



Happy Hormones
Recipe Bundle

FEEL, LOOK, AND BE
YOUR BEST SELF.

What's in the book

Breakfast

- Chocolate Nut Butter Overnight Oats
- Mushroom Omelette
- Pumpkin Chia Pudding
- Pumpkin Muffins

Lunch

- Avocado Quinoa Bowl
- Chicken Bowl
- Cucumber Beet Salad with Prawns
- Summer Salad

Dinner

- Beef and Broccoli
- Crispy Chicken and Asparagus
- Detox Soup
- Prawn & Cabbage
- Weeknight Quick Pasta Dinner



Template
Breakfast

START YOUR DAY RIGHT

Chocolate Nut Butter Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0
MINUTES

INGREDIENTS

- 2/3 cup (160 g) unsweetened milk of choice
- 1/2 cup (40 g) rolled oats
- 1/3 cup (80 g) plain Kefir (or Greek yogurt)
- 1 tbsp (7 g) ground flaxseed
- 1/2 tsp (2 g) vanilla extract
- 2 tbsp (32 g) almond butter
- 1 tbsp (6 g) cocoa powder
- Dash of sea salt (optional)

DIRECTIONS

1. Mix all ingredients together and store in a closed container in the refrigerator overnight.

NUTRITION INFO

Calories: 464, Carbohydrate: 53 grams, Protein: 18 grams, Fat: 25 grams

Mushroom Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES COOKING TIME: 6-8 MINUTES

INGREDIENTS

- 1/2 tbsp (7 g) olive oil
- 1 clove garlic
- 3 eggs, beaten
- 1/4 cup (22 g) sliced mushrooms
- 1/4 cup (30 g) sliced red onion
- 1/4 tsp (0.25 g) oregano
- Salt to taste
- 1 cup (156 g) cantaloupe, chopped

DIRECTIONS

1. Heat olive oil over medium heat in a medium skillet. Add garlic and cook 1 minute or until fragrant.
2. Add mushrooms, onions, and oregano and cook until mushrooms and onions are soft.
3. Pour eggs into the skillet over the mushroom mixture. Cook 1-2 minutes, until the eggs are firm, on the bottom, then flip and cook on the opposite side for 1-2 minutes.
4. Enjoy with a side of cantaloupe.

NUTRITION INFO

Calories: 324, Carbohydrate: 18 grams, Protein: 20 grams, Fat: 20 grams

Pumpkin Chia Pudding



SERVINGS: 1

PREP TIME: 2+ HOURS

COOKING TIME: 0
MINUTES

INGREDIENTS

- 1 cup (240 g) Greek yogurt
- 2 tbsp (24 g) chia seeds
- 1 tsp (4 g) vanilla extract
- 1/4 cup (60 g) pumpkin puree
- 2 tbsp (7 g) pecans

DIRECTIONS

1. In a bowl, combine the greek yogurt, chia seeds, and vanilla extract.
2. Stir everything together, cover with a lid, and refrigerate for at least 2 hours (or overnight).
3. Once the chia seeds are fully combined with the yogurt, build your glass.
4. Add 1/2 cup of chia pudding to a glass, then 1/8 cup of pumpkin puree, 1/4 cup chia pudding, 1/8 cup of pumpkin puree, 1/4 cup of chia pudding.
5. Top it with 1 tablespoon of chopped pecans.
6. Serve cold and enjoy!

NUTRITION INFO

Calories: 345, Carbohydrate: 26 grams, Protein: 30 grams, Fat: 13 grams

Pumpkin Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES COOKING TIME: 20 - 22
MINUTES

INGREDIENTS

- 3/4 cup (90 g) almond flour
- 1/2 tsp (2.2 g) baking soda
- 1 tsp (2.5 g) cinnamon
- 1/4 tsp (0.5 g) ground cloves
- 1/4 tsp (0.5 g) ground nutmeg
- Dash of salt
- 2 eggs
- 3 tbsp (60 g) maple syrup
- 1/2 cup (113 g) pumpkin puree
- 4 tbsp (64 g) almond butter (to spread on muffins)
- 1 cup (148 g) blueberries (enough had on the side for four servings)

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl mix together almond flour, baking soda, cinnamon, ground cloves, nutmeg, and salt.
3. In a separate bowl whisk together eggs, maple syrup, and pumpkin puree.
4. Combine wet and dry ingredients until well blended.
5. Coat muffin pan with oil or paper liners.
6. Fill muffin tins (each cup half full). Bake in the oven for 20 - 22 minutes or fork that pierces the center comes out clean.

NUTRITION INFO

Calories: 345, Carbohydrate: 25 grams, Protein: 13 grams, Fat: 23 grams

A top-down view of a white ceramic plate filled with spiral-shaped pasta. The pasta is coated in a light-colored dressing. It is garnished with fresh green basil leaves and sliced red cherry tomatoes. A semi-transparent rectangular box is centered over the plate, containing text.

