



21 DAY HORMONE REBALANCE

Dinner Recipe pack

Eat WHOLEFOODS FOR YOUR HORMONES

The Happy Hormone Club

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 3 Dairy, Vegetable oil, Gluten	FOCUS: WEEK 3 Digestible dinners
---	---

HAPPY HORMONE TRACKER

21 Day Happy Hormone Programme

WEEK 3

HAPPY HORMONE HABITS

	M	T	W	T	F	S	S
Eating a balanced breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not fasting for longer than 14.5hrs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoiding coffee on an empty stomach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a liver loving lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a digestible dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sauerkraut 1 tbs before a meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No or reduced dairy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SELF CHECK IN 45MIN AFTER EATING

	ANY SYMPTOMS EXPERIENCED	ENERGY LEVEL
M	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

HOW ARE YOU FEELING?

M	_____
T	_____
W	_____
T	_____
F	_____
S	_____
S	_____

SUPPLEMENT TRACKER

	M	T	W	T	F	S	S
Gut Fix	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women's Algorhythm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Magnesium spray	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

DINNER MEAL PLAN

*Continue with Gut Fix and other supplements. Make homemade Sauerkraut over the weekend so that it is ready to eat in day 4 of gut week. You can eat 1 tbs before each meal or as listed below.

MONDAY	BREAKFAST	Smashed avo, sauted veggies & scrambled eggs on sourdough toast
	LUNCH	Balanced lunch bowl
	DINNER	Broccoli and chickpea curry
TUESDAY	BREAKFAST	Coconut-quinoa breakfast bowl
	LUNCH	Rice paper wraps
	DINNER	Butternut or pumpkin soup
WACKY WEDNESDAY	BREAKFAST	Beetroot bomb smoothie
	LUNCH	Starter: Carrot salad Black bean burgers
	DINNER	Zoodles
THURSDAY	BREAKFAST	Chia pudding of choice
	LUNCH	Cabbage or salad wraps
	DINNER	Starter: 1 tbs sauerkraut Broccoli soup
FRIDAY	BREAKFAST	Strawberry cauliflower smoothie
	LUNCH	Starter: 1 tbs sauerkraut Balanced lunch bowl
	DINNER	Starter: 1 tbs sauerkraut Red lentil dahl
SELF-CARE SATURDAY	BREAKFAST	Starter: 1 tbs sauerkraut; Omelette with sautéed vegetables on sourdough bread
	LUNCH	Starter: Carrot salad + 1 tbs sauerkraut Main: Quinoa fritters / Fish cakes
	DINNER	Starter: 1 tbs sauerkraut Loaded sweet potatoes
SUNDAY FUNDAY	BREAKFAST	Easy flapjacks stack with berry compote & nut butter
	LUNCH	Starter: Carrot salad + sauerkraut . Main: Free range meat of choice, quinoa & veggies /salad
	DINNER	Starter: 1 tbs sauerkraut Hearty vegetable soup

Grocery list for dinner
<p>Fruit + veggies Citrus if in season for Zoodle sauce (See recipe) Cabbage Butternut or pumpkin Courgettes, carrots Leafy greens: Spinach / kale Beetroot Carrots Broccoli, cauliflower Onions, garlic cloves, ginger Sweet potatoes Tomatoes Celery</p> <p>Proteins (Free-range + antibiotic free of choice) Bone broth</p> <p>Beans, pulses & grains Chick peas Red split lentils</p> <p>Spices Tomato paste Turmeric powder Mustard seeds Ground coriander; cumin; curry powder Nutritional yeast (Gives a 'cheesy flavour') Thyme Cayenne pepper</p> <p>See the wholefoods list for your kitchen staples</p>

TREATS
<p>Treats Dates Honey Raw cacao</p> <p>Fresh fruit for a nice cream or sorbet</p>

DIGESTIVE FIRE	Eat animal protein for lunch, and focus on vegetable; or fish and vegetable dinners to ensure adequate digestion in the evenings
-----------------------	--



Sauerkraut

Natural probiotics

SERVINGS: 2

PREP TIME: 30 MIN + FERMENTING

COOKING TIME: 0 MIN

INGREDIENTS

1 tablespoon pink
Himalayan salt
1 fresh organic green
cabbage
1 cup filtered, or spring
water (no tap water as the
chemicals will kill the
beneficial bacteria)

NOTES

Sauerkraut is a superfood! It contains an abundance of good bacteria that is beneficial for your gut health. Recipe credit: Dr. Melody Fourie - Gut specialist.

