

Happy Hormones Meal

Hormone-regulating meals and snacks for women struggling with low energy, bloating, mood swings, low sex drive, and more issues caused by hormonal imbalances

Plant-Based + Vegetarian + Vegan

I have so many clients tell me that they haven't been able to make it to the gym because they're always so tired, they're bloated and fatigued, they're anxious, depressed, and so on. They've tried taking more naps, drinking loads of caffeine, taking different medication cocktails, and haven't been able to get themselves out of whatever rut they're in.



The only constant variable in all of their struggles is one highly-contributing factor in how our delicate biological systems function, and that factor is the food they're eating. Over and over again I am finding detrimental vitamin deficiencies creating a giant roadblock on my clients' road to a healthy body + mind. This led me to create this little gem of meals that aid in the development of hormone regulation, symptom relief caused by imbalances, and restoration of a flourishing reproductive system.

I highly recommend sourcing your ingredients from local farmers and providers so that you're creating a positive impact on your community's economy and contributing to national sustainability efforts! For United States residents, the USDA is a great resource for finding local farmers to connect with and for learning about how to locate your nearest farmers market! You can find more at <https://www.ams.usda.gov/local-food-directories/farmersmarkets>



Happy Hormones Grocery List

Produce

- + 1.5 lbs Broccoli
- + 1.5 lbs Cauliflower
- + 1 Avocado
- + 1 Ripe Banana
- + Assortment of berries
- + Fresh Rosemary
- + Fresh Parsley
- + 3 Sweet Potatoes
- + 1 Butternut Squash
- + 1 Spaghetti Squash
- + Minced Garlic
- + 1 Lemon
- + Microgreens or Sprouts
- + Cherry Tomatoes
- + Carrots

Other

- + Balsamic Vinegar
- + Bragg's Liquid Aminos
- + Olive Oil
- + Organic nut butter or PB2
- + Organic Unsweetened Dried Cranberries
- + Dark Chocolate Chips

Grains

- + Quinoa
- + Organic, Gluten-Free Rolled Oats

Canned

- + 2 Cans of Chickpeas
- + 1 Can Black Beans
- + 1 6oz. Can Tomato Paste

Spices, Nuts + Seeds

- + Chili Powder
- + Cumin
- + Turmeric
- + Flax Seeds
- + Chia Seeds
- + Black Pepper
- + No-Salt Added Pistachios

Stuffed Baked Sweet Potatoes

If you're experiencing symptoms like irritability, hair loss, trouble concentrating and bloating, you may have an estrogen imbalance that's being negatively affected by your gut flora. Sweet potatoes are fermentable starches, which play a key role in restoring gut flora, thus controlling estrogen levels. The quinoa and chia seeds in the stuffing provides the body with blood sugar level regulation, fiber, and Omega-3 fatty acids to aid in estrogen production.



Preheat your oven to 425 degrees. Once ready, place your sliced-open sweet potato into the oven for 55 minutes. While your potato bakes, bring your quinoa (in 1/2 cup water) to a boil for 15-20 minutes on low-medium heat. In a frying pan, mix minced garlic, chopped broccoli, and halved cherry tomatoes in one teaspoon of olive oil. Cover the pan and let steam for 5-6 minutes on low-medium heat. Once the quinoa and veggies are done cooking/steaming, mix them all together, sprinkling in the microgreens/sprouts as you go. By this point, your sweet potato should be close to being perfectly baked. Once the potato is done, stuff the center plump with your quinoa and veggie mix and enjoy!

Ingredients

- 1 sweet potato
- 1/4 cup quinoa (rinsed)
- 1/2 cup chopped broccoli
- 4 cherry tomatoes (halved)
- 1/2 tbsp minced garlic
- small handful of microgreens
or sprouts
- 1 tsp olive oil
- black pepper

"Soy Sauce" + Parsley Fried Potatoes and Avocado



Ingredients

- 1 Russet Potato, diced
- 1/2 avocado, diced
- 1 tbsp Bragg's Liquid Aminos
- 1 tbsp fresh parsley
- 1 tsp olive oil

To begin making this super simple dish, cut up your potato or potatoes into cubes or whatever other shape your heart desires (I like thick triangles). Dice your avocado half, and chop up the fresh parsley. Next, you'll drizzle your olive oil into your frying pan, followed by Bragg's liquid aminos. Place your potatoes and avocado into the pan, topping them with the parsley. Mix the pan contents until the veggies are evenly coated. Cover the pan and let it fry on low-medium heat for 20 minutes, stirring or flipping the potatoes/avocados occasionally. When finished frying, let them cool for one minute before munching.

