

60+ easy recipes to support your
menstrual cycle + fluctuating hormones
specifically made for each cycle phase

THE SIMPLY SYNC'D

Recipe Book



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ABOUT ME +

Why I Made This

Hi beauty! I'm Taylor, a Women's Holistic Hormone Health Practitioner. And I know what it feels like to suffer from painful, debilitating periods, mood swings, brain fog, hormonal acne, and hair loss due to unbalanced hormones.

Eventually I got fed up with my hormones running my life and decided to heal my body naturally.

By incorporating wholesome, nutrient-rich foods and adopting a holistic approach to lifestyle, I've managed to help myself and countless clients maintain balanced hormones. This has resulted in a host of benefits, such as **improved sleep, better mood, heightened energy and focus, a healthy weight, glowing skin, easy + regular menstrual cycles, and increased fertility.**

Your nutrition is a GAME CHANGER when it comes to healthy hormones. That's why I believe in nourishing, easy recipes that can help you heal from the inside out.

In this recipe book you will find my absolute favorite meals and snacks that helped me in my healing journey. I am honored to share this knowledge with and hope you can experience your own wellness glow up.

Let's do this!

Taylor





4 CYCLE PHASES

Your menstrual cycle is more than just your period. It is ≈ 28 day cycle that includes 4 different phases in the uterus, ovaries, and brain that are linked to your body's individual hormones.

This process happens every month, but each cycle is a sister not a twin. Meaning, your cycle will not always be exactly the same as the last month. Your menstrual cycle can average between 21-35 days.

What doesn't change from month to month are the 4 phases: menstrual, follicular, ovulatory, and luteal.

Be mindful, the menstrual cycle is a very sophisticated system in your body (this becomes even more complex if you have been diagnosed with PCOS, Endometriosis, etc.). I want to help you break it down into more bite-sized chunks, understand the basics, and build awareness of your body's natural rhythm.

Understanding the 4 different phases your body experiences throughout the month can help you tailor your nutrition to better support your fluctuating hormones and feel your best all month long.

MENSTRUAL CYCLE PHASES

01

MENSTRUAL PHASE

Approx. days 1-7

The lining of the uterus sheds causing bleeding

Hormone levels are low and you may feel tired and fatigued

Rest is key in this phase

02

FOLLICULAR PHASE

Approx. days 7-14

Estrogen rising and is dominant

Stamina may be low, but energy is slowly rising

03

OVULATORY PHASE

Approx. days 14-17

Estrogen peaks, testosterone and progesterone rise

Energy is higher during this phase, you may even

experience a boost of confidence!

04

LUTEAL PHASE

Approx. days 17-28

Progesterone is produced, peaks, and then drops

Without a fertilized egg, hormone levels decrease as your body prepares for a new cycle

Energy levels may fall during this phase

Menstrual Phase

What your body is doing: The lining of your uterus is shedding causing you to bleed. Levels of estrogen and progesterone are typically at their lowest. Your hormone levels are low at the very beginning of your cycle and slowly start to rise at the end of your period.

How you may be feeling: As your uterus sheds its lining, you are losing blood and iron (and cramps may be peaking). You could be experiencing headaches, back pain, nausea, and high levels of fatigue. You typically feel more slow, restless, and reclusive during this phase.

Follicular Phase

What your body is doing: Estrogen is rising and you become "estrogen dominant" during this phase. This is when your body prepares to release an egg. This phase can have the most amount of length variation from month to month.

How you may be feeling: As your hormones continue to rise so do your energy levels. You may start with low stamina, but towards the end of this phase you may typically feel more confident and lively. It is common to feel energized and optimistic during this time. Your sex drive is also likely on the rise as your body gets ready for ovulation.

Ovulatory Phase

What your body is doing: Estrogen hormone peaks while testosterone and progesterone are rising. This phase is about midway through your cycle (approx. 13-15 days before the start of your next period). Your body is releasing an egg into your fallopian tubes for fertilization (optimal time to try to conceive).

How you may be feeling: At the beginning of this phase, your high levels of testosterone and estrogen will make you feel social, outgoing, and maybe even a little flirty. Directly after ovulation, progesterone begins to rise again. This may cause you to feel a little more introverted, irritable, or more protective than normal. This is where cycle syncing can help you stay in tune with your emotions.

Luteal Phase

What your body is doing: Progesterone levels are high and you become "progesterone dominant" during this phase. If the released egg from the ovulatory phase isn't fertilized, your hormone levels begin to decrease and the menstrual cycle will begin again.

How you may be feeling: For the first part of this phase, your mood and energy may feel fairly normal. If pregnancy doesn't occur, your hormones take a major decline and can lead to the lousiest feelings of the month. If you suffer from low levels of progesterone during this phase you will most likely experience PMS symptoms. You may feel a little more sensitive and easily agitated. Feelings of fatigue, sleepiness, and grumpiness are common during this phase.

What are the benefits?

Tracking your cycle and syncing your lifestyle will increase your mindfulness, help you understand your body's needs, and allow you to make the most out of every day. Learn to work with your body, not against it.

Once you learn how to tune into your individual hormone fluctuations you may:

- **Feel more productive and energized**
- **Experience fewer PMS symptoms**
 - **Increase your quality of sleep**
 - **Avoid weight loss plateaus**
- **Increase mindfulness and self-love**

Who should cycle sync?

While everyone can benefit from this style of living, there are certain groups who may benefit the most.

Consider cycle syncing if:

- **You want a better understanding of your menstrual cycle and body's natural rhythms**
 - **You want to get off/are off birth control**
 - **You are overly fatigued and want your energy back**
 - **You have a hormone imbalance**
- **You just want to feel more balanced and aligned with your body**

Disclaimer: cycle syncing is not beneficial for those on birth control. Birth control prevents ovulation, an important part of cycle syncing



Menstrual Phase
renew + restore

Menstrual Phase

winter

BEST FOODS TO INCLUDE

You're probably feeling drained after experiencing blood loss, so it's important to give your body the nourishment it needs to bounce back. A great way to do this is by enjoying healthy and comforting foods like soups, stews, bone broth, and vitamin-packed smoothies.

To replenish lost **iron and mineral** stores, consider incorporating extra foods such as grass-fed animal protein, leafy greens, and beans into your diet.

B vitamins are also important for maintaining energy levels during this time, so reach for foods like nuts, eggs, mushrooms, and dark chocolate.

Don't forget about **vitamin C-rich** foods like bell peppers and citrus fruits, which can aid in iron absorption.

Zinc-rich foods like natural, organic peanut butter and seaweed can help remineralize your blood, while omega fatty acid-rich foods like avocados and wild-caught fish can lower inflammation and improve your overall mood.

EXTRA TIPS

- Keep blood sugar stable and avoid adding extra stress to the body
- Incorporate lots of "Winter" time foods with nourishing and easy to digest meals
- Limit your caffeine as it can trigger worse cramping + PMS
- Drink LOTS of water to help with bloating + cramps

Menstrual Phase

breakfast





Protein Pancakes

SERVINGS: 1-2

COOKING TIME: 15 MIN

Ingredients

2 eggs

1/4 cup unsweetened almond milk

1/4 cup almond flour (or gluten free flour)

1/8 teaspoon salt

1 scoop vanilla protein powder

1 teaspoon baking powder

Directions

1. Whisk eggs in mixing bowl
2. Mix in 1/4 c unsweetened almond milk
3. In a separate bowl combine almond flour, protein powder, salt, and baking powder. Mix into wet ingredients.
4. The batter should have some air pockets
5. Add 1/4 cup of batter onto medium-high heat pan (use non-stick or greased pan)
6. Cook until golden on both sides
7. Enjoy!



Smoky Mushroom Frittata

SERVINGS: 4

COOKING TIME: 25 MIN

Ingredients

4 slices of smoked bacon

1 cup mushrooms of choice

8 large eggs

1/4 cup cheddar cheese

1 cup arugula (or as much as you like!)

Directions

1. Preheat the oven to 400°F.
2. Slice the bacon and fry in 1 teaspoon olive oil in a 10-inch non-stick ovenproof frying pan on a medium heat for 2 minutes.
3. Chop and add the mushrooms. Season with sea salt and pepper, then fry for 5 minutes, or until golden, tossing regularly.
4. Lightly beat the eggs, then pour into the pan and sprinkle in shredded cheddar cheese. Transfer to the oven for 10 minutes, or until set. Loosen the edges with a spatula, then slide onto a board. Dress the arugula in a little oil and red wine vinegar, and sprinkle on top.
5. Enjoy!



Baked Blueberry Protein Oats

SERVINGS: 1

COOKING TIME: 35 MIN

Ingredients

1/2 cup oats, blended into flour

1 scoop vanilla protein powder

1/2 teaspoon baking powder

1 tablespoon chia seeds

1/2 cup milk

1 tablespoon maple syrup

Handful of blueberries

Optional toppings: nuts, shredded coconut, nut or seed butter

Directions

1. Preheat the oven to 350°F.
2. In a small ramekin or oven safe bowl combine oat flour, vanilla protein powder, baking powder, chia seeds
3. Stir in milk and maple syrup and top with blueberries
4. Bake for 25-30 minutes until set and golden on top
5. Enjoy!