DIRECTIONS

1. Shred the cabbage finely in your blender, food processor or by hand as if you are making coleslaw.
2. Place chopped cabbage into a large mixing bowl and sprinkle with pink Himalayan salt.
3. Knead the cabbage together by hand until it begins to release its juices. Add filtered water.
4. Fill a mason jar by packing the cabbage tightly until the brine created by the vegetable juice and salt completely submerges the shredded cabbage.
5. Fill the jar only to the neck curve, leaving enough room for gas and cabbage to rise.
6. Leave it at room temperature for 4+ days, up to 7 days in winter.
7. Open the jar daily to compress the content tightly with the back of a spoon, once per day, to release the natural gases that have built up during the fermentation process and to ensure the cabbage remains submerged in the brine during the fermentation process.
8. Storage Suggestion: Refrigerate once you've opened for serving



Beetroot bomb smoothie

SERVINGS: 1

PREP TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 1 large beetroot / 2 small beetroots (Cooked)
- 1/2 ripe avocado
- 1/2 cup unsweetened nut milk
- 1/2 cup of water (depending on preferred consistency)
- 2 heaped tablespoons of cocoa powder
- 1 tablespoon nut butter
- 1/2 cinnamon powder
- 1/2 banana OR
- 1 teaspoon honey / 2 soaked dates (optional)

DIRECTIONS

1. Chop beetroots into smaller chunks and boil for about 20 minutes until cooked. (Tip: Cook a few beetroots the night before and keep in the fridge, or freeze until next use).
2. Soak the dates in boiling water for 10-15 minutes and blend in your food processor / blender until smooth.
3. Chop up the cooked beets, banana and avocado into smaller pieces and add to processor / blender with nut milk and water.
4. Blend until smooth.
5. Add the cocoa powder, cinnamon, nut butter and honey / dates and blend until smooth. Add more water or nut milk if smoothie is too thick.
6. Optional toppings: Cocoa nips, granola, chia seeds
7. Leftover smoothie can be frozen in containers and used later in the week.

NOTES

Beetroot is an amazing source of folate (vitamin B9), manganese, potassium, iron, and vitamin C.



✔ Budget friendly

Broccoli & chickpea curry

SERVINGS: 4

COOKING TIME: 25 MIN

SIMMERING TIME: 15 MIN

INGREDIENTS

2 x 400g canned chickpeas
1 tablespoon coconut oil
1 onion, chopped
2 x Bone broth powder
4 garlic cloves, chopped
Half a head broccoli (about 250g)
2 celery stalks, chopped
2 large tomatoes, chopped
1 x can coconut milk
1 teaspoon ground ginger or 2.5cm fresh ginger chopped
1 teaspoon mustard seeds
1 teaspoon ground coriander
1 tablespoon ground cumin
1 tablespoon medium curry powder
½ lemon
Salt & pepper to taste

DIRECTIONS

1. In a steaming basket or small pot steam the broccoli for about 8 minutes or until tender, Transfer ½ of the broccoli to the small bowl and set aside. Add half the can of coconut milk to the remaining broccoli in the pot and blend with a stick blender until smooth.
2. In a large pan, heat the coconut oil over medium-high heat. Add the onion, garlic and celery and cook until tender, about 3 minutes. Move the onions to the side of the pan and roast the spices (ginger, mustard seeds, cumin, coriander & curry powder) for a minute.
3. Add the chopped tomatoes, chickpeas (Rinse if using from a can) whole broccoli and creamed broccoli with the other half of coconut milk, and add salt and pepper to taste.
4. Turn the heat down, add bone broth and allow to simmer for about 15 - 20 minutes.
5. While the curry is simmering and developing flavour, make a pot of rice to serve with the curry.
6. Serve warm with a squeeze of lemon juice.



Butternut / pumpkin soup

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

1 onion (chopped)
2 cloves garlic (crushed)
1 teaspoon ginger (minced)
1 teaspoon thyme
½ teaspoon cayenne pepper
1 large pumpkin / butternut
(peeled and cubed)
1 tin coconut milk
1 ½ cups vegetable or bone
broth or use herbs and
water
1 teaspoon turmeric
2 teaspoon nutritional yeast
Himalayan Rock Salt and
Pepper to taste

DIRECTIONS

1. Add a teaspoon of coconut oil in a pot and fry onion, garlic, ginger, thyme and cayenne until onion is translucent and soft.
2. Add turmeric spice and combine.
3. Add in the coconut milk, vegetable broth and pumpkin cubes and bring to the boil.
4. Turn down the heat and simmer until the pumpkin is soft and cooked (around 10 - 15 minutes).
5. Mix in the nutritional yeast.
6. Remove from the heat and blend in food processor or with a stick blender until smooth.
7. Add salt and pepper to taste. Garnish with pumpkin seeds (optional).
8. This soup freezes well and makes a nice lunch the next day with whole wheat or sourdough bread.

