



21 DAY HORMONE REBALANCE

# Breakfast Recipe pack

*Eat* WHOLEFOODS FOR YOUR HORMONES

The Happy Hormone Club



# THE REALFOOD RESET

## RETURN TO WHOLE FOODS

### Introduction

Welcome to the new world of whole foods which you will soon realise is the most sustainable way of eating, without the need to 'diet'. Here at the club we have a holistic approach to health which means we focus on blood sugar levels, anti-inflammatory ingredients, gut support and of course taking your hormonal cycle into consideration.

### ABOUT THE COOKBOOK

This way of eating is to prioritise whole or 'real foods' that are unprocessed and consumed in their most natural state, for example baked potatoes instead of deep fried crisps or free range chicken instead of chicken nuggets. Processed foods not only cause havoc with your blood sugar levels, but they also contain preservatives, which are harmful to the body's natural function. Therefore, the focus is on eating a diversity of high vibration fresh plant foods and to use animal produce such as meat, fish, dairy, and eggs as condiments. This way of eating is based on the Blue Zones, where people live the longest and the healthiest. They prioritise 80% fresh, seasonal vegetables and fruits and about 10 - 20% clean animal produce.

### OUR RECIPES SUPPORT STABLE BLOOD SUGAR LEVELS

- ✔ Contains good healthy fats (Avocado, raw extra virgin olive oil, fatty fish, nuts and seeds).
- ✔ Ancient grains instead of processed grains.
- ✔ Contains proteins such as legumes, beans, free-range antibiotic free animal produce

### THIS WEEKS FOCUS

The easiest way to start balancing your blood sugar is by eating a wholefood breakfast that prioritises fiber, good fat and protein. The main shift is from eating conventional breakfast cereal & rusks that contain a lot of sugar to food that will keep you satiated, prevent energy dips and prevent a spike and dip in your blood sugar levels.



# THE REAL FOOD RESET

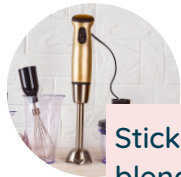
RETURN TO WHOLE FOODS

## EQUIPMENT REQUIRED



Blender /  
food  
processor

OR



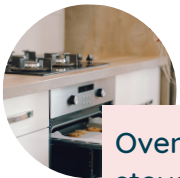
Stick  
blender



Glass  
containers



Good knife  
& chopping  
board



Oven +  
stove



Juicer  
(optional)

## KITCHEN TIPS & PREPARATIONS

- Clear out processed foods from your pantry such as biscuits, pasties, chips, sauces, white bread, chocolates, soft drinks and fruit juices.
- Remove any toxins such as fragrances, teflon pans & cleaning products (this can be a gradual process, start replacing the empty products with better options).
- Recycle plastic containers that contain BPA and replace them with glass or stainless steel containers.

## DO A SELF CHECK-IN 45 MINUTES AFTER YOUR MEAL

Ask yourself: How do I feel: ?

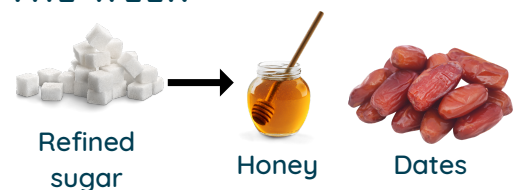
- Bloating
- Energised
- Satiated
- Fatigued
- Irritable
- Gassy
- Tired

Note it down in your Happy Hormone Tracker

## POWER COUPLES

Dressing your carbs with good fats or protein is a simple tool to ensure slower release of glucose (energy) into the blood stream. This will help to keep your blood sugar stable and support balanced hormones

## WHOLEFOODS SWAP FOR THE WEEK



# Wholefoods list

	INCLUDE	REDUCE
Fruit & veggies	All fresh vegetables and fruits (preferably organic or washed with bicarbonate of soda before use). Fresh herbs and spices.	Canned fruit and veggies.
Grains	Oats, rye, quinoa, amaranth, red sorghum, rice, teff, millet, buckwheat, tapioca.	Gluten grains such as wheat, barley.
Dairy	Nut milks such as almond & macadamia; coconut milk & cream (preferably organic); goats milk	Cow's dairy such as milk, yogurt, cheese and ice cream.
Protein	Grass-fed antibiotic free beef and chicken, lentils, beans, free-range eggs	Non organic soy, conventional meat that contains antibiotics & growth hormones.
Oils + vinegars	Coconut oil or avocado oil (for cooking), hemp seed oil, extra virgin olive oil, grass-fed butter, macadamia oil and flaxseed oil. Almond, macadamia or cashew nut butter. Apple cider vinegar, Balsamic vinegar.	Vegetable oils such as canola, sunflower, soybean, & peanut.
Sugar + Salt	Honey, maple syrup, black strap molasses, coconut sugar, dates and raisins (all in moderation). Himalyan salt, Celtic salt or Natural sea salt.	All refined sugars including: white, brown, high-fructose corn syrup, beet syrup, fructose and fruit juice. Iodated table salt.

