmon wraps
Dinner	Dijon salmon	Lamb tagine
Drinks	Water, herbal tea, real coffee, tea with organic milk 1 unit red wine per day	

These are just suggestions to help you plan your week. You can mix them up or use your own from the allowable food lists.