

AVIVA ROMM

hormone intelligence

THE COMPLETE GUIDE TO
CALMING HORMONE CHAOS AND
RESTORING YOUR BODY'S NATURAL
BLUEPRINT FOR WELL-BEING



HarperOne

An Imprint of HarperCollins Publishers

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to ensure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

HORMONE INTELLIGENCE. Copyright © 2021 by Aviva Romm. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information, address HarperCollins Publishers, 195 Broadway, New York, NY 10007.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information, please email the Special Markets Department at SPsales@harpercollins.com.

FIRST EDITION

Designed by SBI Book Arts, LLC

Library of Congress Cataloging-in-Publication Data

Names: Romm, Aviva Jill, author.

Title: Hormone intelligence : the complete guide to calming hormone chaos and restoring your body's natural blueprint for well-being / Aviva Romm.

Description: First edition. | San Francisco : HarperOne, [2021] | Includes bibliographical references.

Identifiers: LCCN 2020051682 (print) | LCCN 2020051683 (ebook) | ISBN 9780062796219 (hardcover) | ISBN 9780062796271 (paperback) | ISBN 9780062796240 (ebook)

Subjects: LCSH: Hormone therapy.

Classification: LCC RM286 .R66 2021 (print) | LCC RM286 (ebook) | DDC 615.3/6—dc23

LC record available at <https://lcn.loc.gov/2020051682>

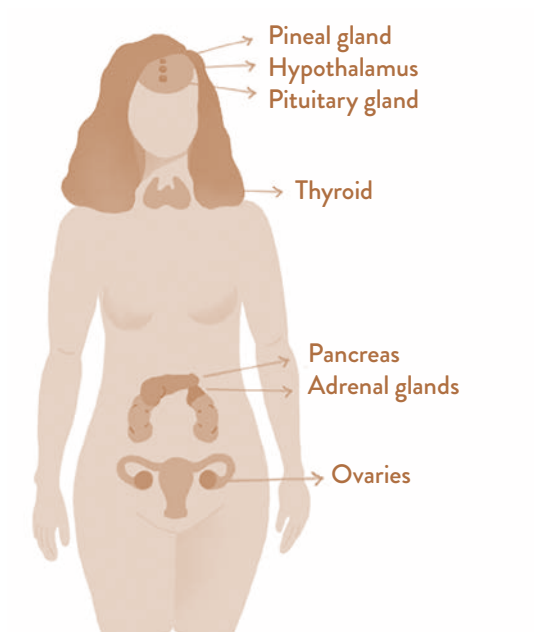
LC ebook record available at <https://lcn.loc.gov/2020051683>

The Many Faces of Hormone-Related Conditions

Hormone-related conditions show up in many ways, including those that commonly bring women to my office and that can be improved with this book:

- PMS
- Polycystic ovary syndrome (PCOS)
- Infertility
- Endometriosis
- Fatigue, low energy
- Hormonal migraines and headaches
- Menstrual cramps
- Miscarriages
- Monthly breast tenderness and lumps
- Sleep problems
- Thyroid problems
- Weight gain
- Anxiety or depression
- Fibroids
- Acne
- Cervical dysplasia (abnormal cellular changes)
- Chronic vaginal infections
- Cravings (sugar, carbs, salt)
- Irritability, mood swings, depression
- Family or personal history of breast, endometrial, or other gynecologic cancer
- Hair loss
- Irregular, skipped, or painful periods
- Low (or no) sex drive
- Perimenopausal symptoms (hot flashes, vaginal dryness, low libido)
- Osteopenia or osteoporosis
- Prenatal or postpartum depression
- Menstrual problems

Endocrine System



Hormones and Their Symptoms

High Estrogen (particularly estradiol)

Common Symptoms

- Cyclic breast tenderness, breast cysts
- Endometriosis
- Heavy periods
- Menstrual migraines
- Mood swings
- Short menstrual cycles (<21 days)
- Fibroids
- Bloating, water retention

Common Causes

- Estrogen-containing birth control
- Endocrine-disrupting chemicals
- Impaired liver detoxification
- Low-fiber diet
- Obesity
- Intestinal dysbiosis, sluggish elimination

Potential Risks

- Autoimmune disease
- Breast, ovarian, and endometrial cancers
- Hypothyroidism

Low Estrogen (particularly estradiol)

Common Symptoms

- Bone loss (osteopenia, osteoporosis)
- Brain fog, memory problems
- Depression
- Headaches
- Hot flashes, night sweats
- Irritability, anxiety

Hormones and Their Symptoms *(continued)*

- Joint pain
- Decreased skin tone
- Low libido
- Low thyroid function
- Sagging breasts, loss of breast size
- Sleep problems
- Scant or skipped periods
- Thinning hair
- Vaginal dryness
- Urinary tract infection (UTI)
- Weight gain

Common Causes

- Low body fat / energy, malnutrition
- Menopause
- Overexercise
- Primary ovarian insufficiency (POI)
- Stress

Potential Risks

- Alzheimer's disease / dementia
- UTIs
- Heart disease
- Osteoporosis

Low Progesterone

Common Symptoms

- Anovulation
- Anxiety
- Constipation
- Cyclic breast pain
- Depression
- Endometriosis
- Fertility problems
- Insomnia
- Irregular menstrual cycles
- Irritability, anxiety
- Long menstrual cycles (>35 days)
- Low libido
- Miscarriage
- Short luteal phase
- Spotting between periods
- Water retention

Common Causes

- Not ovulating / luteal phase deficiency
- PCOS

Potential Risks

- Abnormal uterine bleeding
- Breast cancer
- Endometrial cancer
- Recurrent miscarriage
- Reduced bone density

Hormones and Their Symptoms *(continued)*

High Testosterone

Common Symptoms

- | | |
|------------------------|--|
| • Acne | • Hair loss, thinning hair |
| • Anxiety | • Hirsutism (hair in unwanted places) |
| • Blood sugar problems | • Irritability |
| • Depression | • Oily skin/hair |
| • Fertility problems | • Reactivity, irritability, aggression |

Common Causes

- | | |
|--|------------------------------------|
| • Chronic stress | • Insulin resistance |
| • High-sugar or high-carbohydrate diet | • Polycystic ovary syndrome (PCOS) |

Potential Risks

- | | |
|-----------------|--------------------|
| • Depression | • High cholesterol |
| • Diabetes | • Infertility |
| • Heart disease | • PCOS |