NOTES

This soup is nutritious and even more so with the addition of turmeric that has powerful anti-inflammatory and antioxidant properties.



Zoodles

Zucchini - noodles

SERVINGS: 2

PREP TIME: 10

COOKING TIME: 20 MIN

INGREDIENTS

- 2 large zucchinis
- 1 small head of broccoli
- 2 large carrots
- ½ cup red cabbage

Citrus sauce

- 1/4 cup almond butter
- 2 tablespoons orange juice
- 1 teaspoon orange zest
- 2 teaspoons fresh lemon / lime juice
- 2 tablespoons olive oil
- ½ teaspoon grated garlic
- 3 teaspoons grated ginger

DIRECTIONS

1. Use a spiral slicer to transform the zucchini into noodles. Or use a peeler to julienne the zucchini into long strands, similar to spaghetti noodles.
 2. Chop the broccoli, and add the zucchini noodles, carrots and cabbage to a saucepan with little bit of water. Steam until tender.
 3. In a blender combine all ingredients for the sauce and process until creamy.
 4. Mix the sauce and the steamed veggies and top with spring onions and pumpkin seeds
- Recipe modified from Brighten, 2019, Beyond the pill

NOTES

Satisfy your noodle craving with this fresh and fun bowl of zoodles.



Broccoli soup

Recipe of the month!

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 broccoli head (about 2 cups)
- ¼ cup water
- 1 can coconut cream / milk or 1 cup almond or macadmia milk
- 2 teaspoons nutritional yeast
- 2 white onions
- 1 teaspoon crushed garlic
- Salt and pepper to taste

DIRECTIONS

1. Fry the onions in a pot on medium heat, until translucent or soft.
2. Add garlic, salt and pepper to taste.
3. Add broccoli with 2-3 cups water on higher heat with lid on. Cook for 12-15 mins.
4. Remove from heat and add nutritional yeast and coconut cream, then blend in food processor or with a stick blender until smooth.
5. This soup freezes well and makes a nice lunch the next day with whole wheat or sourdough bread.

NOTES

This soup is ideal for a quick, filling dinner or lunch and freezes well. Broccoli is packed with vitamins and minerals, is high in antioxidants and assists in reducing inflammation.



Red lentil dahl

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

2 cups red lentils
 1 red onion
 1 garlic clove minced
 2 tablespoons red curry
 paste
 1 tablespoon curry powder
 1 teaspoon ground turmeric
 1 teaspoon ground cumin
 1 teaspoon Himalyan salt
 1 sweet potato peeled and
 cubed
 4 cups vegetable broth
 (Optional: 1 teaspoon
 marjoram, chilies, parsley,
 ginger or other herbs and
 spices, or veggies such as
 spinach, celery)

DIRECTIONS

1. Soak the lentils in cold water and wash until the water runs clear. Ideally soak for 4 hours, however red split lentils needs less time. If you are using whole lentils, soak overnight.
2. Heat a large pan over medium heat, add onions and garlic and cook until soft and translucent, about 3-5 minutes. Add curry paste, curry powder, turmeric, cumin and salt and mix together until the onions are well coated and fragrant.
3. Add red lentils, sweet potatoes with 4 cups of vegetable stock & 2 cups of water. Bring mixture to a boil, then simmer for 20 minutes, allowing the sweet potatoes to cook and the red lentils to thicken. Serve with fresh coriander on rice.



Loaded sweet potatoes

SERVINGS: 2

PREP TIME: SOAK + 10 MIN

COOKING TIME: 75 MIN

INGREDIENTS

- 2 large sweet potatoes
- 1 cup (or can) chickpeas
- 1 onion (diced)
- 2 cloves garlic
- 2 tablespoons tomato paste
- 2 tomatoes
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- 1 teaspoon turmeric
- 1 teaspoon fresh ginger
- 1 tablespoon garam masala
- 1 teaspoon curry powder (or more for stronger curry)
- ½ cup coconut milk
- 2 tablespoons fresh herbs (coriander, parsley)

DIRECTIONS

1. Pre-soak raw chickpeas overnight. Cook soaked chickpeas for 30 - 40 minutes ideally in a pressure cooker, until soft. Alternatively if using a can of chickpeas, rinse well before use.
2. Preheat oven to 180°C while chopping the sweet potatoes in half.
3. Bake the sweet potatoes with a little bit of coconut oil, until tender (20-30 minutes)
4. In a medium pot, add ¼ cup water and cook onions until translucent.
5. Add spices to enhance the flavour.
6. Then add garlic, tomato's, tomato paste and cook until tomatoes are soft.
7. Add coconut milk and chickpeas and allow to cook for another few minutes.
8. Fill the cooked sweet potato's with the curry mixture and enjoy.
9. Leftover curry can be frozen and reheated as desired.