**ALWAYS AVOID**  
**Artificial sweeteners, processed and fake meat & caffeinated energy drinks such as Red Bull, Play & Monster.**

**AVOID: WEEK 1**  
**Refined sugar**

**FOCUS: WEEK 1**  
**Balanced breakfast**



# POWER COUPLES

Food pairings to keep your blood sugar stable and hormones balanced.

## BREAKFAST (SAVOURY)

SOURDOUGH  
(Carbohydrate)



AVOCADO  
(Healthy fat)



FREE-RANGE EGGS  
(Protein)



## BREAKFAST (SWEET)

FRUIT (PAPAYA)  
(Sugar)



SEEDS  
(Healthy fat)



FRUIT SMOOTHIE  
(Sugar)



NUT BUTTER / AVO  
(Healthy fats)



## SNACK

FRUIT (BANANA)  
(Sugar)



NUTS  
(Healthy fat; 10 nuts)



## SNACK

FRUIT (APPLE)  
(Sugar)



NUT BUTTER  
(Healthy fat; 1  
tablespoon)



PROTEIN  
(Antibiotic-free biltong)



## TREAT

DARK CHOCOLATE  
(>70% COCOA)  
Sugar



NUT BUTTER  
(Healthy fat; 1  
tablespoon)



# Keep it balanced: 6 steps

<p>EAT BREAKFAST</p> 	<p>Break your fast within the first hour of waking up to avoid sugar cravings later on in the day. Eat a balanced whole food breakfast that includes protein (nuts, seeds, eggs, or meat) with whole grain fiber (quinoa, oats or sourdough bread) (optional), and include veggies such as sautéed spinach or kale, mushrooms or green pepper. What you eat in the morning will set the tone for your body's energy function for the rest of the day.</p>
<p>BALANCE YOUR PLATE</p> 	<p>Make sure every meal contains protein and a healthy fat. Protein sources can include free-range &amp; antibiotic-free meat and eggs, fish, beans, legumes, nuts and seeds. Healthy fat sources include avocado, nuts, nut butters, olive oil, and coconut products. These protein and fat options assist to keep the blood sugar levels stable and prevent glucose spikes that occurs when eating a meal that only contains carbohydrates or sugar.</p>
<p>DRINK VINEGAR BEFORE A MEAL</p> 	<p>Drinking one tablespoon of organic apple cider vinegar (ACV) in a tall glass of water a half an hour before a meal helps slow down the absorption of glucose into the blood stream. ACV also improves insulin sensitivity, assists in nutrient release from food and balances the acid/alkaline levels in the body which support good gut health. Use once a day if needed, not with every meal. <i>If using Metformin, consult with your health practitioner before use.</i></p>
<p>ADD A SALAD STARTER</p> 	<p>Adding a fresh starter, filled with fiber, before the main meal (like the French people do) will slow down the breakdown and absorption of glucose from food eaten after that. This is due to the fiber from the fresh salad or veggies that enters the stomach first which acts like a sieve. This sieve allows the food to break down slower and enter the blood stream slower to prevents increased glucose levels. The fiber is also a prebiotic that feeds the good gut bacteria.</p>
<p>EAT IN ORDER</p> 	<p>The order in which you eat your food will impact your glucose levels. A research study showed that by eating a meal in the correct order can reduce the glucose spike by 73% and the insulin spike by 48%. Start by eating fiber first (salad, broccoli, carrots, etc) followed by protein (meat, fish, legumes, beans) then fat (avocado, nuts, seeds) and end your meal with the starches and sugars (rice, pasta, bread, pita or potatoes etc).</p>
<p>MOVE AFTER A MEAL</p> 	<p>When you exercise or even take a walk within 70 minutes after a meal or a slice of birthday cake, you are instantly using the energy you consumed during that meal. Resistance training is even a better option, as it decreases the glucose peak by 30% after a meal, and continues to use glucose over the next 24 hours to reduce the glucose peaks of the next meals too. When you exercise less insulin is needed in the blood stream, therefore allowing energy stores to be used.</p>