I've fallen completely in love with using this root vegetable as a daily staple in my meals. Potatoes are extremely cheap, versatile, and easy to play with in the kitchen. On top of all of that, they are full of antioxidants, high in vitamins C, B6, and Potassium, and they are an extremely filling gluten-free carb that aids in digestion regulation. Avocados are a happy-hormone food as well, containing a ton of fiber which reduces sugar spikes in the blood, and is a great monounsaturated fat source, lowering blood cholesterol and controlling insulin levels. In turn, this balances estrogen levels and promotes progesterone production.

Balsamic Garlic Broccoli + Cauliflower

Cruciferous veggies like broccoli, cauliflower, and brussel sprouts aid our bodies in maintaining a healthy balance of our sex hormones, a more prominent one being estrogen. Estrogen balance is vital for a healthy reproductive system and for the development of reproductive organs. Estrogen imbalance may cause increased body fat levels, causes cellulite (which is totally okay and rad, cellulite is just thick connective tissue!), and can negatively impact thyroid levels, which contribute to our basal metabolic rate, also making fat loss difficult, and energy levels low. Incorporating one or more of these veg-babies once a day may create a huge difference in how your body and mind feel.

This dish is another frying pan gem with only a few steps and simple ingredients. In your pan, throw in all of your ingredients [except for the black pepper], mixing them until all of the veggies are evenly coated in balsamic-garlic-parsley goodness. Cover the pan for 12 minutes on a low-medium heat, stirring occasionally. Top your steamed/fried veg bowl with ground or cracked black peppercorns to even out the bitter sweetness of the balsamic vinegar and you're ready to rock that reproductive hormone balancing babaaaaaay.

Ingredients

- 2 cups broccoli
- 1 cup pearly cauliflower
- 1 tbsp minced garlic
- 2 tbsp balsamic vinegar
- handful of sprouts
- 1 tsp fresh parsley
- black pepper to top



Stir-Fried Spaghetti Squash Bowl

Winter squash is an absolute superstar in the hormone balancing game. They're high in fiber, antioxidants, and they're an incredibly healthy source of carbohydrates (psst...carbohydrates are our body's favorite source of energy!). When we take care of our micronutrient needs and provide our body with healthy + whole sources of energy, our hormones follow suit, finding stability in the safety of a nourished ecosystem.



Ingredients

You'll start this recipe by cutting a spaghetti squash in half, scooping out the guts and seeds for a clean bowl for the "spaghetti" and stir-fry. Preheat the oven to 400 degrees. Place the squash face-up on a pan, sprinkle on some black pepper and himalayan pink salt, and put the pan in the oven for 30 minutes. Next, put your broccoli, sprouts, garlic, and carrots onto a frying pan. Pour Bragg's liquid aminos and lemon juice over the veggies and stir. Cover the pan for 15 minutes on low-medium heat, allowing them time to steam + soak up the tasty juices from the lemon and liquid aminos. When the squash is done roasting, use a fork to scrape the insides, creating your yummay veggie spaghetti. Then, place the frying pan contents into the center of the squash, mix them into the spaghetti, top with cracked or ground black peppercorns, and you're ready to eat good + feel good.

- 1 halved spaghetti squash
- 1 cup broccoli
- handful of sprouts
- 1/2 cup sliced carrots
- 1 tbsp minced garlic
- 1 tsp lemon juice
- 1 tbsp Bragg's liquid aminos
- black pepper to top

Spicy Sweet Potato + Black Bean Turmeric Chili



Ingredients

- 2 cups diced sweet potato
- 15 oz can low-sodium black beans
- 1 tbsp minced garlic
- 1/4 cup diced onion
- 1/2 cup crushed tomatoes
- 6 oz organic tomato paste
- 1 tbsp turmeric
- 1 tsp chilli powder
- 1 tsp cumin
- 3 cups water

If you've ever made chili or any kind of soup, you know that this recipe is going to be pretty darn simple.