Savory Breakfast Bowl

SERVINGS: 4

COOKING TIME: 45 MIN

Ingredients

- | | |
|--|---|
| 8 Yukon Gold potatoes, unpeeled, chopped | 1 (15-ounce) can pinto beans (about 1 ½ cups), drained and rinsed |
| ½ medium-size zucchini, chopped | 1½ teaspoons chili powder |
| 1 red bell pepper, seeded and chopped | 1 teaspoon garlic powder |
| ½ red onion, diced | ½ teaspoon sea salt, or to taste |
| ½ cup chopped cremini mushrooms | 3 garlic cloves, minced |
| | Freshly ground black pepper |

Directions

1. Preheat the oven to 375°F and line a baking sheet with parchment paper. Spread the potatoes on the baking sheet and bake for 15 minutes.
2. Meanwhile, place the zucchini, bell pepper, onions, mushrooms, beans, chili powder, garlic powder, salt, and garlic in a bowl and toss until the vegetables and beans are coated. Once the potatoes have baked, remove from the oven and add the bean mixture to the pan, spreading out everything evenly with a spatula.
3. Place the pan back in the oven to bake for an additional 15 minutes, or until everything has softened.
4. Pour into a serving dish and add more salt and pepper as desired. Serve with salsa or ketchup.
5. Enjoy!



Renewal Smoothie

SERVINGS: 1

COOKING TIME: 5 MIN

Ingredients

1 cup spinach

1 cup kale

1/2 cup frozen berries (such as strawberries or blueberries)

1/2 banana

1 tablespoon chia seeds

1 tablespoon flaxseed

1 tablespoon almond butter

1 cup unsweetened almond milk

Directions

1. Add all the ingredients to a blender and blend until smooth.
2. If the consistency is too thick, add more almond milk as needed.
3. Pour into a glass and enjoy!

Menstrual Phase

lunch + dinner





Crispy Kale + Beet Salad

SERVINGS: 4-6

COOKING TIME: 45 MIN

Ingredients

Salad:

- 2 bunches of curly kale, cleaned with ribs removed
- 2 tablespoons olive oil, divided
- 1 teaspoon sea salt
- 4-5 small beets, peeled and quartered
- 4 tablespoons pine nuts, toasted
- 4 ounces feta cheese, crumbled

Dressing:

- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar (or balsamic)
- 1 teaspoon honey
- 1 garlic clove, minced
- 1 teaspoon dried rosemary
- Salt and pepper
- 1/4 cup extra virgin olive oil

Directions

1. Preheat oven to 350°F
2. In a large bowl, toss kale with olive oil and salt. Spread on a baking sheet and bake in oven for 8-10 minutes or until crispy (be careful not to burn). Remove from oven and set aside.
3. Place beets on baking sheet and drizzle with olive oil and a little salt. Toss until coated. Spread on baking sheet and bake in oven for about 30 minutes or until soft.
4. Add the dressing ingredients (except the olive oil) to a bowl and then slowly whisk in the olive oil.
5. Add kale to a serving bowl (or bowls) and add beets and top with feta cheese and pine nuts. Serve with dressing.
6. Enjoy!



Warm Harvest Grain Bowl

SERVINGS: 1-2

COOKING TIME: 30 MIN

Ingredients

1-2 cups kale (massaged with olive oil + lemon)

1 bunch of brussel sprouts

1/2 package of mushrooms

1 head cauliflower

1 can chickpeas

1/2 cup cooked quinoa

Option to add high quality organic animal protein

Hummus Dressing:

1/4 cup garlic hummus

1 tablespoon water

Directions

1. Preheat oven 400°F. Chop mushrooms, brussel sprouts, and cauliflower. Drizzle with olive oil, salt + pepper to taste. Roast for 20-25 min.
2. Drain and rinse chickpeas. Drizzle with olive oil, salt + pepper to taste. Roast for 20-25 min, or until crispy.
3. Mix hummus with water to create dressing.
4. Assemble your bowl with massaged kale, roasted veggies, cooked quinoa, roasted chickpeas, and top with hummus dressing.
5. Enjoy!



Pumpkin Seed + Flax Pesto Pasta

SERVINGS: 1-2

COOKING TIME: 30 MIN

Ingredients

1 box of lentil penne pasta
2 large zucchini
Option to add high quality organic animal protein like roasted chicken

Pesto:
6 cups packed fresh basil (or leafy green of your choice)
4 garlic cloves, roughly chopped
1/2 cup nutritional yeast
1/4 cup raw pumpkin seeds (pepitas)
2 tablespoon ground flaxseed
2 teaspoon lemon juice (from 1 small lemon)
1 tsp kosher salt
1/2 teaspoon freshly ground black pepper
1/3 cup extra-virgin olive oil

Directions

1. Preheat oven to 375°F. Chop zucchini, drizzle with olive oil, and pinch of salt + pepper. Roast for 15-20 min.
2. Cook pasta according to package
3. Combine pesto Ingredients (except olive oil) In food processor or blender. Turn machine on low and slowly add oil until pesto forms. Add more oil for thinner consistency.
4. Add pesto and zucchini to cooked pasta and combine
5. Enjoy!



Sweet Potato + Blueberry Bowl

SERVINGS: 3-4

COOKING TIME: 30 MIN

Ingredients

- 1 cup quinoa
- 2 cups vegetable broth or water
- 3 small sweet potatoes
- 1-2 cups of chopped kale
- 1/4 cup dried blueberries
- 2 tablespoon chopped walnuts
- 2 tablespoon pumpkin seeds

- Dressing:
- 1/2 cup fresh or frozen and thawed wild blueberries
 - 1/4 cup quality balsamic vinegar
 - Juice from 1 small lemon
 - 1 tbsp agave or maple syrup
 - Pinch of salt + pepper

Directions

1. Cook quinoa according to package. Use water or vegetable broth
2. Puncture sweet potatoes with fork several times. Cook In microwave for 6-7 minutes. The potatoes should be soft and easy to peel when done. Peel and dice.
3. Combine all the ingredients for the dressing In a blender. Blend on high until smooth.
4. Combine quinoa, kale, sweet potato and dressing in a large bowl. Top with walnuts and pumpkin seeds.
5. Enjoy!



Curry Beef + Cauliflower Rice

SERVINGS: 4

COOKING TIME: 25 MIN

Ingredients

1 lb organic grass fed beef

1 bunch fresh mint

1 head cauliflower

1 14oz can coconut milk

1 large teaspoon rendang
powder (or curry powder)

Directions

1. Place the ground beef in a large shallow casserole pan with 1 tablespoon of olive oil, then break it up and fry on a medium-high heat, stirring regularly.
2. Break up half of the cauliflower head and place into food processor. Cut small bite-sized florets off the other half into the pan, placing all the stalks into the processor as you go.
3. Stir the rendang powder into the pan and cook it all for 10 minutes, or until crispy, stirring regularly.
4. Meanwhile, pick half the mint leaves into the processor, add a pinch of sea salt and black pepper, and blend until fine. Pour into a heatproof bowl, cover, and microwave on high for 4 to 5 minutes. Reserving the baby leaves, pick the remaining mint leaves into the pan, toss well, then pour in the coconut milk and half a can's worth of water. Bring to a boil, simmer for 5 minutes, then taste, season to preference, top with the reserved mint leaves.
5. Give the cauliflower rice a toss, and serve on the side.
6. Enjoy!



Sweet Potato + Bean Chili

SERVINGS: 4-6

COOKING TIME: 45 MIN

Ingredients

- | | |
|---|---|
| 4 garlic cloves, peeled and minced | 2 green bell peppers, seeded and chopped |
| 2 (28-ounce) cans crushed tomatoes, with liquid | 1 cup cremini mushrooms, minced or finely chopped |
| 1 (15-ounce) can red kidney beans, drained and rinsed | ¼ cup almond butter |
| 1 can white navy beans, drained and rinsed | 3 tablespoons chili powder |
| 1 cup vegetable broth | 2 teaspoons ground cumin |
| 1 sweet potato, chopped into 1-inch cubes | 1 teaspoon dried oregano |
| | 1 tablespoon salt, or to taste |

Directions

1. Combine the onion and garlic with 2 tablespoons of water in a large saucepan.
2. Sauté over medium heat until the onion becomes translucent, 2 to 3 minutes.
3. Add all the remaining ingredients to the pot and bring to a boil. Cover and simmer for 35 minutes, or until the sweet potato is fork-tender. Taste and adjust the seasonings as needed. If you would like a thicker consistency, blend a portion of the chili using an immersion blender.
4. Garnish with fresh cilantro and coconut yogurt or sour cream, if desired.
5. Enjoy



Butternut Squash Soup

SERVINGS: 4-6

COOKING TIME: 40 MIN

Ingredients

- | | |
|---|---------------------------|
| 5 cups chopped frozen or fresh butternut squash (1-inch pieces) | 3 garlic cloves, peeled |
| 2 carrots, chopped | 1 teaspoon ground ginger |
| 1 medium-size yellow onion, chopped | 1 teaspoon salt |
| 4½ cups vegetable broth | ½ cup canned coconut milk |
| 2 tablespoons pure maple syrup | |

Directions

1. Combine all the ingredients, except the coconut milk, in a large pot. Bring to a boil, then cover and simmer for 35 minutes, or until the carrots and squash are cooked through.
2. Allow to cool until safe to handle, then puree, using an immersion blender or high speed blender.
3. Stir in the coconut milk, taste, and adjust the seasonings as needed.
4. Enjoy!

