



Robin's 15-Day Hormone Reset Food Prep Guide

Here are some tips for preparing your meals along with a couple of basic recipes to help you get started.

Food is the foundation for balancing hormones. Be consistent, and if life gets in the way, start right back with the next meal. You've got this!

How to Make a Hormone-Balanced Meal

- ❖ Always prepare meals with a healthy protein, fat and carbohydrate.
- ❖ Divide your plate into thirds and fill one third with the right amount of protein (same size as the palm of your hand and the same thickness) and the other 2/3rds of the plate with vegetables, add a dash of healthy fat (olive oil, avocado, coconut, ghee, nuts/seeds) and you've got a hormonally balanced meal.
- ❖ Go easy on fruits until you're feeling a lot better. Stick to 1 cup berries/day or granny smith apples. Follow the Approved Food List.
- ❖ Turn your favorite recipes into a healthier one by using the Approved Food List and making swaps.

How to Make Healthy Food Choices

- ❖ Choose whole, organic, real foods (not packaged).
- ❖ Choose local foods in season, when possible, organic frozen is next best.
- ❖ Choose meats that are 100% grass fed, organic (hormone/antibiotic free), wild caught fish – if you're vegetarian or vegan choose organic legumes, nuts/seeds, organic gluten-free sprouted grains (cooked traditionally)
- ❖ The life in foods gives us life so choose vibrant, healthy-looking vegetable and meats.



- ❖ Get to know your local farmer and rancher by going to your local farmer's market. Know where your food comes from.

Eat For Hormone Balance

- ❖ Plan ahead. Be prepared. Carry food with you.
- ❖ Eat within an hour of waking and never go more than 4-6 hours between meals.
- ❖ Always eat a protein, fat and whole real carbohydrate together.
- ❖ Eat when you are hungry, stop when you are satisfied.
- ❖ Eat mindfully and relax while eating.
- ❖ Chew each bite 25 times - yes!
- ❖ Eat as many vegetables as possible. (2 cups at each meal for amazing fiber, vitamins and minerals)
- ❖ Drink plenty of clean water, fluoride and chlorine free: teas, shakes, soups count too.
- ❖ Respect your own biochemical uniqueness – i.e. don't eat anything that makes you feel poorly.
- ❖ Increase high-fiber foods: mostly vegetables, and berries (beans too if you're vegan/vegetarian)
- ❖ Eat high EPA/DHA fish one to two times a week (wild salmon, sardines) for the amazing anti-inflammatory omega 3 fats.
- ❖ Eat a rainbow everyday and diversify your diet to get a wide variety of beautiful nutrients.
- ❖ Stop eating 3 hours before bed for your body to heal and restore.
- ❖ Eat a high protein breakfast within an hour of waking.
- ❖ Say a blessing before each meal. Plants and animals give their lives so we can live.
- ❖ Eat at home at least 50% of the time. The smells of food preparation prepare your body for digestion, and you know what's in your food!

How to Build a Breakfast Shake - My Favorite Breakfast

Ingredients

- ❖ 8-10 Oz. DF Milk like almond, coconut, pecan or simply use water
- ❖ 1/2-1 cup berries fresh or frozen
- ❖ 2 tbsp ground flax seed
- ❖ Handful of greens like parsley or arugula (avoid raw kale, spinach or chard on a regular basis)
- ❖ Optional: piece of fresh ginger, quarter lemon rind and all, 1 tbsp apple cider vinegar



- ❖ 20-25 grams protein: choose an organic non-whey protein powder that has very few ingredients - [click here for two options](#)

Directions

Place all ingredients except protein powder in a blender and blend until smooth. Add protein powder and blend gently.

Healthy Swaps!

Throw Away

Sunflower, safflower, corn, canola oil
Sugar (including honey, maple syrup)
Coffee (or give to someone else)

Dairy (milk, cheese, ice cream)

Wheat, Gluten containing foods

Wheat Noodles/Pasta

Cold Cereal

Replace With

Olive, coconut, sesame, avocado, ghee
Small amounts of stevia (read the label!)
Green tea or matcha green tea (use decaf if you have trouble falling or staying asleep), detox/peppermint/licorice root tea
DF milks like almond, cashew, coconut or water - one of my favorites is Malk, and organic ghee (clarified butter) or 100% grass fed butter is OK if you tolerate it well - nut cheese, and goat or sheep cheese on occasion
Quinoa (small amounts), Cassava flour, rice noodles (small amounts)
Zucchini noodles, spaghetti squash
Morning shake, eggs scramble (or frittata) with veggies, gluten-free oatmeal soaked overnight on occasion with walnuts, berries with protein powder or homemade sausage patties, or dinner for breakfast!

