

Hormone Healthy

Meal Ideas

Breakfast:

Option A: Eggs and avocado and leftover potato fried in butter.

Unsweetened black coffee, or coffee with coconut milk or full-fat Jersey milk.

Option B: Gluten-free bread with sardines or soft goat cheese. Fresh fruit. Tea.

Option C: Fresh fruit with unsweetened granola and sheep yogurt.

!! You need protein for breakfast. It can be meat, eggs, fish, cheese, nuts, or unsweetened yogurt. !!

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Lunch:

Option A: A large green salad with grated beet, goat cheese, and smoked salmon. Olive oil dressing. Rice crackers and goat cheese on the side. Sparkling water. Two squares of dark chocolate (85 percent cocoa).

Option B: Rice with a can of salmon and steamed broccoli.

Option C: Leftover dinner.

Dinner:

Option A: Bolognese meat sauce with gluten-free pasta. Green beans and organic butter. A small glass of red wine. A mandarin orange.

Option B: Lamb chops with boiled potatoes and a green salad.

Sparkling water. Two squares of dark chocolate (85 percent cocoa). Two plums.

Option C: Lentils and brown rice with broccoli and goat cheese. Frozen berries and coconut cream for dessert.

** Note, these are just ideas - use your creativity, and incorporate whole foods you love! If you are lucky enough to be not sensitive to dairy or gluten, then you can expand your menu.