Menstrual Phase

snacks + extras





Peanut Butter Protein Bites

COOKING TIME: 10 MIN

Ingredients

1 cup quick cook oats certified gluten-free	¼ teaspoon cinnamon
1 cup vanilla protein powder	Pinch of salt
½ cup peanut butter or almond butter	1 tablespoon water (plus more if needed)
⅓ cup maple syrup or honey	½ cup dairy-free mini chocolate chips
1 tablespoon chia seeds	

Directions

1. Line a large baking pan with parchment paper.
2. In a large bowl combine the oats, protein powder, peanut butter, maple syrup, chia seeds, vanilla extract, cinnamon, and a pinch of salt and mix well. Add 1 tablespoon at a time of water (up to about 3-4 tablespoons total) until the consistency is like a dough and all the oats are coated. Mix in the chocolate chips.
3. Scoop out ball size bites. Using your hands, roll each ball until smooth and set on the parchment paper. Store in the refrigerator in an airtight container for up to 1 week.
4. Enjoy!



Pumpkin Oat Cookies

SERVINGS: 4-6

COOKING TIME: 15 MIN

Ingredients

- | | |
|--|---------------------------------------|
| 2 1/2 cups rolled or quick oats | 1 teaspoon cinnamon |
| 1 cup pure pumpkin puree | 1 teaspoon nutmeg |
| 2-3 tablespoon maple syrup (sub
agave or coconut sugar) | 1 teaspoon ginger |
| | 1/2 teaspoon salt |
| | 1/2 cup dairy-free chocolate
chips |

Directions

1. Pre-heat oven to 350°F degrees.
2. Mix all ingredients in a bowl to form a thick dough. Start with 2 tbsp of sweetener and adjust sweetness as desired.
3. Use your hands to create 12 cookie shapes. The cookies will not spread or change shape during baking so be sure to create the shape you want before baking.
4. Prepare a baking pan with parchment paper or place cookies directly on the pan. Bake for 10 minutes.
5. Remove from oven and enjoy warm after a few minutes. Let cool completely before storing.
6. Enjoy!



Sweet Potato Brownies

COOKING TIME: 10 MIN

Ingredients

1 cup cooked mashed sweet
potato
1/4 cup cacao powder

1/2 cup nut butter
1/4 cup maple syrup
Optional toppings: chocolate
chips or nuts

Directions

1. Preheat oven 350°F degrees
2. Combine all ingredients into a bowl until well mixed
3. Place in a small greased casserole dish and bake for 15-18 minutes, or until set
4. Allow to cool completely before slicing. Sere warm or cold
5. Enjoy!

A close-up photograph of several round, golden-brown seed cycling bites. The bites are made of a textured mixture of seeds and are scattered with individual pumpkin seeds and flax seeds on a light-colored surface.

Seed Cycling Bites

COOKING TIME: 15 MIN

Ingredients

1 cup pumpkin seeds

1/4 cup flax seeds

1 cup pitted + coarsely chopped
medjool dates

1/4 cup creamy cashew or
almond butter

1/4 cup coconut oil, melted

1/4 cup unsweetened coconut
flakes + 2 tbsp coconut flour

1/2 tsp sea salt

Directions

1. Add all of the nuts and seeds together in a food processor and mix until a flour like mixture has formed. Remove and set aside.
2. Pulse the dates in the food processor until a sticky ball has formed. Add in nut butter and melted coconut oil and continue to pulse until creamy.
3. Add back in the ground nut/seed flour and remaining ingredients, processing until well-mixed.
4. Remove dough and roll into balls
5. Enjoy!



Follicular Phase
grow + flourish

Follicular Phase

spring

BEST FOODS TO INCLUDE

Now is the time to focus on eating foods that can help **balance estrogen production** as it starts to increase. Pumpkin and flax seeds, pomegranates, and sprouted beans are all great options to include during this phase.

Don't forget to incorporate **healthy fats** into your diet, such as avocado, coconut oil, nuts, seeds, and grass-fed ghee or butter. These can help regulate leptin levels, which is essential for sustaining your menstrual cycle and providing your body with the energy it needs.

Since oxidative stress tends to be high before ovulation, it's also important to eat a colorful, well-rounded diet that includes **vitamin C-rich** foods like citrus, grapes, bell peppers, and berries, as well as sulfur-rich vegetables like broccoli, cauliflower, bok choy, and cabbage. These food fight off free-radicals and support detoxification in the body.

And last but certainly not least, you'll want to include root veggies, lentils, gluten-free grains like oats, quinoa, and millet, salmon, eggs, nuts, seeds, and oysters in your diet. These foods are rich in **vitamins and minerals** that your body needs to rebuild your uterine lining and prepare for proper egg maturation.

EXTRA TIPS

- Avoid spiking your blood sugar by focusing on whole foods
- Try to include more complex carbs to reduce blood-sugar spikes
- Eat at regular intervals to keep your blood sugar balanced
- Drink plenty of water to help flush out toxins in the body

Follicular Phase

breakfast





Sweet Chai Overnight Oats

SERVINGS: 2

COOKING TIME: OVERNIGHT

Ingredients

1 1/2 c water	1/2 tsp cinnamon
2 bags chai tea	1/4 tsp nutmeg
1 1/2 c rolled oats	1/4 tsp salt
1 1/2 c coconut milk	Optional toppings: raisins,
1-2 tbsp maple syrup	shredded coconut, banana slices,
1 tbsp chia seeds	pecans, etc
1 tsp vanilla extract	

Directions

1. Bring the water to a boil in a kettle or a small saucepan. Pour the boiling water into a heatproof container, add the tea bags, and steep for 5 minutes. Remove the tea bags.
2. Meanwhile, mix the oats, coconut milk, maple syrup, chia seeds, vanilla, cinnamon, nutmeg, and salt in a medium mixing bowl until well combined. Stir in the tea.
3. Pour the mixture into an airtight container and store overnight or for at least 8 hours in the refrigerator. Serve cold or warm, with toppings if desired.
4. Enjoy!



Tofu Scramble

SERVINGS: 2

COOKING TIME: 12 MINUTES

Ingredients

- | | |
|--|---------------------------------------|
| ½ yellow onion, diced | ¼ teaspoon ground turmeric |
| 1 (16-ounce) package extra-firm tofu | ¼ teaspoon garlic powder |
| ½ tomato, chopped | 1 teaspoon nutritional yeast |
| ½ teaspoon black salt (kala namak, optional) | 1 handful of spinach or fresh parsley |

Directions

1. Combine the onion with 1 to 2 tablespoons of water in a nonstick skillet over medium heat.
2. While the onion softens, place the tofu on a plate or cutting board and mash it with the back of a fork into bite-size pieces.
3. Add the tofu to the skillet. Next, add the chopped tomato, black salt (optional), turmeric, garlic powder, and nutritional yeast, and stir with a spatula to combine.
4. Sauté for 5 to 8 minutes over medium heat, or until the tofu has softened and the tomato has cooked. One minute before removing from the heat, add the spinach and stir around until wilted.
5. Top with salsa, avocado, cilantro, cheese or any other toppings you like
6. Enjoy!



Maple Cinnamon Quinoa Porridge

SERVINGS: 1

COOKING TIME: 15 MINUTES

Ingredients

1/2 cup oats, rolled or quick

1/2 cup cooked quinoa

1- 1 1/2 cup milk

2 tablespoons chia seeds

1 tablespoon maple syrup

1 teaspoon vanilla

1/2 teaspoon of cinnamon

Optional toppings: fruit, nuts,

hemp seeds, shredded coconut

Directions

1. Combine all the ingredients in a bowl or jar. Let rest in fridge for 15-20 minutes or overnight. If texture becomes too thick, add more milk.
2. Top with your favorite toppings
3. Enjoy!



Southwest Breakfast Bowl

SERVINGS: 4

COOKING TIME: 15 MINUTES

Ingredients

8 slices of organic bacon
4 large eggs
1 (14.5 oz) can black beans,
drained and rinsed
2 cups diced sweet potatoes

1 large avocado
1 1/3 cup baby spinach, roughly
chopped
Optional toppings: cilantro,
cheese, salsa or hot sauce

Directions

1. Preheat the oven to 400°F degrees
2. Drizzle olive oil, salt + pepper on diced sweet potatoes and cook for 25-30 minutes or until slightly golden. (Pro tip: meal prep potatoes to make this breakfast even quicker!)
3. Prepare the bacon according to package instructions, or until preferred crispiness.
4. While bacon is cooking, scramble the eggs or cook over easy.
5. The black beans can be warmed in the microwave to heat them or they can be served room temperature.
6. Assemble the bowls by dividing the sweet potato and black beans, and eggs. Add in chopped spinach and cooked bacon.
7. Top with avocado and any other topping you like
8. Enjoy!