Low Testosterone

Common Symptoms

- | | |
|--|--------------------------------|
| • “Bat wings” (fat on the back of your arms) | • Low confidence |
| • Decreased sense of well-being | • Low libido |
| • Depression | • Low motivation |
| • Fatigue | • Muscle loss, muscle weakness |
| | • Weight gain |

Common Causes

- | | |
|----------------------------------|----------|
| • Low adrenal function | • Stress |
| • Naturally decline in menopause | |

Potential Risks

- | |
|-----------------------------|
| • Not well studied in women |
|-----------------------------|

Hormones and Their Symptoms *(continued)*

High Cortisol

Common Symptoms

- | | |
|-------------------------|---|
| • Anxiety/panic attacks | • Increased abdominal fat (“muffin tops”) |
| • Frequent illness | • Sleep problems |
| • Irregular periods | • Sugar, salt, fat cravings |
| • Low stress resilience | |

Common Causes

- | | |
|------------------|--------------------------------|
| • Chronic stress | • Natural decline in menopause |
|------------------|--------------------------------|

Potential Risks

- | | |
|--|---|
| • Anxiety | • High blood sugar / insulin resistance |
| • Bone loss (osteopenia, osteoporosis) | • Hypothyroidism |
| • Fatigue | • Low libido |
| • High blood pressure | • Metabolic syndrome |

Low Thyroid Hormone

Common Symptoms

- | | |
|-----------------------------------|---|
| • Cold hands and feet | • Low energy |
| • Constipation | • Low libido |
| • Depression | • Puffiness |
| • Dry skin | • Skipped, irregular, or heavy periods |
| • Enlarged thyroid gland (goiter) | • Slow metabolism (weight gain) |
| • Fatigue | • Slower mental function / impaired memory |
| • Feel “chilly” a lot | • Thinning hair / missing outer third of eyebrows |
| • Hoarse voice | • Weight gain |
| • Irregular periods | |
| • Joint pain | |

Common Causes

- | | |
|-----------------------|---------------------------|
| • Autoimmunity | • Iodine deficiency |
| • Certain medications | • Pituitary gland problem |
-

Hormones and Their Symptoms *(continued)*

- Pregnancy
- Radiation or surgery to the neck/thyroid
- Thyroid cancer

Potential Risks

- Depression
- Goiter
- Heart disease
- Infertility
- Miscarriage
- Pregnancy problems, postpartum depression
- Obesity and its associated risks
- Peripheral neuropathy

High Insulin / Insulin Resistance

Common Symptoms

- Blood pressure >130/80
- BMI >25
- Darkened skin of the neck, groin, or armpits
- High blood pressure
- High LDL and low HDL cholesterol
- Increased abdominal fat
- PCOS
- Shakiness between meals
- Skin tags
- Waist circumference >30 inches
- Weight gain

Common Causes

- Chronic stress
- Diet high in sugar or refined carbohydrates
- Inadequate sleep
- Underactive thyroid

Potential Risks

- Dementia
- Fatty liver disease (NAFLD)
- Gestational diabetes
- Heart disease
- High cholesterol
- Obesity
- PCOS
- Type 2 diabetes

Your Hormone Blueprint Questionnaire

Now let's add a self-assessment to help you connect the dots. At avivaromm.com/hormone-intelligence-resources you'll find a printable version you can use to track improvement as you go through the plan and beyond. Scoring >4 points in any of the 8 patterns suggests that you have some measure of the associated imbalance. Scoring >8 points in any section suggests a more significant imbalance. It's common—in fact likely—to have more than one imbalance. The Hormone Intelligence Plan is all about addressing these symptoms and imbalances!

Check all boxes that relate to you in each section.

Pattern 1: High Estrogen

- | | |
|--|--|
| <input type="checkbox"/> Heavy periods | <input type="checkbox"/> Endometriosis |
| <input type="checkbox"/> Painful periods | <input type="checkbox"/> Varicose veins |
| <input type="checkbox"/> Short menstrual cycles (<21 days) | <input type="checkbox"/> Gallbladder problems |
| <input type="checkbox"/> Bloating, fluid retention | <input type="checkbox"/> History of using estrogen-containing birth control or medication (in the last three months) |
| <input type="checkbox"/> Breast tenderness, cysts | <input type="checkbox"/> A pear-shaped body |
| <input type="checkbox"/> Mood swings | |
| <input type="checkbox"/> Menstrual migraines | |
| <input type="checkbox"/> Uterine fibroids | |

Pattern 2: Low Estrogen

- | | |
|--|--|
| <input type="checkbox"/> Irregular or absent periods | <input type="checkbox"/> Brain fog, memory problems, poor focus |
| <input type="checkbox"/> Trouble falling asleep, waking in the middle of the night | <input type="checkbox"/> Long menstrual cycles or scant periods |
| <input type="checkbox"/> Anxiety, depression | <input type="checkbox"/> Migraines |
| <input type="checkbox"/> Hot flashes, night sweats | <input type="checkbox"/> Joint aches or pains |
| <input type="checkbox"/> Vaginal dryness | <input type="checkbox"/> Loss of bone density (osteopenia, osteoporosis, loss of height) |
| <input type="checkbox"/> Urinary frequency or frequent UTIs | <input type="checkbox"/> Autoimmune disease |
| <input type="checkbox"/> Low libido | |
| <input type="checkbox"/> Weight gain | |

Pattern 3: Low Progesterone

- | | |
|---|---|
| <input type="checkbox"/> Irregular menstrual cycles | <input type="checkbox"/> Headaches or migraines |
| <input type="checkbox"/> Heavy periods | <input type="checkbox"/> Anxiety, depression |
| <input type="checkbox"/> Insomnia, sleep problems | <input type="checkbox"/> PMS |

Your Hormone Blueprint Questionnaire *(continued)*

- ☐ Short luteal phase (ovulation to menstruation less than 12 days)
- ☐ Spotting in the second half of your cycle
- ☐ Low or no signs of ovulation
- ☐ Low basal body temp in the luteal phase
- ☐ Fertility problems
- ☐ Recurrent miscarriage
- ☐ Symptoms of excess estrogen (weight gain, depression, heavy periods, low libido, breast tenderness, fibrocystic breasts, fibroids, gallbladder problems)
- ☐ Endometriosis

Pattern 4: High Testosterone

- ☐ Irregular periods
- ☐ Skipped periods
- ☐ Fertility challenges
- ☐ Hair in unwanted places
- ☐ Hair loss (head)
- ☐ Acne
- ☐ Weight gain
- ☐ Aggression, irritability
- ☐ Polycystic ovary syndrome (PCOS)
- ☐ High LDL cholesterol