# BREAKFAST MEAL PLAN

MONDAY	PRE-BREAKFAST	Gut Fix & Women's Algorithm (*Optional)
	PRE-BREAKFAST	1 Tablespoon Apple Cider Vinegar in a tall glass of water
	BREAKFAST	<b>Smashed avo, sauted veggies &amp; scrambled eggs on sourdough toast</b>
TUESDAY	PRE-BREAKFAST	Gut Fix & Women's Algorithm
	PRE-BREAKFAST	1 Tablespoon Apple Cider Vinegar in a tall glass of water
	BREAKFAST	<b>Coconut-quinoa breakfast bowl</b>
WACKY WEDNESDAY	PRE-BREAKFAST	Gut Fix & Women's Algorithm
	PRE-BREAKFAST	1 Tablespoon Apple Cider Vinegar in a tall glass of water
	BREAKFAST	<b>Berry smoothie</b>
THURSDAY	PRE-BREAKFAST	Gut Fix & Women's Algorithm
	PRE-BREAKFAST	1 Tablespoon Apple Cider Vinegar in a tall glass of water
	BREAKFAST	<b>Chia pudding of choice</b>
FRIDAY	PRE-BREAKFAST	Gut Fix & Women's Algorithm
	PRE-BREAKFAST	1 Tablespoon Apple Cider Vinegar in a tall glass of water
	BREAKFAST	<b>Chocolate dream smoothie</b>
SELF-CARE SATURDAY	PRE-BREAKFAST	Gut Fix & Women's Algorithm
	PRE-BREAKFAST	Cinnamon tea
	BREAKFAST	<b>Omelette with sautéed vegetables. Sourdough bread (Optional)</b>
SUNDAY FUNDAY	PRE-BREAKFAST	Gut Fix & Women's Algorithm
	PRE-BREAKFAST	1/2 lemon's juice in luke warm water with a pinch of Himalayan Rock Salt
	BREAKFAST	<b>Easy flapjacks stack with berry compote &amp; nut butter</b>

## Breakfast grocery list

### Fruit + veggies

Frozen berries of choice  
Apples or season fruit  
Avocado's  
Spinach / Red bell peppers (Or any vegetables to saute with egg)  
Lemons

### Proteins (Free-range + antibiotic free)

Hemp seeds  
Quinoa  
Eggs  
Salmon / Fish of choice to eat with Saturday Brunch

### Beans, pulses & grains

Quinoa

### Nuts & seeds

Nut butter of choice  
Chia seeds  
Almonds  
Hemp seeds  
Flaxseeds, sunflower, sesame and pumpkin (See treats)

### Breads

Sourdough

### Spices & condiments

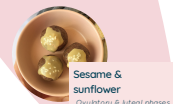
Cinnamon (Powder & sticks)  
Nutmeg  
Himalayan Rock Salt  
Raw apple cider vinegar

See the wholefoods list for your kitchen staples

## MID MORNING SNACK

*Optional*

- Any fresh seasonal fruits
  - Example of a power couple: Nut butter with apple
- Fresh veggies with butter bean dip
- Make a batch of seed balls for your current cycle phase



## BEST TIP

If you have a very busy schedule, especially in the morning, prepare your breakfast the night before. Boil eggs, make chia pot or a smoothie to go.





# Coconut-quinoa breakfast bowl

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

½ cup unsweetened coconut  
milk  
½ cup of quinoa  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
1 tablespoon almond butter

## DIRECTIONS

1. Bring the quinoa and coconut milk to a boil
2. Stir in the spices
3. Cover and simmer on low for about 15 - 20 minutes (Until cooked)
4. Serve with almond butter and coconut flakes

## NOTES

This bowl is packed with good fiber and protein (from the quinoa and almond butter) and will keep you feeling full and happy for hours. (Recipe from Doctors Beyond Medicine)



# Berry blaze smoothie

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

1 cup frozen mix berries  
1 apple  
1 tablespoon lemon juice /  
ACV  
2 tablespoons hemp seeds  
½ ripe avocado  
1 teaspoon chia seeds  
1 cup of water  
½ teaspoon organic  
ashwagandha (optional)  
Pumpkin seeds to decorate

## DIRECTIONS

1. Add all ingredients, except chia seeds, into your blender and blend until smooth.
2. Mix chia seeds into your smoothie, and leave for 5 minutes to swell.
3. Decorate with pumpkin seeds as a topping.
4. Make an extra serving to freeze and use as another breakfast when you pressed for time.