Superseed Muesli

SERVINGS: 12

COOKING TIME: 20 MINUTES

Ingredients

3 cups rolled oats

1/2 cup coconut flakes

1/2 cup dried cranberries

1/3 ground flaxseeds

1/3 cup cacao nibs

1/3 cup chia seeds

1/4 cup pumpkin seeds

Directions

1. Preheat the oven to 350°F degrees and line baking sheet with with parchment paper. Spread the oats on baking sheet and cook for 10 minutes.
2. Allow to cool to room temperature and combine with all ingredients In a large bowl until mixed
3. Store in a sealed container in a dry pantry for up to 1 month

How to eat:

1. Portion out 2/3 cup of muesli into a small lidded jar, cover with 2/3 cup milk or milk alternative, top with frozen blueberries, screw on the lid, and refrigerate overnight.
2. Enjoy like cereal, topping muesli with milk
3. Warmed up with milk or water and eat like oatmeal

Follicular Phase

lunch + dinner





Roasted Veggie Bowl

SERVINGS: 2

COOKING TIME: 25 MINUTES

Ingredients

1 crown of broccoli

3-4 large carrots

1-2 zucchini

1-2 large sweet potato

1 cup quinoa

Dressing:

1/4 cup garlic hummus

1 tablespoon water

2 tablespoon apple cider vinegar

Directions

1. Preheat the oven to 350°F degrees
2. Chop all veggies and roast with olive oil, salt, and pepper (or seasonings or choice) for 20-25 min
3. Cook your quinoa according to directions
4. Whisk all dressing ingredients together
5. Make your bowl and enjoy warm or cold!
6. Enjoy!



Spicy Cauliflower Tacos

SERVINGS: 8 TACOS

COOKING TIME: 30 MINUTES

Ingredients

1 large head organic cauliflower, chopped and broken up into bite-size florets
4 tbsp avocado oil
4-8 cloves garlic, minced
1 tsp sea salt
cracked black pepper

2 tsp chipotle adobo sauce (NOT the peppers)
1 tbsp honey or maple syrup
1 tbsp fresh lime juice (1/2 a lime, squeezed)
1 cup chopped cilantro
Tortillas of choice

Spicy Aioli:
1/2 cup clean mayo
1/2 cup sour cream
1/4 cup chipotle adobo sauce
2 cloves garlic, minced
1 tsp sea salt

Directions

1. Preheat the oven to 425°F degrees. Line a large pan with parchment paper, spread chopped cauliflower florets evenly in pan and drizzle with 2 of the 4 tbsp of avocado oil, minced garlic, salt and pepper. Roast for 30-35 minutes, flipping halfway through.
2. While cauliflower is roasting, mix the remaining cauliflower ingredients together in a bowl (the chipotle adobo sauce, lime juice, cilantro, remaining avocado oil and honey/maple syrup). Set aside.
3. Mix together chipotle aioli ingredients together in a bowl and set aside.
4. Get any other taco toppings ready.
5. When cauliflower is finished cooking, toss with the cauliflower chipotle sauce.
6. Serve in tortillas topped with chipotle aioli and any other fixings.
7. Enjoy!



Broccoli Rigatoni With Lamb Meatballs

SERVINGS: 2

COOKING TIME: 25 MINUTES

Ingredients

2 cups chopped broccolini

1 jar pasta sauce of choice

1 package (150g) Rigatoni pasta

1 tablespoon olive oil

1 lb ground lamb

1/2 teaspoon chili flakes

Directions

1. Preheat the oven to 400°F degrees
2. Chop broccolini, drizzle with olive oil and sprinkle chili flakes. Roast for 20-25 min
3. Boil water, cook pasta according to package. Drain.
4. Roll lamb into small meatballs. Sprinkle with seasonings of choice. Fry in medium pan with olive oil until cooked through.
5. Combine all ingredients, top with pasta sauce and cook until warm.
6. Enjoy!



Spiced Lentils + Rice

SERVINGS: 2-4

COOKING TIME: 25 MINUTES

Ingredients

1 cup red lentils

1 sweet/yellow onion

2 heaping tablespoon of red
curry paste

1/4 cup canned coconut milk

1-2 cup chopped kale

1 cup cooked brown basmati rice

Option to top with high quality
organic animal protein

Directions

1. Preheat the oven to 350°F degrees
2. Cook the lentils in a pot of boiling water according to directions.
3. Peel and finely chop onions. Cook on medium heat in a sauce pan with olive oil.
4. Add in chopped kale with onion. Cook until soft. Remove from heat.
5. Add red curry paste and coconut milk to pan. Heat through.
6. Add rice, lentils, and cooked kale + onions to a bowl. Top with curry sauce.
7. Enjoy!



Smokey Salmon Pasta

SERVINGS: 4

COOKING TIME: 15 MINUTES

Ingredients

1 bunch of asparagus

1 lemon

1 package (10 oz) angel hair
pasta

3-4 tablespoons reduced- fat
crème fraîche (substitute for full

8 oz hot smoked salmon, skin off

fat greek yogurt)

1 cup arugula

Directions

1. Use a vegetable peeler to strip the top tender half of the asparagus stalks into ribbons. Finely slice the remaining stalks, discarding the ends.
2. Cook the pasta in a pan of boiling salted water according to the package instructions, then drain, reserving a cupful of cooking water.
3. Meanwhile, roughly break the salmon into a large non-stick frying pan on a medium-high heat. Add the sliced asparagus stalks, and toss occasionally until the pasta's ready.
4. Finely grate half the lemon zest into the salmon pan, squeeze in half the juice, then toss in the drained pasta, a splash of reserved cooking water, and the crème fraîche (or greek yogurt). Add the asparagus ribbons, toss again, then season to perfection with sea salt and black pepper. Top with arugula. Option to serve with lemon wedges
5. Enjoy!



Red Lentil + Tomato Soup

SERVINGS: 4-6

COOKING TIME: 45 MINUTES

Ingredients

- | | |
|------------------------------------|-----------------------------------|
| 1 medium yellow onion, chopped | 10 vine-ripened tomatoes, chopped |
| 1 carrot, chopped | 1 cup dried red lentils |
| 3 garlic cloves, peeled and minced | 1 cup fresh basil or spinach |
| 4 cups vegetable broth | Salt to taste |

Directions

1. Combine the onion, carrot, and garlic with 1 to 2 tablespoons of water or vegetable broth, as needed, in a large pot. Sauté over medium heat until the onion becomes translucent, 3 to 5 minutes.
2. Next, add the vegetable broth, tomatoes, red lentils, and salt to taste to the pot. Bring to a boil, then simmer, covered, over low heat for 20 minutes, or until the red lentils are cooked.
3. Allow the soup to cool until it's safe to handle. Add the fresh basil, then puree with an immersion blender or transfer to a high-speed blender to blend until smooth.
4. Taste and adjust the salt as needed.
5. Enjoy!



Chicken Harvest Bowl

SERVINGS: 2

COOKING TIME: 35 MINUTES

Ingredients

1 butternut squash, rinsed and dried
2 cups kale, massaged with oil and lemon
1 cup organic rotisserie chicken
1 tbsp avocado oil
2 cloves garlic

1/2 cup walnuts, chopped
1/4 cup pomegranate seeds
sea salt + black pepper to taste
1 avocado, peeled and chopped

For The Dressing:
1 cup apple cider
1/2 cup olive oil
2 tbsp apple cider vinegar
2 tbsp minced shallots
2 tsp dijon mustard
tsp sea salt
black pepper to taste

Directions

1. Preheat the oven to 425°F degrees
2. Peel and chop the squash into cubes, about 1-inch
3. Toss squash with a tbsp of avocado oil, garlic cloves, sea salt and pepper (and optional maple syrup) and place face down on baking sheet. Roast at 425 for 20 minutes, then remove, flip and add the walnut pieces. Place back in the oven and roast for 10 minutes or until golden brown.
4. While squash is roasting, combine the apple cider, apple cider vinegar and minced shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 8 or so minutes, until cider is reduced to approximately one cup. Turn off the heat, whisk in the remaining dressing ingredients.
5. Place arugula in a large bowl or serving platter and add roasted squash, toasted walnuts, pomegranate seeds, avocado and chicken. Pour dressing over and toss to combine.

Follicular Phase

snacks + extras





Dark Chocolate Avocado Smoothie

SERVINGS: 1

COOKING TIME: 10 MINUTES

Ingredients

- | | |
|---|--|
| 1 cup unsweetened milk (dairy free if needed) | 1-2 dates, pitted (option for 1-2 tbsp honey or maple syrup) |
| 1 scoop chocolate protein powder | 1/2 of small ripe avocado, pitted + peeled |
| 1 tablespoon ground flaxseed | 1 tablespoon nut butter |
| 1 tablespoon cacao powder | 1 cup frozen spinach |
| 1 tablespoon cacao nibs | 1/2 cup frozen cauliflower (optional) |
| 1 teaspoon cinnamon | 1/2 frozen banana |
| 1/2 teaspoon salt | |

Directions

1. Add all ingredients in a high speed blender and mix until smooth and creamy.
2. Enjoy right away with your favorite toppings.