Pattern 5: Low Testosterone

- ☐ Fatigue, sluggishness
- ☐ Low motivation
- ☐ Depression
- ☐ Muscle weakness or loss of muscle
- ☐ Hair loss
- ☐ Sleep disturbances
- ☐ Low sex drive
- ☐ Decreased sexual satisfaction, difficulty achieving orgasm
- ☐ Weight gain
- ☐ Irregular menstrual cycles

Pattern 6: High Cortisol

- ☐ Chronic stress, overwhelm
- ☐ Low motivation or drive
- ☐ Often feeling burnout
- ☐ Trouble falling asleep, feeling “tired and wired”
- ☐ Tired during the day, hit a slump around 3–4 p.m.
- ☐ Waking up tired even after a good night’s sleep
- ☐ Insomnia, trouble falling asleep or staying asleep
- ☐ Needing coffee to start the day, or a cup in the afternoon
- ☐ Craving sweets, chocolate, or salty foods
- ☐ Bloating, puffiness, or fluid retention
- ☐ Mood swings, PMS, irritability, weepiness, mini breakdowns, or anxiety

Your Hormone Blueprint Questionnaire *(continued)*

- ☐ Low (or no) sex drive
- ☐ Overweight, especially around my middle ("muffin top")
- ☐ Blue or even depressed
- ☐ Increased skin wrinkling for your age
- ☐ Reduced memory or focus
- ☐ Irregular menstrual cycles
- ☐ Miserable menopausal symptoms
- ☐ Trouble getting pregnant, history of miscarriage
- ☐ PCOS
- ☐ High cholesterol
- ☐ Bone loss (osteopenia or osteoporosis)
- ☐ Autoimmune disease
- ☐ Frequent colds or illnesses

Pattern 7: Low Thyroid Hormone

- ☐ Sluggishness, fatigue, zero energy
- ☐ Weight gain without changing eating or exercise habits
- ☐ Trouble losing weight, despite dieting and exercise
- ☐ My memory and concentration aren't what they were
- ☐ Low mood, depression, anxiety
- ☐ Sluggish bowels, constipation
- ☐ Feeling cold all the time, have to wear a sweater even if nobody else is, low body temperature
- ☐ Dry, itchy, or rough skin
- ☐ Brittle or coarse hair or nails
- ☐ Hair loss, hair thinning
- ☐ High cholesterol
- ☐ Puffiness around eyes, face gets puffy
- ☐ Loss or thinning of outer third of eyebrows
- ☐ PMS, heavy periods, or skipped periods
- ☐ Trouble getting pregnant, history of miscarriage
- ☐ History of postpartum depression or trouble producing breast milk

Pattern 8: High Insulin / Insulin Resistance

- ☐ High blood sugar
- ☐ Metabolic syndrome, insulin resistance, or diabetes
- ☐ Shakiness or agitation between meals
- ☐ Skin tags
- ☐ Brown, velvety skin discoloration in my armpits, groin, or neck
- ☐ Tired a lot
- ☐ Overweight, with weight especially around my waist and belly
- ☐ Frequent thirst, frequent urination
- ☐ Waist circumference >30 inches
- ☐ High blood pressure (>130/80)
- ☐ History of gestational diabetes or had a baby who weighed more than 9 pounds
- ☐ PCOS
- ☐ Hair in unwanted places
- ☐ Hair thinning or loss
- ☐ Acne, especially cystic acne

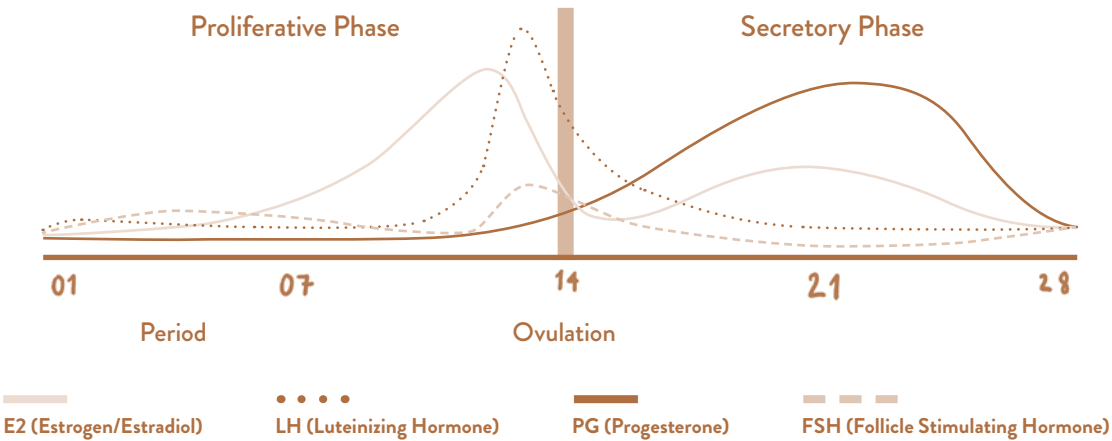
Menstrual Cycle at a Glance

Phase	Happens on These (Approximate) Days of a (28-Day) Menstrual Cycle	What's Happening	What Your Hormones Are Doing
Menstruation	1–6	On the first 1–6 days, the endometrial lining sheds.	Estrogen and progesterone are at their lowest at the start of menstruation; estrogen begins to rise.
Follicular	1–13 (includes the menstrual phase)	The uterine lining is proliferating, the ovary is ripening follicles to induce one egg to release, and the glands in the cervix start to produce fertile mucus.	Estrogen continues to rise, as does FSH, heading toward a midcycle peak; testosterone increases.
Ovulation	14–18	An egg is released from the ovary.	Estrogen begins to peak, stimulating an LH surge. This leads the dominant ovarian follicle to rupture and release an egg.
Luteal	14–28 (includes ovulation)	The time between ovulation and the start of menstruation; implantation occurs if you become pregnant; your body prepares for menstruation if you don't.	Progesterone is produced by the empty follicle, dominating the second half of the menstrual cycle. Estrogen has a second lesser peak. After midluteal phase, progesterone and estrogen levels drop, causing the endometrium to shed, and the cycle begins again with your next period.