Try and stick to fresh seasonal fruits, therefore only eat apples Feb - May. Leave out the apple from the recipe or choose another seasonal option. Frozen berries are normally frozen quickly after harvesting, which locks in the nutrients, making them a good nutrient dense option for all year round.

## NOTES

Berries are super foods. They are high in antioxidants, low GI (so giving you more energy for longer) and high in fiber. Organic ashwagandha root, also called 'Indian ginseng' is an adaptogen, that can assist the body to handle stress (Before using, please consult with your naturopath or health practitioner).



# Chia pudding with papaya mousse

SERVINGS: 1

PREP TIME: SOAK + 15 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

### Chia pudding:

⅓ cup dry chia seeds

¼ water

### Papaya mousse topping:

¼ large ripe papaya

⅓ cup nut milk

### Toppings:

Home made granola

Seeds / nuts

Coconut flakes

Fresh berries

Orange /mandarin or

naartjie segments

## DIRECTIONS

1. Place your chia seeds and water in a glass and allow the chia seeds to swell in the fridge overnight.
2. In the morning blend your papaya and nut milk until you have a smooth mouse.
3. Scoop mouse on top on the chia pudding, and add your favourite topping to finish off.

## NOTES

Chia seeds contain protein, fiber, and are packed with omega-3 fatty acids that have anti-inflammatory benefits. This chia pudding can also be enjoyed as a dessert.



# Blended chia pudding

Breakfast or dessert

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

4 tablespoons chia seeds (2  
tablespoons per person)

1 cup water

$\frac{1}{4}$  avocado

$\frac{3}{4}$  cup blueberries (or  
berries of choice)

4 pitted dates

$\frac{1}{2}$  tablespoon cocoa powder

## DIRECTIONS

1. Blend all the ingredients in a high speed blender until smooth. If you only have a stick blender, grind the dry chia seeds in a coffee grinder and then add them with the rest of the ingredients and blend together until smooth.
2. Divide into two glasses, cover and refrigerate until chilled. Enjoy it as a breakfast or as a dessert.

## NOTES

If you don't enjoy the texture of whole chia seeds then this recipe is for you. This blended chia pudding is smooth and delicious. Chia seeds contain protein, fiber, and are packed with omega-3 fatty acids that have anti-inflammatory benefits. This chia pudding can also be enjoyed as a dessert.





# Chocolate dream smoothie

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

2 tablespoons nut butter  
½ cup unsweetened nut milk  
½ cup water (depending on preferred consistency)  
½ ripe avocado or 1 tablespoon organic cold pressed olive / hemp / avocado oil  
1 teaspoon cinnamon  
2 tablespoons cocoa powder  
Collagen powder (optional),  
nuts, chia seeds

## DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth, adding more nut milk or water until preferred consistency is achieved.
3. Sprinkle with toppings and enjoy. **Topping ideas:**  
Nuts, seeds, raw cocoa nibs or a dust of cinnamon

## NOTES

This smoothie hits the sweet spot, and contains healthy fats to keep you satisfied and prevent blood sugar crashes.



# Free-range omelette

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

4 free-range large eggs  
3 teaspoons of Himalayan rock salt  
2 tablespoons of mixed herbs / parsley

**Filling:**  
1 red onion  
½ bell pepper  
1 cup mushrooms  
1 tablespoon fresh chopped garlic  
1 diced tomato  
1 cup of spinach  
Chilies (optional to taste)

## DIRECTIONS

1. Heat a pan to medium and then add the onions.
2. When they are translucent and soft, add the garlic, 2 teaspoons salt, 1 tablespoon herbs and stir.
3. Add the mushrooms, tomato and chopped bell pepper, frying for a further 5-8 mins on medium.
4. Reduce heat and add the spinach, placing a lid/cover on the pan.
5. Steam cook for 3 mins, then remove from stove.
6. Heat another pan low/medium.
7. Mix the eggs, 1 teaspoon Himalayan rock salt and tablespoon of mixed herbs / parsley in a mixing bowl, then add to warm pan.
8. Fry until the egg-base is cooked (approximately 3-5 min). Then add 3-4 tablespoons of filling to one half of the omelette and flip the other half of the omelette to cover the filling. Fry on low heat for another 2-3 mins.
9. Remove from heat.