Seed Cycling "Peanut Butter" Cups

SERVINGS: 14-16 CUPS

COOKING TIME: 25 MINUTES

Ingredients

2 cups raw pumpkin seeds or
Pepitas
1/4- 1/2 cup light olive oil (sub
olive oil)
3/4 cup ground flaxseeds
2/3 cup melted dark chocolate

1-2 tablespoon maple syrup
1/2 teaspoon cinnamon
Pinch of sea salt
Optional toppings: Cacao nibs,
flaked sea salt, or pumpkin seeds

Directions

1. Melt the chocolate over a double boiler or in the microwave.
2. Line a mini-cupcake pan with liners.
3. Using a spoon, fill the bottom about 1/8th full of chocolate and freeze for 10-15 minutes while you make the pumpkin seed butter mixture.
4. Add the pumpkin seeds/pepitas to a blender and blend on high. Drizzle in the oil into the blender.
5. Transfer the pumpkin seed butter to a medium bowl and add the ground flaxseed.
6. Add maple syrup, cinnamon, and salt until evenly combined, set aside.
7. Take the cupcake tin out of the freezer and add 2 Tbsp of the pumpkin seed butter mixture to the liner, it should fill it up to the top. Freeze for 60-minutes until the tops have mostly hardened.
8. Drizzle the remaining chocolate over the top of the seed cycle butter cups and top with anything else you like
9. Freeze for 2-4 hours until firm.
10. Transfer to a freezer safe container or freezer bag and enjoy 1 seed butter cup every day during your follicular phase



Chocolate Chia Pudding

SERVINGS: 1

COOKING TIME: 5 MINUTES

Ingredients

1/2 cup milk or nut milk

4 tablespoons chia seeds

1 tbsp cup maple syrup or honey

1 tablespoons cacao powder

Pinch of sea salt

Dash of vanilla extract

Optional toppings: fresh berries,
nuts, coconut shreds

Directions

1. Add milk, chia seeds, maple syrup, cacao powder, vanilla and salt into a high powered blender. Start at a low setting on your blender and progress to high. Blend until chia seeds are almost undetectable and mixture is smooth, scraping down the sides of the blender with a spatula if needed.
2. Chia pudding should be thick and ready to eat with your favorite toppings
3. If you like your chocolate pudding cold, transfer to a resealable container, cover and refrigerate for 3-4 hours to chill before eating.
4. Enjoy!



Almond Butter Cookies

SERVINGS: 12

COOKING TIME: 20 MINUTES

Ingredients

- | | |
|---------------------------------|---------------------------------|
| 1 1/4 cups oats | 1/2 cup creamy almond butter |
| 1/2 teaspoon baking powder | (option for any nut butter) |
| 1/4 teaspoon cinnamon | 1/4 cup + 2 tablespoons milk or |
| Pinch of salt | nut milk |
| 1 cup medjool dates (about 9-10 | 1 teaspoon vanilla |
| dates) | Chocolate chips |

Directions

1. Preheat the oven to 325°F degrees. Line a baking sheet with parchment paper.
2. In a food processor, blend up the oats into a flour. Add in the baking powder, cinnamon and salt and blend again. Next add in the dates (soak them in hot water for 10 minutes if they aren't soft), almond butter, milk and vanilla. Pulse until well blended, the mixture is sticky and it forms into a ball in the food processor.
3. Using two tablespoons of cookie mixture, roll into balls and lightly press flat (makes 10-12 cookies). Then add the chocolate chips on top and push them in a little.
4. Bake for 10 minutes and let cool for 5 minutes.
5. Enjoy!



Ovulatory Phase
vibrant + dynamic

Ovulatory Phase

summer

BEST FOODS TO INCLUDE

Now that your estrogen is at its peak, it's the perfect time to indulge in foods that can help **support liver detoxification** of potentially harmful excess estrogen. Look for delicious options like brussels sprouts, kale, cabbage, turnips, cauliflower, bok choy, and broccoli, which are all great choices during this time of the cycle.

And since our appetite tends to be suppressed at this point in our cycle, it's important to reach for **light but nourishing** options like quinoa and brown rice, leafy greens, nutrient-rich veggies, and cold-water fish. These foods are packed with essential vitamins and minerals that can keep you feeling energized and ready for anything (including an increase in sexual desire mode, *wink wink*).

EXTRA TIPS

- Focus on eating "summer" foods with lots of fresh and nourishing meals
- Avoid heavy foods as they might make you feel weighed down
- Eat at regular intervals, even if you don't feel hungry, to reduce blood sugar spikes
- Add foods high in water content (like melons!) to help with bloating and keep you hydrated

Ovulatory Phase

breakfast





Overnight Breakfast Jar

SERVINGS: 1

COOKING TIME: OVERNIGHT

Ingredients

1 cup light coconut milk (or
unsweetened vanilla almond milk)
3 tablespoon chia seeds
1 tablespoon tahini (or sunflower
seed butter)
1/2 teaspoon vanilla extract

1 teaspoon honey or maple syrup
1/2 cup chopped strawberries
Optional toppings: crushed
almonds or shredded coconut

Directions

1. Combine all ingredients in a mason jar. Stir to combine.
2. Top with strawberries and cover with a lid.
3. Refrigerate overnight or for at least two hours
4. Enjoy!



Spinach + Tomato Breakfast Bites

SERVINGS: 1

COOKING TIME: OVERNIGHT

Ingredients

7 eggs	1½ teaspoon garlic powder
½ cup milk or nut milk unsweetened	½ teaspoon onion powder
1 cup baby spinach leaves, roughly chopped	¼ teaspoon ground black pepper
1 roma tomato, seeded and diced	¼ teaspoon paprika + extra for topping
1 tablespoon fresh dill, roughly minced + extra for garnish	¼ cup parmesan cheese, shredded + extra for topping

Directions

1. Preheat oven to 350°F. Grease a standard 12 cup muffin tray.
2. In a medium sized bowl, whisk together all ingredients until combined. Pour the mixture over the cups to about $\frac{3}{4}$ of the way full. Top with any more desired cheese and sprinkle with a pinch paprika
3. Bake for 20–25 minutes, until an insert tooth pick comes out clean. Serve immediately.
4. To make ahead, let cool completely after cooking. Once cooled, place desired amount of egg cups in sealable containers. Refrigerate or freeze as desired.
5. Enjoy!



Gluten Free Banana Pancakes

SERVINGS: 1

COOKING TIME: OVERNIGHT

Ingredients

1/2 teaspoon coconut oil (for pan)

2 eggs

1 banana, mashed with a fork

3 tablespoons coconut flour

2 tablespoons almond milk

Dash cinnamon

Pinch of salt

Optional toppings: blueberries, coconut shreds, nuts, or nut butter

Directions

1. Heat a medium frying pan over medium heat.
2. While the pan is heating, add the eggs, mashed banana, coconut flour, almond milk, dash of cinnamon and salt to a blender or food processor and blend/process for 20-30 seconds or until smooth; set aside.
3. Grease the warm pan with the coconut oil- tilting the pan so that the oil disperses evenly.
4. Pour the batter into the heated pan, either into smaller 3" pancakes or a few larger, 5" pancakes.
5. Cook each pancake for 2-3 minutes on each side or until the edges are browned.
6. Serve the pancakes with your favorite fruit and toppings
7. Enjoy!



Savory Breakfast Sheet Pan

SERVINGS: 2-3

COOKING TIME: 20 MINUTES

Ingredients

- | | |
|---|--|
| 6 large eggs | 3 cloves garlic minced |
| 1 lb brussels sprouts, chopped | 1 tbsp avocado oil or olive oil |
| 8 oz white mushrooms, chopped | Sea salt and pepper to taste |
| 1 tbsp avocado oil or olive oil | Everything bagel seasoning (or
your favorite breakfast seasoning) |
| 1/2 large yellow onion, diced | |
| 8 slices of organic bacon, cut into
pieces | |

Directions

1. Preheat your oven to 425°F. Arrange brussels sprouts and mushrooms on a sheet pan in a single layer, drizzle with the olive oil and sprinkle with salt and pepper. Sprinkle onions over the top, then arrange bacon pieces evenly over veggies.
2. Roast in the oven for 15 mins, then sprinkle with the garlic and stir. Roast another 10 mins or until bacon is crisp and veggies soft, then remove from oven.
3. Make small spaces in the hash for each egg, crack one at a time gently into a space, careful not to “break” the yolk (but it's ok if it does!). Sprinkle everything bagel seasoning over eggs, bacon, and veggies as desired.
4. Return sheet pan to oven and bake another 5-10 mins or until eggs are cooked to preference. Remove from oven and serve immediately.
5. Enjoy!