Detecting Ovulation from Cervical Mucus



The Menstrual Cycle



Common Symptoms, Common Conditions at a Glance

Condition ➤							Ovarian Dysfunction / Premature Ovarian Insufficiency
Symptom ▼	Menstrual Cycle Problems	PMS	Endo-metriosiis	PCOS	Fertility Problems	Uterine Fibroids	
Heavy periods	✓		✓	✓		✓	✓
Skipped periods	✓			✓	✓		✓
Painful periods	✓		✓			✓	
Chronic pelvic pain			✓			✓	
Anxiety, depression, mood swings		✓	✓	✓			✓
Digestive symptoms		✓	✓			✓	
Hair loss / hair in unwanted places				✓			
Acne		✓		✓			
Trouble getting/ staying pregnant	✓		✓	✓	✓		✓
Cyclic breast pain, swelling, cysts		✓					

Anovulation Symptom Self-Assessment

How do you know if you're not ovulating? Here's a list of symptoms:

- ☐ Menstrual cycles consistently or frequently shorter than 26 days, or longer than 34 days
- ☐ Periods that last longer than 8 days
- ☐ Skipped periods
- ☐ Heavy periods
- ☐ Low or almost no midcycle, fertile-type cervical mucus)
- ☐ Lack of ovulatory rise in BBT
- ☐ Sleep problems (due to low progesterone)
- ☐ Depression
- ☐ Difficulty conceiving (if you've been trying)
- ☐ Symptoms of PCOS

PMS Symptom Self-Assessment

How do you know if you have PMS? Although the criteria for diagnosis of premenstrual disorders are variable, there is general agreement that if you have 5 or more symptoms during the week prior to your period, resolving within a few days after your flow starts, it's technically PMS.

One or more of the following symptoms must be present:

- | | |
|--|--|
| <input type="checkbox"/> Mood swings, sudden sadness, increased sensitivity to rejection | <input type="checkbox"/> Sense of hopelessness, depressed mood, self-critical thoughts |
| <input type="checkbox"/> Anger, irritability | <input type="checkbox"/> Tension, anxiety, feeling on edge |

Plus one or more of the following symptoms to reach a total of five symptoms overall:

- | | |
|--|--|
| <input type="checkbox"/> Difficulty concentrating | <input type="checkbox"/> Feeling overwhelmed or out of control |
| <input type="checkbox"/> Change in appetite, food cravings, overeating | <input type="checkbox"/> Breast tenderness, bloating, weight gain, or joint/muscle aches |
| <input type="checkbox"/> Diminished interest in usual activities | <input type="checkbox"/> Sleeping too much or not sleeping enough |
| <input type="checkbox"/> Easy fatigability, decreased energy | |

If you have premenstrual symptoms that get in the way of your best life, something is definitely affecting your total ecology—you don't need a diagnosis to prove that!

If you don't have periods, for example, you have your ovaries but had a hysterectomy, or you are using a hormone IUD, then you don't have your periods to use as a gauge; but the PMS/PMDD is probably still occurring cyclically. To find out, and thus also confirm that your symptoms are due to PMS or PMDD, track them—if your symptoms occur every 24 to 38 days or so, you have your cause.

PCOS Self-Assessment

How do you know if you have PCOS? Because it manifests with different symptoms and even different biochemical imbalances, it can be hard to diagnose and there's no laboratory test that proves you have it. Ultrasound findings, helpful if the classic "string of pearls" (numerous ovarian follicles in various stages of development) is seen, don't alone prove that you have PCOS, nor does an absence of findings prove you don't. However, a diagnosis can be made on an approved set of findings and symptoms called the Rotterdam Criteria.

If you have two of the following three symptoms, by definition you have a diagnosis of PCOS:

- | | |
|---|---|
| <input type="checkbox"/> Infrequent periods more than 35 days apart | <input type="checkbox"/> Symptoms of excess androgens (acne, hair loss, hair in unwanted places—upper lip, chin, chest or belly, nipples, etc.) |
| <input type="checkbox"/> Polycystic ovaries seen on ultrasound | |

Additional common symptoms strongly suggesting PCOS include:

- | | |
|---|---|
| <input type="checkbox"/> Irregular cycles | <input type="checkbox"/> Weight gain or trouble losing weight |
| <input type="checkbox"/> Anxiety, depression | <input type="checkbox"/> Skin tags |
| <input type="checkbox"/> Binge eating | <input type="checkbox"/> Trouble getting pregnant |
| <input type="checkbox"/> Skipped periods, sometimes for months at a time | <input type="checkbox"/> Reliance on the Pill to treat symptoms like irregular cycles or acne |
| <input type="checkbox"/> Darkened, velvety-textured skin around the neck, in your armpits, or in your groin | |

Endometriosis Self-Assessment

If you experience the symptoms I list below regularly, it's possible that you have endometriosis. Period pain and chronic pelvic pain can be found in as many as 20 to 90% of women who are eventually diagnosed with this condition. A definitive diagnosis requires a biopsy sample obtained by laparoscopic surgery. If you have presumptive symptoms, it's not essential to get a formal diagnosis unless you plan to pursue surgical treatment. Endometriosis can also, though less commonly, be asymptomatic and first be evident in women only when a woman is diagnosed with a fertility problem.

Symptoms include:

- | | |
|--|---|
| <input type="checkbox"/> Heavy periods | <input type="checkbox"/> Difficulty getting pregnant |
| <input type="checkbox"/> Significant lower back pain with periods | <input type="checkbox"/> Ovulation pain |
| <input type="checkbox"/> Cramping between periods | <input type="checkbox"/> Pelvic burning, aching not limited to menstruation |
| <input type="checkbox"/> Clots with your period | <input type="checkbox"/> Bleeding after bowel movements or intercourse, especially on your period |
| <input type="checkbox"/> Nausea, vomiting, or abdominal pain, especially around your period | <input type="checkbox"/> "Referred pain" especially in your shoulder blades or top of collarbone |
| <input type="checkbox"/> Abdominal cramping accompanied by diarrhea and/or constipation | <input type="checkbox"/> Bloating or swollen abdomen |
| <input type="checkbox"/> Pain with bowel movements or urination | <input type="checkbox"/> Irritable bowel syndrome (IBS) |
| <input type="checkbox"/> Painful sex, particularly with penetration | <input type="checkbox"/> Urinary symptoms, i.e., increased frequency, urgency, or pain when you pee |
| <input type="checkbox"/> Pelvic pain that gets worse after sex or a pelvic exam | <input type="checkbox"/> Allergies, asthma, migraines, or an autoimmune condition (i.e., thyroid disease, rheumatoid arthritis, lupus, celiac, psoriasis, multiple sclerosis) |
| <input type="checkbox"/> Lower back pain or pain in the back of your legs, which is typically worse around your period | <input type="checkbox"/> Fibromyalgia |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Feeling tired or unwell, especially around your menstrual cycle |

As there is a genetic predisposition associated with endometriosis, if your mother or sister has it, it's more likely that you do, as well. If you have moderate to severe symptoms, I highly suggest incorporating those recommendations along with the core plan, from the beginning.