## NOTES

An omelette is an easy way to eat protein and include a bunch of healthy fats and fiber to set you up for a great day. Always opt for free range eggs.



# Easy flapjacks

*For Sundays*

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

4 extra large free-range  
eggs

2 bananas (mashed)

2 tablespoons corn flour

Pinch of salt

### **Toppings:**

Nut butters + nuts & seeds

Blueberries or favourite  
berries

(Makes about 6 large  
flapjacks)

## DIRECTIONS

1. In a mixing bowl add eggs mashed bananas, corn flour and salt. With a electric hand blender combine all ingredient until a smooth consistency. Dough should be easy to pour.
2. In a medium heated pan, add ½ teaspoon of coconut oil.
3. Pour a ladle full of mixture into the pan and bake until cooked.
4. Add blueberries to your mixture before cooking, or add afterwards (optional).
5. Serve with favourite toppings.

## NOTES

These are quick and easy and can be dressed with nut butter or blueberries to make them extra special.



A top-down view of a glass of tea with a sprig of thyme. The glass is filled with a light brown liquid. A sprig of thyme is placed in the glass, extending from the top left towards the center. In the bottom left corner, there is a wooden bowl containing several round, golden-brown bread rolls. In the bottom right corner, there is another sprig of thyme. The background is a light-colored surface.

# Tea's & elixirs

Health boosting elixirs and tea's will set you up for a great day as well as sooth you for a great nights rest.





# Cinnamon tea

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

2 cinnamon sticks

## DIRECTIONS

**Infusion method:** Place 2 cinnamon stick with 2 cups boiling water in a thermos, cover and allow to steep for 1 hour or longer. Strain and enjoy.

**Decoction method:** Place 2 cinnamon stick in a pot with 2 cups of boiling water, cover and simmer for about 20 minutes. Strain and enjoy.

## NOTES

Cinnamon is sweet and can be used as a sugar replacement and mixed with iceted's. Cinnamon assists in lowering blood sugar levels as well as improve insulin sensitivity. Recipe from: Groves, M,N. 2016. Body into balance.





# Balanced snacks

All of the recipes are refined sugar free and made with whole food ingredients. Eat these as a snack between meals, if you are hungry.

These are packed with food fats, so eating one or two will normally be enough to satisfy you. Enjoy guilt-free.



**F** Follicular phase

**M** Menstrual phase



# Pumpkin & flaxseed balls

SERVINGS: 7 DAYS

PREPTIME: 15 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

- 7 tablespoons pumpkin seeds
- 7 tablespoons ground linseed
- 1 tablespoon chia seeds
- 3 tablespoons desiccated coconut
- ½ teaspoon Himalayan rock salt
- 2 tablespoons coconut oil
- ½ teaspoon pure vanilla
- 2 tablespoons nut butter
- ½ teaspoon cinnamon
- 2 dates / 1 tablespoon honey (optional)
- 5 tablespoons water (or until well combined)

## DIRECTIONS

1. Grind your pumpkin & linseeds in a coffee grinder, until fine.
2. Mix all the ingredients in a bowl until you are able to roll balls with your hands.
3. Make 7 equal balls.
4. Keep seed balls in an airtight glass container in the fridge and eat one every day. They also freeze well.
5. Make a new batch over the weekend.

## NOTES

Enjoy them during the follicular and menstrual phases of your cycle.

**O** Ovulatory phase

**L** Luteal phase



# Sunflower & sesame balls

SERVINGS: 7 DAYS

PREPTIME: 15 MIN

COOKING TIME: 0 MIN

## INGREDIENTS

7 tablespoons sunflower seeds  
7 tablespoons sesame seeds  
½ teaspoon Himalayan rock salt  
1 tablespoon coconut oil  
½ teaspoon pure vanilla  
1 tablespoon nut butter  
½ teaspoon cinnamon  
1 teaspoon cocoa  
2 dates / 1 tablespoon honey  
(optional)

## DIRECTIONS

1. Grind your sunflower & sesame seeds in a coffee grinder, until fine.
2. Mix all the ingredients in a bowl until you are able to roll balls with your hands.
3. Make 7 equal balls.
4. Keep seed balls in an airtight glass container in the fridge and eat one every day. They also freeze well.
5. Make a new batch over the weekend.

## NOTES

Enjoy them during the ovulatory and luteal phases of your cycle.