Green Machine Smoothie

SERVINGS: 1

COOKING TIME: 5 MINUTES

Ingredients

- | | |
|--|--|
| 1/2 cups cashew, coconut, hemp
or brazil nut milk | 1-2 dates, pitted and chopped |
| 1 scoop vanilla protein powder | 2 cups frozen spinach or leafy
greens |
| 1 tbsp flaxseed powder | 1 small frozen banana or 1/2 cup
frozen berries |
| 1 heaping tbsp nut or coconut
butter | 1 tsp cinnamon |
| | 1/2 tsp vanilla extract |
| | 1/4 tsp sea salt |

Directions

1. Add all ingredients to a high speed blender and mix until smooth and creamy.
2. Option to use less milk and create a smoothie bowl, topping with Superseed Muesli from [page 37](#)

Ovulatory Phase

lunch + dinner





Green Goddess Bowl

SERVINGS: 1

COOKING TIME: 25 MINUTES

Ingredients

1 cup arugula

1/2 cup cooked quinoa

1 zucchini

1/2 avocado

Cooked chicken

Baked by Melissa's Green

Goddess Dressing:

1 cup fresh spinach

2 cloves garlic

1 small shallot

2 lemons, juiced

1/4 c olive oil

1/4 c nuts of your choice

1/3 cup nutritional yeast

1 tsp salt

2 tbsp rice vinegar

Directions

1. Preheat oven to 400°F
2. Chop zucchini, drizzle with olive oil and salt. Roast for 20-25 minutes until soft
3. Blend dressing ingredients on high until smooth
4. Combine arugula and quinoa in a bowl. Top with roasted zucchini, chicken, and avocado. Drizzle dressing on top.
5. Enjoy!



Sweet + Spicy Poke

SERVINGS: 4

COOKING TIME: 25 MINUTES

Ingredients

1 lb ahi tuna steaks, cut into ½ inch cubes

¼ sweet onion, sliced thin

¼ English cucumber, halved and sliced thin

¼ cup coconut aminos

Cooked brown or white jasmine rice for serving

2 tablespoons rice vinegar

1 tablespoon grated ginger

1 teaspoon sriracha

1 teaspoon sesame oil

Black sesame seeds and sliced scallions for garnish

Directions

1. In a large bowl, combine the tuna, onion, cucumber, coconut aminos, rice vinegar, ginger, Sriracha, and sesame oil.
2. Prepare your bowl of rice. Top the marinated tuna and cucumbers with sesame seeds and sliced scallions. Add tuna, shaved carrots, and avocado to the bowl.
3. Enjoy!

Sweet Cabbage Salad with Sesame Chicken

SERVINGS: 4

COOKING TIME: 45 MINUTES

Ingredients

Sesame chicken:

- 1 lb boneless chicken breast
- 1/4 cup coconut aminos
- 2 tbsp coconut sugar
- 1 tbsp tahini
- 1 tbsp toasted sesame oil
- 1 tbsp rice vinegar
- 1 tbsp sesame seeds

Cabbage salad:

- 4 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1/2 cup diced green onion
- 3/4 cup freshly diced cilantro
- 1 cup shredded carrots (bagged or cut into matchsticks for excellent crunch!)
- 1 red bell pepper, thinly julienned

Dressing:

- 2 tbsp toasted sesame oil
- 2 tbsp olive oil
- 2 tbsp coconut aminos
- 2-3 tbsp rice vinegar
- 1 1/2 tbsp pure maple syrup
- 2 cloves garlic, finely minced
- 1 tbsp freshly minced ginger

Directions

1. In a large bowl, whisk together ingredients for chicken marinade. Let marinate for 30 minutes or up to 24 hours.
2. While chicken marinates, chop all of the salad veggies finely.
3. Whisk together dressing ingredients. Combine the finely chopped veggies and dressing into a large bowl. Mix well.
4. Heat a medium pan over medium-high heat. Cook chicken for 5-7 minutes each side, or until cooked through. Let rest for 5 minutes.
5. Dish out the cabbage salad and top with whole or chopped chicken.
6. Garnish with green onions, cilantro, and sesame seeds.
7. Enjoy!



Kale Buddha Bowl

SERVINGS: 2

COOKING TIME: 35 MINUTES

Ingredients

1 large sweet potato
½ a can of chickpeas (drained
and rinsed)
2 cups of kale
1 sliced avocado
¼ cup sunflower seeds
Drizzle of extra virgin olive oil
1 teaspoon cumin
½ teaspoon cinnamon
Pinch of salt

Maple Tahini Dressing:
½ cup tahini
Juice of ½ lemon
2 Tbsp apple cider vinegar
½ teaspoon cumin
1 Tbsp maple syrup
Pinch of salt and pepper

Directions

1. Preheat the oven to 375°F
2. On a large baking tray, add sweet potato chunks, chickpeas, olive oil, spices and salt. Bake for 30-35 minutes.
3. Mix together the dressing
4. In a large bowl, add the kale and dressing. Pour the dressing over the kale and massage the dressing into the kale to soften it.
5. Once the chickpeas and sweet potato are ready, add them to the kale. Top with avocado and sunflower seeds.
6. Enjoy!



Turmeric + Herb Salmon

SERVINGS: 4

COOKING TIME: 20 MINUTES

Ingredients

4 fillets of salmon
2 tbsp olive or avocado oil
1 tsp turmeric powder
1 tsp ground cumin
1 tsp garlic powder
Salt + pepper
1-2 bunches of broccolini
Cooked brown or white jasmine rice

Parsley sauce:

2/3 cup plain greek yogurt
1/2 cup fresh parsley
1 tsp garlic powder
1 lemon, juice only
Salt + pepper, to taste

Directions

1. Preheat oven to 375°F
2. Trim broccolini. Drizzle with olive oil and salt. Roast for 20-25 minutes until tender.
3. Mix olive or avocado oil, turmeric powder, garlic powder, and cumin together in a small bowl.
4. Brush all of the oil-turmeric mixture over salmon fillets, coating well. Crack salt + pepper over salmon and set aside.
5. Make the yogurt sauce by placing all sauce ingredients in a food processor. Pulse until well-combined. Set aside.
6. Heat a frying pan over high heat.
7. Take your salmon fillets and place them skin side down onto the hot pan. Cook for 3-5 minutes (depending on thickness), using a spatula to press salmon down.
8. Once the sides of the salmon have turned more opaque, flip the fish so that the skin-less side is touching the pan. Turn off the heat, and let the fish cook for another minute or two.
9. Transfer the cooked salmon to a plate, leaving the crispy skin on. Serve cooked rice and roasted broccolini. Spoon yogurt sauce overtop.
10. Enjoy!

Sun Dried Tomato Chicken Bowl

SERVINGS: 4

COOKING TIME: 45 MINUTES

Ingredients

2 cups uncooked quinoa
1 bunch kale
1 avocado
1 lb. boneless skinless chicken breasts
sesame seeds for topping

Marinade:

1/3 cup olive oil
3 tablespoons fresh lemon juice
1/2 teaspoon salt

Sauce:

1 16 ounce jar sun dried tomatoes, drained
1-2 cloves garlic
1/2 teaspoon salt (adjust to taste)
juice of one lemon
1/2 cup olive oil
1/2 cup almonds

Directions

1. Whisk the marinade ingredients together. Cut the kale. Marinate the chicken and the kale in separate containers, for 30 minutes to 2 hours.
2. Place a nonstick pan over medium high heat. Add the chicken and saute until golden brown on both sides and cooked through. Let stand a few minutes before cutting.
3. Cook the quinoa according to package directions. When the quinoa is done, stir 1/2 cup of the sauce throughout to distribute.
4. While the quinoa cooks, make the sauce by combining all ingredients in a blender or food processor
5. To serve, fill bowls with quinoa, marinated kale, chicken, avocado, and sun dried tomato sauce. Top with sesame seeds or any other preferred toppings.
6. Enjoy!

Ovulatory Phase

snacks + extras





Very Berry Seed Cycling Smoothie

SERVINGS: 1

COOKING TIME: 5 MINUTES

Ingredients

1 cup milk or nut milk

Handful of spinach

1 tablespoon sesame seeds

1 tablespoon sunflower seeds

1 cup frozen berry mix

1 tablespoon almond butter

Directions

1. Combine all ingredients in a blender and blend on high until smooth
2. Enjoy!



Almond Cacao Trail Mix

SERVINGS: 2

COOKING TIME: 5 MINUTES

Ingredients

1 1/2 cups raw almonds, soaked

1/2 cup sunflower seeds

1 cup flaked coconut,
unsweetened

1/2 cup raisins

1/2 cup dried cranberries,
unsweetened

1/2 cup cacao nibs

Directions

1. Start by soaking the almonds in water in a large bowl overnight, or for at least 8 hours. Then drain and rinse thoroughly. Dry with a paper towel.
2. Combine all the ingredients for trail mix in a bowl and mix until combined.
3. Enjoy!