Fertility Self-Assessment

Symptoms that put you at risk for a fertility challenge include:

- | | |
|--|--|
| <input type="checkbox"/> Short luteal phase (<12 days long) | <input type="checkbox"/> PCOS |
| <input type="checkbox"/> Short or long menstrual cycles | <input type="checkbox"/> Endometriosis |
| <input type="checkbox"/> You're not ovulating | <input type="checkbox"/> Hypothyroidism |
| <input type="checkbox"/> You're not having ovulatory-type cervical mucus | <input type="checkbox"/> Premature ovarian insufficiency (POI) |
| <input type="checkbox"/> Hypothalamic amenorrhea | <input type="checkbox"/> Perimenopause |

Uterine Fibroid Self-Assessment

If you regularly experience the following symptoms, you could have fibroids. However, these are also similar symptoms of endometriosis, so complete that self-assessment as well. It is also possible to have both conditions at once.

Symptoms include:

- | | |
|---|---|
| <input type="checkbox"/> Heavy periods | <input type="checkbox"/> Low back pain |
| <input type="checkbox"/> Severe menstrual cramps | <input type="checkbox"/> Constipation |
| <input type="checkbox"/> Bleeding between periods | <input type="checkbox"/> Abdominal pain |
| <input type="checkbox"/> A feeling of fullness in the lower abdomen | <input type="checkbox"/> Urinary frequency, urgency, or difficulty peeing |
| <input type="checkbox"/> Pain during sex | |

Perimenopause and Primary Ovarian Insufficiency (POI) Self-Assessment

How do you know if you're in perimenopause—or experiencing primary ovarian insufficiency? The symptoms are the same—it's the timing that's different.

Symptoms include:

- ☐ Hot flashes, night sweats
- ☐ Irregular or skipped periods
- ☐ Vaginal dryness, pain during sex
- ☐ Recurrent bladder infections
- ☐ Sleep disturbance
- ☐ Decreased libido
- ☐ Mood swings, depression, anxiety
- ☐ Weight gain around your middle
- ☐ Change in breast shape or size (can increase or decrease)
- ☐ Bone loss (fractures, loss of height)—your medical provider can confirm with bone density testing

Woman Wise: What Do You Believe About Your Body?

Einstein said, “There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” Anthropological studies show us that our attitudes and beliefs about menstruation, birth, and menopause are not only culturally shaped, but can influence how we experience them. Until now, the messages you’ve gotten about having a period, pregnancy and birth, or aging were likely less than positive.

We all develop stories about our body based on our histories, experiences, and what we’ve been told by our culture. Our brains and our hormones are profoundly connected, and as such, our beliefs about our bodies and being a woman shape our biology, and how we experience our cycles, our blood, our discharges, our odors, our body shapes. Few of us were taught that our bodies are powerful organisms capable of healing and transformation. Instead, we were taught to see being women as a disadvantage, our hormonal ebbs and flows as a burden, our lady parts as gross at best, disaster zones at worst. All this makes it hard to be a body-positive girl in a body-negative world aimed at making us feel we are permanently broken, and permanently dependent on people in white coats to rescue us.

We’re changing that story here and now.

Use this journaling practice to uncover hidden beliefs that could get in the way of tapping into your healing capacities. Write out your responses to the following questions, answering them based on what you believe:

- My mother’s attitudes about her body are/were:
- My mother’s attitudes about periods are/were:
- My mother’s attitudes about sex are/were:
- My mother’s attitudes about being a woman are/were:
- My family gynecologic history (mother, aunts, grandmothers on both sides) as I’ve heard it:
- My beliefs and attitudes about my body’s ability to heal are:
- My belief and trust in the therapies I’m trying are:
- What (or who) triggers my doubts or my beliefs about healing or the treatments I’m using:
- My beliefs about my symptoms and the meaning I give them are:

Eating for Hormone Intelligence 101

The Hormone Intelligence Diet is remarkably simple; it's the way of eating I personally live by and have taught to over 10,000 women, many of whom say it changed their lives. Here's the overview, which you don't even need to plan for, because it's all in the Hormone Intelligence meal plans that are done for you:

Every MEAL should include:

- 1 serving of protein (i.e., essential fatty acid-rich, low-mercury fish, poultry, eggs, legumes, or beans)
- 1 serving of healthy fats (avocado, olive oil, coconut oil, ghee)
- 1 to 2 servings of veggies, fruits, or a combination

Plus every DAY you'll enjoy:

- 6 to 8 servings of vegetables, and up to 2 servings of fruit
- 1 to 2 servings of slow carbs, which could include a grain or an "energy veggie"
- Nuts and seeds (or nut or seed butters)
- Water

Several times WEEKLY you'll enjoy:

- A portion of lacto-fermented veggies

Every WEEK make sure you're getting a wide variety for foods:

- Ask yourself, am I changing it up?
- Eat a variety of different colors and textures and flavors
- If you want one, enjoy 1 Healthy Indulgence

Using these guidelines, meal planning becomes easy, and eventually, very intuitive. You'll instinctually reach for a protein and a fat when you're hungry, you'll keep a rotating bounty of vegetables and fruits and grains at the ready. Your body will reward you by feeling amazing and symptom free. We'll unpack each of the categories of the Hormone Intelligence Diet, and I'll walk you through your tips to success. Then you'll be on your way!

The Hormone Intelligence Diet at a Glance

Protein

Enjoy 1 serving of protein with every meal.

Fish

Up to 3 servings of fish/week

1 serving = 4–6 ounces (the size of a checkbook)

All fish should be high-quality, EFA-rich, low-mercury fish:

- Anchovies
- Halibut, Alaskan, small
- Salmon
- Tilapia
- Wild Alaskan sardines

Poultry

No more than 3 servings of poultry/week

Should be free range, grain fed, antibiotic free, hormone free, and ideally organic

1 serving = 4–6 ounces (the size of a checkbook)

- Chicken, skinless white breast
- Turkey, skinless white breast (free range, antibiotic free)

Eggs

Up to 10 eggs/week

Should be free range, grain fed, antibiotic free, hormone free, and ideally organic

Legumes

At least 2 servings/week

1 serving = $\frac{1}{2}$ cup cooked

- Black beans
- Chickpeas (garbanzo beans)
- Lentils
- Tempeh
- Tofu
- White beans (cannellini or northern)

Seeds

3–4 servings/week

1 serving = $\frac{1}{4}$ cup seeds = 1 tbsp. seed butter

Seeds should be raw or lightly toasted and unsalted.