Hearty vegetable soup

SERVINGS: 4

PREP TIME: SOAKING TIME + 15 MIN COOKING TIME: 75 MIN

INGREDIENTS

- 1 cup dry chickpeas or red kidney beans
- 3 sweet potatoes
- 3 celery stalks
- 5 carrots
- 1 large red onion
- 2 cups sliced cabbages
- 2-3 tomato's
- 1 teaspoon marjoram / favourite mixed herbs
- 1 teaspoon grated ginger
- 1 teaspoon chopped chilli (optional)
- Salt & pepper for seasoning

DIRECTIONS

1. Soak the chickpeas or beans overnight or at least 4 hours before cooking. After soaking the chickpeas or beans wash them with cold water until water is clear.
2. Start frying onions and ginger in a large pot.
3. Cut the sweet potato's, celery, carrots & cabbage, tomato's into smaller pieces and add to the onions. Fry for a few minutes.
4. Add water to the pot until 3/4 full.
5. Add marjoram/herbs, chillies and salt + pepper (to taste)
6. The soup can be eaten chunky or blended in a food processor until smooth.
7. Leftover soup can be frozen and reheated in a pot (avoid the microwave) as desired.

NOTES

This is my go-to recipe when I crave a comforting meal. I always make a big pot to freeze the leftovers. It's a great soup to warm up when you're tired during the menstrual phase.



Creamy cauliflower soup

SERVINGS: 4

PREP TIME: 10 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 large white onion
- 1 clove garlic
- 7 cups vegetable broth (see recipe) or water & herbs
- 4 cups cauliflower florets
- ½ cup cubed sweet potato
- ½ cup beans (butter/cannelloni, or of choice)
- 1 tablespoon nutritional yeast
- 1 tablespoon mustard powder
- Salt and pepper to taste

DIRECTIONS

1. Steam whole cabbage leaves (your wraps) in a steamer or pot for about 10 minutes.
2. In a medium saucepan dry saute your onions and cook until translucent. Add spinach and saute until wilted, add spices, salt and mustard powder to taste. Scramble 1 / 2 free-range eggs with you mixture.
3. Fill your cabbage wrap with cooked onions, spinach, pickled carrots and top with fresh herbs, sunflower seeds, almonds and tahini sauce.

NOTES

Cauliflower is packed full of nutrients, fiber and antioxidants. This is such a wonderful filling dish and can be topped with all your favourites; tomato relish, caramalised onions in balsamic glaze and beans of choice



Nice cream

Fresh and creamy

SERVINGS: 2

PREP TIME: 15 MIN

COOKING TIME: 0 MIN

INGREDIENTS

1 cup raspberries, fresh or frozen and thawed OR 1 cup papaya

½ cup raw whole cashews, soaked in warm water at room

temperature at least 4 hours, drained

2 bananas, peeled, thickly sliced and frozen

DIRECTIONS

1. Purée raspberries and cashews in a blender or food processor until smooth, adding up to ¼ cup water if needed to purée.
2. Add bananas and purée again, scraping down the sides often, until very smooth.
3. Transfer to a tightly sealed freezer-safe container and freeze until just solid, about 4 hours. (Soften at room temperature for about 15 minutes before scooping.)

NOTES

Fruits offer the natural boost of antioxidants that supports a healthy body. The addition of good fats from the cashew nuts will ensure that you feel satiated for longer, prevent sugar cravings afterwards and make it irresistibly creamy, as well as provide the building blocks for happy hormones.



Easy handmade chocolates

SERVINGS: 2

PREP TIME: 15 MIN

COOKING TIME: 3 MIN

INGREDIENTS

100ml coconut oil
50ml cocoa powder

For your centers (be creative):

Fresh strawberries
Fresh blueberries
Honey
Your favourite nuts

*You need an ice mould or you can use a muffin pan

DIRECTIONS

1. Add coconut oil and cocoa to a medium pot and melt slowly over low heat, until combined.
2. Allow to cool slightly before transferring to moulds.
3. Fill moulds with half of the mixture and place the berries or nuts in the center.
4. Add a small dollop of honey for sweetness.
5. Cover the rest of the mould with chocolate mixture.
6. Place in the freezer to set. This takes about 20 to 30 minutes.
7. Pop out of the moulds and serve.
8. Keep them in the freezer until service to prevent them from melting.
9. *TIP: The sizes of moulds may be different, so always use half the amount of cocoa to the amount of coconut oil. This will help you to upscale or reduce the volume to be tailored to the size of your mould.