Chocolate Raspberry Bites

SERVINGS: 10-12 BITES

COOKING TIME: 1 HOUR 20 MINUTES

Ingredients

- 1 heaping cup of fresh raspberries
- 1 tbsp raw honey or pure maple syrup
- 1 tbsp chia seeds
- 1 cup dark chocolate chips

Directions

1. Line a sheet pan with parchment paper and make space in the freezer for it.
2. In a shallow dish, mash your fresh raspberries using a fork. Add in the chia seeds and honey and stir well to combine.
3. Spoon this mixture onto the prepared sheet pan into bite sized dollops
4. Freeze for 1 hour, or until very solid.
5. Melt your chocolate in the microwave on high, in 30 seconds increments, stirring after each one.
6. Dip the frozen raspberry bites into your melted chocolate and allow the excess chocolate to drip off. Place them back onto your sheet pan and freeze for 20 minutes, or until the chocolate is set.
7. Enjoy immediately or place them in a sealed container and store them in the freezer for up to 2 months.
8. Enjoy!



Strawberry Frozen Yogurt Bark

SERVINGS: 2-3

COOKING TIME: 1 HOUR 15 MINUTES

Ingredients

2 cups strawberry greek yogurt
(can sub your fav yogurt)

Top with granola or Superseed
Muesli ([from pg 37](#))

1/2 cup pomegranate seeds
1/4 cup strawberries, chopped
1/4 cup slivered almonds
Shredded coconut for topping

Directions

1. Line a sheet pan with parchment paper and use a spatula to spread it yogurt into a thin, even layer
2. Top with granola, pomegranate, strawberries, almonds, and coconut
3. Freeze for 1- 2 hours
4. Enjoy!



Luteal Phase
nest + reflect

Luteal Phase

fall

BEST FOODS TO INCLUDE

Time to get your progesterone levels up, and keep them there! **Zinc and magnesium-rich** foods like nuts, seeds, oysters and beans, as well as **vitamin C**-packed goodies such as citrus, leafy greens, and bell peppers, and **vitamin B6** superstars like salmon, bananas and walnuts are your go-to's for a progesterone boost.

Be mindful of your blood sugar during the luteal phase, as progesterone can cause it to dip lower than usual. This might be why you're feeling extra emotional, moody or anxious during this time. But don't worry, consistent, **nutrient-dense meals** with a good **balance of protein, fat and fiber** (i.e. all the meals in this recipe book!) will help you keep it stable.

Water retention can be a bummer during this phase, so drink up! Aim for at least half of your body weight in ounces per day and munch on **hydrating** fruits and veggies to keep the bloat at bay.

Serotonin and dopamine dips during this phase lead to major cravings for sweets and carbs. Instead, reach for the nutrient-rich and satisfying snacks, packed with protein, fat and fiber to help you beat those cravings without the sugar crash. Your taste buds (and mood!) will thank you.

EXTRA TIPS

- Focus on increasing protein + healthy fat intake to help your body while its hard at work
- Limit caffeine + alcohol as they can increase PMS symptoms and put more of a toll on your body
- Consider adding a high quality Magnesium Glycinate supplement

Luteal Phase

breakfast





Sweet Potato Toast + Eggs

SERVINGS: 2

COOKING TIME: 15 MINUTES

Ingredients

1/2 sweet potato,
1/2 avocado, mashed
"Everything" seasoning
2 eggs

Directions

1. Preheat oven to 425F
2. Wash and cut sweet potato length wise, about 1/4 inch thick. Brush or spray olive oil onto both sides
3. Bake 5 minutes. Flip and bake another 5 minutes. (You want it soft enough to pierce but not fall apart)
4. Cook eggs (scramble or over easy)
5. Top sweet potato toast with mashed avocado, "everything" seasoning, and cooked eggs
6. Enjoy!



Baked Pumpkin Pie Oats

SERVINGS: 1

COOKING TIME: 30 MINUTES

Ingredients

- | | |
|--|--|
| 1/2 cup rolled oats | 1/2 tsp pumpkin pie spice |
| 1/4 tsp baking powder | 1/2 cup milk or nut milk |
| 2 tsp pure maple syrup (plus more for the topping) | 1 tsp mini semi sweet vegan chocolate chips (optional) |
| 3 tbsp canned pumpkin | |

Directions

1. Preheat the oven to 350°F
2. Add your rolled or quick oats, baking powder, pure maple syrup, canned pumpkin, pumpkin pie spice & nut milk to a blender and blend until smooth and creamy. Batter will be thick.
3. Pour your pumpkin batter into a small oven safe baking dish, like a 6oz ramekin
4. Add toppings like chocolate chips or nuts
5. Bake for 23-25 minutes or until slightly browned
6. Let cool and enjoy!



Butternut Squash Breakfast Bowl

SERVINGS: 1

COOKING TIME: 15 MINUTES

Ingredients

- | | |
|---|--|
| 1 cup diced butternut squash
(recommend package/precut for
faster breakfast prep) | 1/2 avocado
Top with feta cheese and side of
sourdough |
| 2 links organic chicken sausage | Option to add fried egg on top |
| Handful of arugula | Olive oil, salt + pepper to taste |

Directions

1. Microwave butternut squash on high with 1 tbsp water for 3-4 minutes, or until soft
2. Slice and cook chicken sausage in medium pan over medium-high heat until warm. Add arugula and steam for 30 seconds. Arugula should be a bright green color, but not completely wilted.
3. Combine squash, sausage, arugula in a bowl. Top with avocado, feta, and any other toppings you like (like a fried egg or salsa!)
4. Enjoy with a side of sourdough bread!



Quinoa Porridge with Blueberry Jam

SERVINGS: 2-4

COOKING TIME: 25 MINUTES

Ingredients

1 cup quinoa
2 cups organic coconut milk
1 tsp cinnamon
1 tsp pure vanilla extract
1/4 tsp sea salt
2 tbsp maple syrup (optional)

Blueberry jam:
2 cups blueberries, fresh or frozen
2 tbsp maple syrup
4 tsp fresh lemon juice

Directions

1. First, start your quinoa porridge by cooking 1 cup quinoa with coconut milk and add in the cinnamon, vanilla, sea salt and optimal maple syrup, bring quinoa to a boil and then reduce to a simmer for whatever cooking time the package advises.
2. To make blueberry jam, combine blueberries, maple syrup, and lemon juice in a small saucepan or pot over medium-low heat. Bring to a boil, smashing blueberries with a spoon. Reduce heat to low and simmer for 10 minutes, stirring occasionally.
3. Once both have finished cooking and cooled slightly, dish about 1/2 cup - 1 cup cooked quinoa into a bowl and top with jam and desired toppings of choice (like nuts + fruit). Stir in more coconut milk for extra creaminess!
4. Enjoy!

Luteal Phase

lunch + dinner





Burrito Bowl Salad

SERVINGS: 1-2

COOKING TIME: 15 MINUTES

Ingredients

1-2 heads Romaine lettuce
1 red bell pepper, chopped
1/2 onion, chopped
1/2 can black beans, drained +
rinsed
1/2 Avocado
Cooked chicken (optional)

Cashew cream:
1 cup raw cashews
1/2 cup water
2 tbsp lemon juice
2 tbsp nutritional yeast
Salt + garlic powder to taste

Directions

1. Preheat oven 400F. Chop and roast bell pepper and onion. Drizzle with olive oil and seasoning of choice (ex. chili powder)
2. Chop romaine for salad
3. Blend ingredients for cashew cream sauce
4. Assemble salad and top with sauce. Option to add 1/2 cooked brown rice for a more filling meal.
5. Enjoy!



Maple Tahini Sweet Potato Bowl

SERVINGS: 4

COOKING TIME: 35 MINUTES

Ingredients

1 cup cooked quinoa
1 can chickpeas, rinsed and drained
2 medium-sized sweet potatoes
1 bunch kale, de-stemmed and chopped

Maple tahini dressing:
¼ cup tahini
2 tbsp Dijon mustard
2 tbsp pure maple syrup
1 tbsp apple cider vinegar
Big pinch salt
¼ cup cold water

Directions

1. Preheat the oven to 425F
2. Chop sweet potatoes into 1/2 inch cubes. Combine sweet potatoes + chickpeas in a mixing bowl with 3 tablespoons olive oil. Add 1 teaspoon salt.
3. Transfer to a baking sheet and bake for 30-35 minutes, rotating the pan halfway through. Bake until soft but slightly crispy.
4. Whisk together all dressing Ingredients until smooth
5. Prepare chopped kale in a pan over low-medium heat. Add a drizzle of olive oil, salt, and optional squeeze of lemon. Cook until slightly wilted, stirring frequently.
6. Combine cooked quinoa, roasted sweet potatoes + chickpeas, and kale in a bowl. Drizzle on maple tahini dressing. Option to top with avocado, nuts + seeds.
7. Enjoy!