- Chia seeds
- Flaxseeds
- Hemp seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tahini (sesame seed paste)

Nuts

3–4 servings/week

1 serving = $\frac{1}{4}$ cup nuts = 1 tbsp. nut butter

Nuts should be raw or lightly toasted and unsalted.

- Almonds
- Cashews
- Pecans

The Hormone Intelligence Diet at a Glance *(continued)*

- Pine nuts
- Walnuts

Optionally: Beef

No more than 1 serving of beef/week

Should be grass fed, antibiotic free, and hormone free, ideally organic if possible

1 serving = 4 ounces (the size of a deck of cards)

- Beef (grass fed, antibiotic free)

Slow Carbs

2 servings/day

1 grain + 1 energy vegetable
or 2 energy vegetables

- Brown rice
- Brown rice noodles
- Buckwheat (kasha)
- Millet
- Oats (rolled and steel-cut)
- Quinoa
- Red, pink, or black rice
- Wild rice

Fats

Incorporate one of the below into every meal (optimal).

- 1–2 tbsp. olive oil (extra virgin) (up to 4 tbsp./day)
- ½ avocado

- At one meal daily you can swap for 1 tbsp. coconut oil, ghee, avocado oil, walnut oil, flaxseed oil, or grapeseed oil

Vegetables

6–8 servings/day

Leafy Green Veggies

2 servings/day

1 serving = 1 cup (uncooked)

- Bok choy
- Broccoli
- Broccoli rabe (rapini)
- Broccoli sprouts
- Cabbage (all varieties)
- Cauliflower
- Collard greens
- Kale
- Napa cabbage

Rainbow Veggies

4 servings/day

1 serving = 1 cup for lettuces (uncooked) =
½ cup all others (uncooked)

Aim for a wide variety of colors each week.

- Arugula
- Asparagus
- Bell pepper (all colors)
- Carrot
- Celery
- Chard (all colors)
- Cucumber

The Hormone Intelligence Diet at a Glance *(continued)*

- Dandelion greens
- Endive
- Fennel
- Green beans (fresh or frozen)
- Leeks
- Lettuce (all varieties)
- Mushrooms (all varieties)
- Mustard greens
- Olives
- Onions
- Peas
- Peppers
- Sea vegetables (all varieties)
- Snow peas (fresh or frozen)
- Spinach
- Sprouts
- Tomato
- Watercress
- Zucchini

“Energy” Veggies

1–2 servings/day

1 serving = ½ cup potato = ½ cup squash

- Beets
- Parsnips
- Potato (russet, red skin, fingerling)
- Sweet potato
- Squash (delicata, pumpkin, acorn, spaghetti, butternut)

Fruit

Up to 2 servings/day. Either 1 serving of berries + 1 serving of another fruit from the list below or 2 servings of berries

Berries

1 serving = 1 cup of berries

- Blackberries (fresh or frozen)
- Blueberries (fresh or frozen)
- Raspberries (fresh or frozen)
- Strawberries (fresh or frozen)

Other Fruits

1 serving = 1 piece of fruit (i.e., an apple, a kiwi) or ½ cup of fruit (i.e., cherries)

- Apple (all varieties)
- Apricot
- Banana
- Cherries (fresh or frozen)
- Coconut
- Cranberries
- Figs (fresh)
- Kiwi
- Mango (fresh or frozen)
- Nectarine
- Orange
- Peach (fresh or frozen)
- Pear
- Plum
- Pomegranate
- Tangerine

You may also use 1–4 tbsp. of fresh juice daily in salad dressings, water, infusions, etc.

- Lemon
- Lime
- Grapefruit

The Hormone Intelligence Diet at a Glance *(continued)*

Fermented Foods

2–4 tbsp. of fermented foods/day

- Chickpea and rice miso
- Coconut yogurt
- Kimchi
- Pickled veggies
- Sauerkraut

Herbs and Spices

Aim to include at least 3 herbs and spices in your cooking daily.

- Basil
- Cardamom
- Chives
- Cinnamon
- Cumin
- Curry
- Dill
- Garlic
- Ginger
- Oregano
- Thyme
- Turmeric
- Za'atar

Beverages

Aim for 2 quarts of fluids/day. Water is best, but you can enjoy the following additionally:

- Carbonated water (plain or flavored; unsweetened; no artificial ingredients)
- Green tea

- Herbal tea
- Low-sodium organic bone or vegetable broth
- Water with lemon

Daily Dose Supplements

Every woman should take the four supplements listed below, as well as any additional supplements you discover in the next chapters and in your Hormone Intelligence Advanced Protocol, as needed.

- A multivitamin
- Fish oil or algae-based (vegan) EPA
- Magnesium
- Vitamin D

Remember, Say No to These

- All refined sugar and products that contain it
- Artificial ingredients, including artificial sweeteners
- Coffee, soda, alcohol
- Dairy products
- Gluten-containing foods
- Processed meats
- Processed oils and trans fats
- Ultra-processed “foods,” processed meats, and “simple carbs”

Cycle Sense Eating

One of the ways to support your cycle, emotions, moods, and cravings is to anticipate the hormonal shifts that are natural to even a healthy cycle with the right foods. Keep these recommendations in mind as you plan out your meals each week, modifying them for where you are in your cycle and how you might best support your body.

Cycle Phase	Emphasize
Follicular Phase	Make up for menstrual blood loss with red meat, dark meat poultry, or iron-rich vegetarian options like dried apricots, leafy greens, lentils, and raisins. Nourish healthy estrogen levels with plenty of leafy greens, flaxseed, and fiber-rich foods.
Ovulation	Just before, during, and in the days immediately after ovulation, your lighter appetite might be satisfied with simpler, lighter meals and plentiful salads; make sure to include seeds, berries, fish, and eggs to send you into the next phase of your cycle with low inflammation.
Luteal Phase / Premenstrually	<p>Increase your healthy carbs, especially whole grains to keep cravings at bay and support mood.</p> <p>Warm up your diet with soups, steamed vegetables, and nourishing foods that are also easy on your digestive system, especially if you get bloating or loose stools, but emphasize fiber if you get constipated. As you get closer to your period, if you don't feel like cooking much, prepare simple, one-pot meals like stir-fries and Goddess Bowls with healthy whole grains and lots of steamed veggies, and enjoy some fish.</p> <p>Indulge in some dark chocolate to boost mood.</p> <p>Take fish oil, calcium and magnesium, and ginger for the five days before your moon time is due to keep your mood steadier and also prevent cramps. Remember to skip the added salt during this time to avoid bloating, and instead enjoy potassium-rich veggies and fruits.</p>
On Your Flow	<p>Keep up your premenstrual foods.</p> <p>A small amount of red meat is appropriate if you tend to lose a lot of blood with your period, or have some lentils or red beans if you're vegan. Quinoa is rich in iron, protein, and magnesium, so are a nice choice, too.</p> <p>Dark chocolate and healthy treats are also healthy indulgences if you're feeling like you need a little something sweet.</p> <p>Include ginger in your cooking, enjoy a turmeric chai latte, or sip ginger or mint tea to help with cramps or digestive symptoms.</p>