Happy Hormones
Lunch

GET THE BOOST YOU
NEED

Avocado Quinoa Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0
MINUTES

(COOK QUINOA AND
EDAMAME AHEAD OF
TIME)

INGREDIENTS

- 1 cup (185 g) cooked quinoa
- 1/2 cup (114 g) shredded carrots
- 1/4 cup (30 g) cooked edamame
- 1 tbsp (9 g) sesame seeds
- 2 tsp (11 g) coconut aminos
- Dash of turmeric
- Black pepper to taste
- 1/2 avocado
- 1/4 (57 g) cup sauerkraut or kimchi

DIRECTIONS

1. Mix together quinoa, shredded carrots, edamame, sesame seeds, coconut aminos, turmeric, and black pepper.
2. Top with avocado and sauerkraut/kimchi and enjoy!

NUTRITION INFO

Calories: 543, Carbohydrate: 70 grams, Protein: 24 grams, Fat: 17 grams

Chicken Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES COOKING TIME: 6- 8
MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 8 oz (224 g) ground chicken
- 1 tbsp (2.5 g) organic premixed taco seasoning
- 1 cup (240 g) chickpeas
- 1 medium cucumber, chopped
- 1/2 cup (30 g) parsley chopped
- 1 cup (150 g) cherry tomatoes, chopped
- 1/2 cup (45 g) kalamata olives, halved
- Sea salt to taste

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add ground chicken. Once slightly browned, add taco seasoning, and 1-2 tbsp water. Cook until browned all the way through, crumbling and flipping as it cooks.
2. In a salad bowl add cooked chicken and all other ingredients. Enjoy warm or cold.

NUTRITION INFO

Calories: 417, Carbohydrate: 23 grams, Protein: 28 grams, Fat: 25 grams

Cucumber Beet Salad with Prawns



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 24-35
MINUTES (OR NO COOKING
TIME IF YOU CHOOSE OPTION
TO PURCHASE BEETS
PRECOOKED)

INGREDIENTS

- 2 large red beets (option to purchase pickled or precooked if you do not have time to bake)
- 1 large cucumber
- 1 tbsp (14 g) sliced almonds
- 8 oz (227 g) cooked Prawns
- 2 tbsp (27 g) olive oil
- 1 tbsp (15 g) red wine vinegar
- Salt and pepper to taste
- 2 red apples (one for each serving)

DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Peel the beets, chop into 1-2 inch cubes, and place on a non-stick baking sheet.
3. Drizzle 1 tbsp olive oil over the beets, season with salt and pepper, and bake for 20-30 minutes (until the beets are soft).
4. While the beets are baking, slice the cucumbers into slices and place in a mixing bowl.
5. Once cooked, remove the beets from the oven and add to the mixing bowl with the cucumbers.
6. Add the sliced almonds, Prawns, tablespoon of olive oil, red wine vinegar, salt, and pepper.
7. Serve cold with an apple on the side and enjoy!

NUTRITION INFO

Calories: 391, Carbohydrate: 37 grams, Protein: 20 grams, Fat: 19 grams

Summer Salad



SERVINGS: 1

PREP TIME: 5 MINUTES COOKING TIME: 0
MINUTES

INGREDIENTS

- 2 cups (204 g) watermelon, cubed
- 1/2 cup (66 g) cucumber chopped
- 2 oz (56 g) goat cheese, crumbled
- 4 basil leaves, chopped
- Juice of 1/2 lemon
- Dash of salt and pepper
- 1/2 tbsp (7 g) apple cider vinegar

DIRECTIONS

1. Mix together lemon juice, salt, pepper, and apple cider vinegar.
2. Toss together with all other ingredients and enjoy!

NUTRITION INFO

Calories: 365, Carbohydrate: 28 grams, Protein: 20 grams, Fat: 21 grams

A close-up photograph of a pan containing a cooked meal. The ingredients include pieces of salmon, diced tomatoes, green olives, and several slices of lemon. The food is glistening, suggesting it is freshly cooked and possibly still in the pan. The background is a soft, out-of-focus view of the same dish.

Happy Hormones
Dinner

END THE DAY FEELING
GOOD.