Lamb + Roasted Veggies with Garlic Sauce

SERVINGS: 4

COOKING TIME: 25 MINUTES

Ingredients

1 lb ground lamb (sub ground beef)

1 head purple cabbage, thinly chopped

1 lb brussels sprouts, chopped

1-2 cups kale, shredded

1 cup cooked brown rice

Olive oil, salt + pepper to taste

Garlic sauce:

1 cup cashews, soaked

1 head of roasted garlic

1 teaspoon olive oil

1 teaspoon salt

3/4 cup water

Directions

1. Preheat oven 400F
2. Peel outside layers of garlic head, chop off 1/4 inch of top, drizzle with olive oil, wrap in foil and bake for 30-40 minutes
3. Prepare all veggies. Spread into thin layer on sheet pan. Drizzle with olive oil, salt + pepper. Bake at 400F for 20-25 minutes or until slightly crisp
4. Cook ground lamb in medium sauce pan over medium-high heat until cooked through
5. Combine sauce ingredients in blender and blend until smooth
6. Prepare bowls with rice, cooked lamb, roasted veggies, and top with garlic sauce
7. Enjoy!



Red Pepper + Cauliflower Soup

SERVINGS: 4

COOKING TIME: 35 MINUTES

Ingredients

1 medium head
cauliflower, broken into
florets

3 red bell peppers,
seeded + sliced

1 yellow onion, sliced

5 garlic cloves, peeled

4 c vegetable broth

1/2 c raw cashews,
soaked overnight or
boiled for 15 min

1 tsp smoked paprika

1 tsp nutritional yeast

1 tsp salt

1 tsp cider vinegar

Option to add organic
animal protein, like
ground turkey

Directions

1. Preheat oven to 350 F and line baking sheet with parchment paper
2. Place cauliflower, bell pepper, onion, and garlic on the prepared baking sheet. Bake for 30 mins, tossing halfway through.
3. Transfer to a large pot along with the remaining ingredients, holding back some of the cauliflower florets to garnish, If desired. Bring to a boil, then simmer, uncovered for 5 minutes.
4. Allow to cool until safe to handle. Puree with an Immersion blender or transfer to a high speed blender and blend until completely smooth
5. Enjoy!



Sesame Tuna + Rice

SERVINGS: 4

COOKING TIME: 25 MINUTES

Ingredients

1 heaping tbsp white miso paste

2 5oz tuna steaks

4 tbsp sesame seeds

1 cup cooked jasmine rice

8 scallions, chopped

1 package fresh sugar snap peas

1 cup cooked brown jasmine rice

Optional toppings: soy sauce, sesame seeds, chili flakes

Directions

1. Place a large non-stick frying pan on a medium-high heat. Rub the miso all over the tuna, then pat on the sesame seeds to cover. Place in the hot pan with 1 tablespoon of olive oil and sear for 1 ½ minutes on each side, so it's golden on the outside but still pink in the middle. Remove to a board to rest.
2. Wipe down the pan and then return to the heat.
3. Toss snap peas into pan with chopped scallions. Drizzle with olive oil + optional red wine vinegar, salt to taste. Toss for a few minutes until lightly charred but still crunchy.
4. Plate cooked rice, snap peas + scallions. Slice the sesame tuna and serve on top.
5. Enjoy!



Squash + Quinoa Salad

SERVINGS: 4

COOKING TIME: 40 MINUTES

Ingredients

1 cup diced butternut squash
(recommend package/precut for faster prep)

1 cup cooked quinoa

1 cup fresh arugula

1 cup leafy salad greens

Optional additions: cooked chicken, feta cheese, pecans, diced apples (highly recommend all!)

Dressing:

1 cup apple cider

1/2 cup extra virgin olive oil

2 tbsp apple cider vinegar

2 tbsp minced shallots

2 tsp dijon mustard

1 tsp sea salt

black pepper to taste

1-2 tbsp maple syrup or honey
(optional sweetness)

Directions

1. Cook butternut squash in microwave safe dish, slightly covered with 1 tbsp water. Steam on high for 3-5 minutes, or until soft.
2. For the dressing, combine the apple cider, apple cider vinegar and minced shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 8-10 minutes, until cider is reduced to approximately 1/4 cup. Remove from heat and whisk in the remaining dressing ingredients.
3. Place arugula and leafy greens in a large bowl or serving platter and add roasted squash, 1/2 cup to 1 cup cooked quinoa, candied pecans, chopped apples, feta crumbles and optional avocado or chicken. Pour dressing over and toss to combine.
4. Enjoy!



Mushroom Pasta

SERVINGS: 4

COOKING TIME: 20 MINUTES

Ingredients

3 cups cremini mushrooms,
roughly chopped
1 (17-ounce) package lentil or
chickpea pasta
1 cup cashews, soaked in water
overnight or boiled for 15 minutes
1 teaspoon paprika

4 garlic cloves, peeled
1 cup milk or unsweetened nut milk
1 teaspoon freshly squeezed lemon
juice
1 teaspoon salt, plus more to serve

Directions

1. Cook the pasta according to the package directions until al dente, reserving $\frac{1}{2}$ cup of pasta water before draining.
2. Meanwhile, make the sauce: Combine the cashews, paprika, garlic, milk, lemon juice, and salt in a blender and blend until smooth.
3. Combine the mushrooms with 1 to 2 tablespoons of water in a large skillet, and panfry over medium heat until softened, about 3 minutes.
4. Pour the sauce into the skillet along with the pasta, reserved pasta water, and stir until combined. Season with salt, black pepper, and red pepper flakes as desired.
5. Enjoy!

Luteal Phase

snacks + extras





Chocolate Pumpkin Bites

SERVINGS: 12 BITES

COOKING TIME: 10 MINUTES

Ingredients

- | | |
|---|------------------------------|
| 1 1/2 cups organic pumpkin puree | 1 heaping tbsp pumpkin spice |
| 3/4 cup dark chocolate chips | 1 tbsp coconut oil |
| 2/3 cup coconut flour | 2 tsp vanilla extract |
| 2/3 cup almond flour (option to double coconut flour) | 1 tsp sea salt |
| 1/2 cup almond butter | |
| 1/2 cup maple syrup | |

Directions

1. In a large bowl, whisk together the pumpkin, maple syrup and almond butter until smooth.
2. Whisk in the almond flour, coconut flour, pumpkin pie spice, and sea salt until it's well-combined in a thick batter. If too crumbly, try adding in 1-2 tbsp of melted coconut oil.
3. Stir in 1/2 cup of the dark chocolate chips. Take the remaining 1/4 cup dark chocolate chips and melt in microwave with 1/2 tsp of coconut oil.
4. Form dough into balls and set evenly on a parchment-lined baking pan.
5. Drizzle balls with melted chocolate and top with extra sea salt if desired.
6. Chill in freezer for one hour and store in fridge for one week or freezer for 1-2 months.
7. Enjoy!



Cozy Zucchini Cookies

SERVINGS: 8 COOKIES

COOKING TIME: 18 MINUTES

Ingredients

$\frac{3}{4}$ cup rolled oats	3 tablespoons pure maple syrup
$\frac{1}{4}$ cup ground flaxseeds	2 teaspoons ground cinnamon, Ceylon if possible
$\frac{3}{4}$ medium-size zucchini, unpeeled, grated, and patted dry (about $\frac{3}{4}$ cup)	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{3}$ cup unsweetened almond butter	$\frac{1}{4}$ teaspoon sea salt
	$\frac{1}{2}$ teaspoon pure vanilla extract

Directions

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Place all the ingredients in a bowl and mix until fully combined. Wet your hands and form the batter into eight balls. Place at least 1 inch apart on the prepared pan. Flatten the balls with your hands or the back of a fork until they are about $\frac{1}{2}$ inch thick.
3. Bake for 12 to 14 minutes, or until a toothpick inserted into a cookie comes out clean.
4. Enjoy!

Seed Cycling Truffle Bites

SERVINGS: 20 BITES

COOKING TIME: 40 MINUTES

Ingredients

- 1 ½ cups dark chocolate chunks or chips
- ½ cup coconut cream
- 2 tbsp coconut oil
- ⅓ cup pure maple syrup (can also use coconut sugar)
- ½ cup creamy nut butter
- 1 tsp pure vanilla extract
- ¼ tsp sea salt
- 1 tbsp sesame seeds
- 1 tbsp pumpkin seeds

Directions

1. In a medium stovetop pan over very low heat, combine the dark chocolate, coconut cream and coconut oil and stir constantly until chocolate is melted and mixture is smooth and shiny. Remove from heat.
2. Stir in the nut butter, maple syrup, vanilla and sea salt and mix until very smooth.
3. Freeze mixture for 30 minutes until it's firm enough to roll into balls.
4. While dark chocolate mixture is chilling, ground your seeds together in a food processor.
5. Spread ground seeds out on a piece of parchment paper and use a second piece of parchment paper to line a baking sheet or tray.
6. Remove chocolate from freezer. Roll into small balls with your hands, then roll into the seed mixture on the parchment paper until truffle is completely coated. Place on the parchment lined baking tray.
7. Repeat process until all truffles are coated. Option to drizzle all truffles with more melted dark chocolate (just melt in microwave for 30 seconds).
8. Keep in the fridge for 1 week or freezer for 2 months.
9. Enjoy!