The Food-Mood-Symptom Journal

Studies show that just the act of tracking what we eat can lead to much healthier food choices and outcomes. Learning how foods make you feel, also does this. I highly recommend keeping a food journal for three days before you start your Hormone Intelligence Diet, then for one day a week, if you have time, over the next six weeks. You'll gain insight into:

- Food habits and patterns you might not even realize you have
- How various foods make you feel (physically and emotionally)
- Any trouble spots you encounter throughout your day (i.e., the 3 p.m. crash)

Here's a sample; download a blank template at avivaromm.com/hormone-intelligence-resources.

Time/M meal	Foods/Beverages Eaten	How I Feel	Good Elimination (a.k.a. went to the bathroom)
Breakfast 8 a.m.			
Lunch			
Dinner			
Other (i.e., snacks)			

While you don't have to write down the answers to each of these questions, pay attention to them as you're keeping the journal so they become second nature:

Before I ate _____ (these foods) I felt _____.

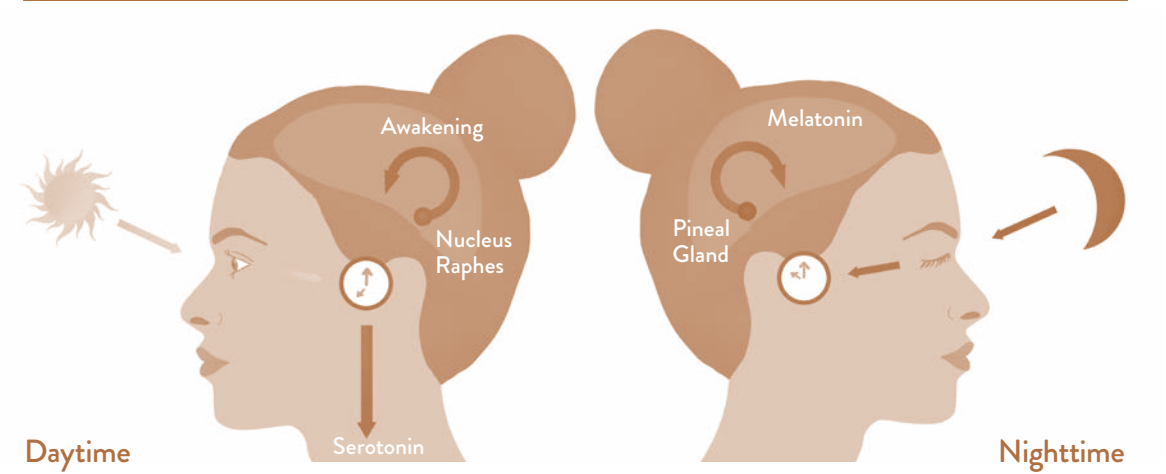
After I ate _____ (these foods) I felt _____.

Examples are:

- Before I ate that bowl of ice cream I felt hungry, tired, bored.
- Before I ate that apple with nut butter I felt mindful, proud of myself for going for a healthy snack.
- After I ate that croissant I felt bloated, gassy, blue.
- After I ate that salmon/greens/buttered sweet potato meal I felt calm and satisfied.

It takes a little work to remember to food journal, but the benefits can be significant.

The Circadian Rhythm



Gut Imbalances and Healing Rx at a Glance

Gut Pattern	Most Common Symptoms	Why It Happens	Specific Foods	Specific Supplements
Dysbiosis	Gas Bloating Fatigue after meals Fatigue in general Brain fog IBS Chronic constipation Chronic or recurrent yeast and other fungal infections Sugar or carb cravings Chronic anxiety or depression	Antibiotics Lack of variety in the diet Low dietary fiber History of gut infection Stress Inflammation in the gut lining	Completely avoid sugar, keep grains to the minimum recommended Fermented veggies (sauerkraut, kimchi) Coconut yogurt or kefir	Prebiotics (inulin, chicory fiber, fructo-oligosaccharides [FOS], and galacto-oligosaccharides [GOS]). Probiotics Essential oils including thyme or oregano oil
Constipation	BM < once/day Feeling of incomplete BM Difficulty passing stools	Dysbiosis Low-fiber diet Stress	High-fiber diet with abundant leafy greens, squashes, and sweet potatoes Flaxseeds, chia seeds Increase dietary fiber with leafy green vegetables	Magnesium citrate Senna & mint tea Triphala herbal blend
Leaky Gut	Food intolerances/sensitivities Seasonal allergies Eczema, skin rashes, acne, or other chronic skin problems Autoimmune condition Tired all the time Chronic fatigue syndrome or fibromyalgia Anxiety, depression, or erratic moods Yeast (Candida) overgrowth or SIBO (small intestinal bacterial overgrowth) Can't lose weight in spite of an excellent diet Joints ache and swell Trouble concentrating, trouble with your memory, or other cognitive changes	Antibiotics Stress Dysbiosis Medications (i.e. ibuprofen) Food intolerances (i.e. gluten) Alcohol	Pay specific attention to food triggers Turmeric in smoothies; teas made of licorice and marshmallow root herbs	L-glutamine DGL licorice Turmeric Marshmallow root Zinc carnosine Melatonin
IBS	Bloating Constipation or loose stools Undigested food in stools Fat in stools Endometriosis or “endo belly”	Stress History of trauma Endometriosis Dietary triggers	Hormone Intelligence Diet	Ginger tea, tincture, or capsules Anise or fennel seed tea or tincture Probiotics