Beef and Broccoli



SERVINGS: 2

PREP TIME: 10 MINUTES COOKING TIME: 50 MINUTES (OR
15 MINUTES IF YOU BAKE
POTATOES AHEAD OF TIME)

INGREDIENTS

- 3/4 lb (340 g) 90% lean ground beef
- 1 large head of broccoli, florets chopped
- 3 tbsp (45 g) coconut aminos
- 1/2 tbsp (4.5 g) garlic powder
- 1/2 tsp (1 g) ground ginger
- 1 tbsp (9g) sesame seeds
- 2 tbsp (18 g) sliced almonds
- 2 medium sweet potatoes

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C) and bake sweet potatoes on a baking sheet for approximately 50 minutes, or until potato is soft all the way through when pierced with a fork.
2. Add ground beef to a large skillet and cook over medium heat, crumbling and breaking apart as you go along.
3. Once beef is mostly browned through, drain excess liquid from the skillet. Add broccoli, coconut aminos, garlic powder, ground ginger, and sesame seeds. Mix well until beef and broccoli are evenly coated.
4. Cook for approximately 5 more minutes, until beef and broccoli are of desired consistency.
5. Top beef and broccoli with sliced almonds and serve with a baked sweet potato.

NUTRITION INFO

Calories: 456, Carbohydrate: 38 grams, Protein: 44 grams, Fat: 16 grams

Crispy Chicken and Asparagus



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15
MINUTES

INGREDIENTS

- 3/4 lb (340 g) skinless boneless chicken thighs, trimmed
- 1/2 tsp (1.5 g) garlic powder
- Salt and pepper to taste
- 1 tbsp (14 g) ghee
- 1/4 cup (56 g) bone broth
- 1/4 cup (15 g) chopped parsley
- 1 bundle asparagus
- 1/2 cup (92 g) brown rice, uncooked

DIRECTIONS

1. Cook rice according to package.
2. Season both sides of chicken thighs with garlic powder, salt, and pepper.
3. Heat ghee in a medium skillet over medium heat. Add chicken and cook 5-6 minutes on one side.
4. Flip chicken and add bone broth and asparagus to the skillet.
5. Cook for approximately 6-8 minutes until chicken is cooked through and asparagus is at desired consistency. Serve over brown rice.

NUTRITION INFO

Calories: 528, Carbohydrate: 43 grams, Protein: 49 grams, Fat: 18 grams

Detox Soup



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 35
MINUTES

INGREDIENTS

- 1 tbsp (14 g) olive oil
- 2 cloves garlic, minced
- 1/2 medium onion, diced
- 1/2 tsp (1 g) dried ginger
- 1/2 tsp (1 g) ground turmeric
- 4 cups (1 quart) bone broth
- 1 cup (133 g) sweet potato, diced
- 3/4 cup (144 g) dried lentils (sprouted are best)
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add garlic and onions. Cook 1-2 minutes, until fragrant.
2. Add remaining ingredients. Bring to a boil, then reduce heat to a simmer and cook covered for approximately 35 minutes (until lentils are soft).

NUTRITION INFO

Calories: 429, Carbohydrate: 65 grams, Protein: 21 grams, Fat: 11 grams

Prawn & Cabbage



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 6 - 8
MINUTES

INGREDIENTS

- 3/4 cup (139 g) brown rice, uncooked
- 1 tbsp (14 g) olive oil
- 2 cloves garlic, minced
- 10 oz (284 g) raw Prawns, peeled and deveined
- 2 cups (40 g) shredded green cabbage
- 2 tbsp (28 g) coconut aminos
- 1/2 tsp (1 g) ground ginger
- 1 tsp (7 g) organic honey
- 1 tbsp (10 g) hemp hearts
- 1/4 cup (15 g) chopped parsley

DIRECTIONS

1. Cook brown rice as directed on package.
2. Warm olive oil in a large skillet. Add garlic and cook 1 minute.
3. In a small bowl mix together coconut aminos, ground ginger, and honey.
4. Add the Prawns to one side of the skillet in a single lay, and the cabbage to the other side. Cook prawns 2-3 minutes on one side, then flip.
5. Pour coconut aminos mixture over Prawns and cabbage. Cook for another 2-3 minutes. Mix Prawns and cabbage together.
6. In a dinner bowl, add rice, Prawns, and cabbage. Top with hemp hearts and parsley.

NUTRITION INFO

Calories: 497, Carbohydrate: 67 grams, Protein: 28 grams, Fat: 13 grams

Weeknight Quick Pasta Dinner



SERVINGS: 2

PREP TIME: 5 MINUTES COOKING TIME: 12 MINUTES

INGREDIENTS

- 8 oz (227 g) lentil pasta rotini (Tolerant brand)
- 2 cups (60 g) baby spinach
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/4 cup (70 g) kalamata olives, halved
- 3 tbsp (36 g) basil pesto (made with olive oil)

DIRECTIONS

1. Cook pasta as directed on package.
2. Drain and rinse pasta then return to pot and toss with pesto sauce and spinach.
3. Warm for 1-2 minutes over medium heat until spinach is wilted.
4. Toss with remaining ingredients and enjoy!

NUTRITION INFO

Calories: 513, Carbohydrate: 75 grams, Protein: 27 grams, Fat: 15 grams