In a medium-large pot, dump in all of the ingredients listed, stir, and cover. Leave pot covered on low-medium heat for 35-40 minutes, stirring occasionally. Bring the chilli to a boil for 5-7 minutes, and voila! You've made a nourishing + nutritious soul-warming meal that will go to work on your insides right away.

If you need a thinner consistency, just add more water! I like this recipe to be a bit thicker so that I can use it as a vegan taco filling (inspired by one of my favorite local summer-time food trucks), in rice or quinoa, or as a salad topping.

To compliment the many vitamins provided by sweet potatoes, black beans are another extremely healthy source of carbohydrates, packing fiber, protein, potassium, magnesium, and zinc. Their high potassium level counteracts the effects of sodium on the body, creating a decrease in blood pressure, bloating, and provides fuel for healthy bacteria to grow in the colon. When our digestion is in check, we're bound to feel much more energy, less fatigued, and our hormones begin to automatically regulate and perform as they're meant to.

Roasted Rosemary + Balsamic Butternut Squash Bowl

This recipe is exceptionally stuffed with the nutrients you need in order to maintain well-functioning systems. High in vitamin A, C, B1, B3, B6, fiber, niacin, and magnesium. When we're deprived of the essential micronutrient magnesium, we experience more stress and anxiety, as magnesium provides a calming effect on the nervous system. With this deficiency, our cortisol levels rise, creating stress on our menstrual cycles, throwing our body into a frenzy as it attempts to overcompensate for the new stressors and imbalances. This causes an increase in fat storage, depressive symptoms, and sleep issues.

To begin, preheat your oven to 400 degrees. You'll then slice your butternut squash in half, remove the guts, place on a pan, and marinate in balsamic vinegar, sprinkling on fresh rosemary to finish. You should be left with some balsamic and rosemary, save it for a little later in the recipe! Place the squash face-up in the oven for 40 minutes. While your squash roasts, use a frying pan on medium heat to sauté your pre-cooked quinoa, sprouts, and cherry tomato halves in olive oil, lemon juice, and whatever remaining balsamic vinegar + rosemary you have left over, stirring occasionally. When the squash is done and ready, stuff the "bowl" full of your delish quinoa mix. Top with some black pepper and you're finished!

Ingredients

- 1 halved butternut squash
- 1/4 cup balsamic vinegar
 - 1 tbsp rosemary
 - 1 tsp lemon juice
- 1 cup cooked quinoa
- handful of sprouts
- 1 tsp olive oil
- 4 sliced cherry tomatoes
- top with ground black peppercorns



No-Bake Flax + Chia Seed PB Oat Energy Bites



Ingredients

- 1 ripe banana
- 1/4 cup dark chocolate chips
 - 1/4 cup nut butter or PB2
 - 1 cup dry rolled oats
- 1/4 cup whole golden flaxseed
 - 2 tbsp whole dry chia seeds
 - 2 tbsp chopped pistachios
- 2 tbsp dried, unsweetened cranberries

Flax seeds and chia seeds are notorious for being some of the most nutritious foods on the market. They pack a mean punch of fiber and omega-3 fatty acids, which are essentials for estrogen production. I began using the "Depo shot" for birth control about three years ago. This form of birth control increases progesterone levels, which causes the body to create increased lower belly fat for baby-makin', increased hunger, and an elevation in body temperature. In response to these changes in my body, I wanted to create a snack that was easy to make, satiating, and full of nutrients that would aid in the production of estrogen, which would counteract some of the effects of the increased progesterone. This led me to make these estrogen-rich, fibrous, tasty little balls of joy. Along with the incredible benefits we get from the flax + chia seeds, we also get a hefty amount of leptin-level restoring oats. The leptin hormone helps regulate energy balance, which in turn diminishes fat storage in adipocytes (cells specialized for the storage of fat found in connective tissue).

This is another extremely simple recipe. I like to double the ingredients and store it in the fridge, ready for me throughout the week when I'm needing a little pick-me-up before a workout or in the middle of the day when I'm feeling a little low-energy.

First, you'll mash or blend the banana in a large bowl until its almost a liquid. Next, work in the rest of the ingredients one by one, mixing thoroughly before each new ingredient addition. Lastly, you'll form golf-ball sized spheres out of the mixture, with your hands or spoons, packing them into the fridge for 1-2 hours before eating. Feel good, look good, do good.