Common Endocrine Disruptors in Our World

The Disruptor	Purpose	Where It's Hiding	Impact
Phthalates	Plasticizers, fragrance carriers	Most body products including shampoos, nail polishes, soaps, fragrances, air fresheners, food packaging, shower curtains, vinyl flooring, plastics, detergents, household cleaning products, and even some brands of yoga mats, to name just a few	Impairs testosterone production in animal studies, associated with POI, fertility problems, PCOS, endometriosis, weight gain, insulin resistance, and diabetes
Pesticides/ Herbicides (too many to name, so I am including the two most widely used, glyphosate, an herbicide first marketed in the 1970s under the trade name "Roundup," and atrazine, as examples)	Weed and pest killer	Glyphosate: Widely used in agricultural settings and home gardens and is a major component in producing GMO foods Atrazine: Widely used on the majority of corn crops in the US, as well as other crops, golf courses, and residential lawns. Banned in Europe in 2002, but as of 2014 in the US remained the second most widely used herbicide	Generically: associated with decreased progesterone levels and a shorter luteal phase, reduced fertility, increase in primary ovarian insufficiency (POI) Glyphosate: estrogenic activity, interferes with hormone production, affects thyroid Atrazine: ovarian disorders, altered cyclicity, PCOS, endometriosis, uterine fibroids, fetal growth restriction, pregnancy loss, breast cancer, reduced duration of lactation, and delayed puberty
Bisphenols (i.e., BPA, BPS)	A building block of polycarbonate plastic and a component of food can and packaging linings	Found in the lining of metal food and drink cans, plastic baby bottles, pacifiers and baby toys, dental sealants, computers, cell phones, hard plastic water bottles, paints, adhesives, enamels, varnishes, CDs and DVDs, plastic consumer goods, bottles, sports equipment, coating pipes, thermal paper, and certain microwavable or reusable food and drink containers	Alterations in thyroid hormone levels, estrogen levels, male and female reproductive function; disrupts immunity (associated with autoimmunity, infertility, and endometriosis); weight gain; insulin resistance (associated with PCOS); and diabetes
Brominated flame retardants (BFRs); polybrominated diphenyl ethers (PBDEs); and 2,4,6-tribromophenol (2,4,6-TBP)	Flame retardants	Furniture, mattresses, bedding, drapery, rugs, computers and televisions; they are also in children's sleepwear, car seat covers, and nursing pillows and are applied to numerous types of furniture, sleepwear, and electronic items in order to meet state and federal flammability standards	Disrupts hormones, major impact on thyroid due to containing bromine, blocks effect of thyroid hormone on brain development and function
PFRs	A flame-retardant alternative, but can also be very harmful	Polyurethane foams used in many consumer products, including yoga mats, upholstered furniture, baby products, and nail polish	High levels have been associated with fertility problems, miscarriage, decreased success with IVF
Perfluorinated compounds (PFAs) and "Teflon chemicals" (PFCs)	Stain-resistant and nonstick, grease-resistant, and water-proofing chemicals	Cookware, waterproof clothing (i.e., Polartec, Gore-Tex), coatings on upholstered furniture and carpeting (i.e., Scotchgard, Stainmaster), and food packaging (i.e., many fast-food take-out containers, microwavable popcorn bags); drinking water is one of the most common sources of exposure to PFA chemicals	Thyroid disease, weakened immunity, developmental defects, cancer

Common Endocrine Disruptors in Our World *(continued)*

The Disruptor	Purpose	Where It's Hiding	Impact
Organophosphates and Organochlorides	Pesticides	Food, computers (where it leaches out as we handle them), refrigerators, flame retardants	Reduces ovarian weight, follicle growth, egg viability, fertility, and thyroid function; disrupts the immune system and the microbiome; increases autoimmune disease risk; and causes weight gain, insulin resistance, and diabetes
“Metalloestrogens”: aluminum, antimony, arsenite, barium, cadmium, chromium, cobalt, copper, lead, mercury, nickel, selenite, tin, and vanadate		Cosmetics, deodorants, antiperspirants, cigarette smoke, indoor air pollution, concentrated rice products including rice syrup and granola bars that contain them	Overall interference with female reproduction function, estrogen disruption, reduced fertility, thyroid dysfunction, breast cancer

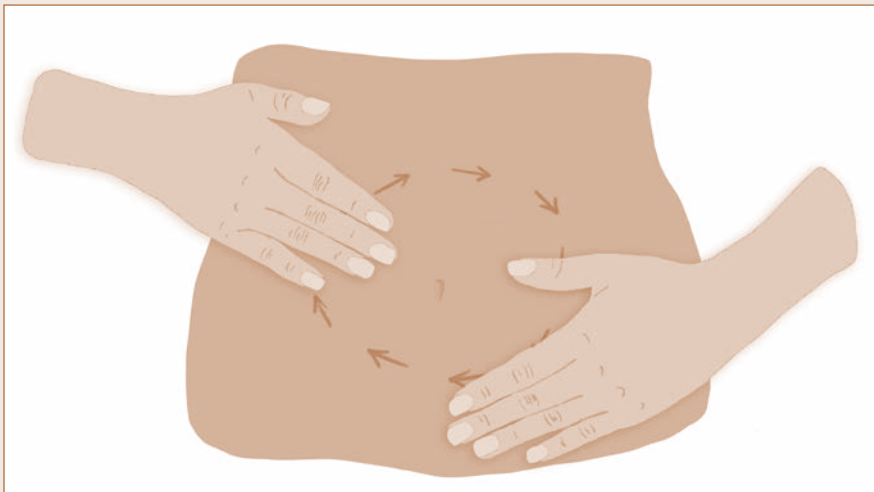
The Luna Yoga Flow



Abdominal Self-Massage Feels So Good!

1. Lie in a comfy place in a warm room.
2. Warm your hands and apply lavender, rose, or clary sage massage oil.
3. Place your palms down on either side of your navel, and begin taking slow deep breaths into your belly.
4. Now with your hands gently on your belly—or for extra pressure, with one hand on top of the other—use the pads of your fingers to massage in a clockwise direction, in a spiral starting at your navel and moving outward.
5. Repeat eight times, slowly, lovingly, and intentionally, going slightly deeper, but never uncomfortably so, each time.
6. Move back to any tender spots, repeat the same motion, slowly and not too hard. You can also use the palm of your now warm hand over any tender areas, pressing evenly and firmly.
7. Optionally, finish your session with a hot water bottle on your belly, or a hot bath or shower.

Repeat daily for optimal benefits, or as needed for pain.



Vaginal Relief Suppository

This is one of my classic herbal remedies, now in use by midwives around the world. These can be stored in the refrigerator for 2 weeks, or in the freezer for 6 weeks, defrosting them in the fridge for use as needed. This recipe makes about 24 suppositories.

Ingredients

- 1 cup cocoa butter
- ½ cup coconut oil
- 3 tbsp. calendula oil
- ⅛ tsp. thyme essential oil
- ⅛ tsp. lavender essential oil
- ⅛ tsp. tea tree oil

To prepare

1. Melt the cocoa butter and coconut oil together in a saucepan.
2. When melted, remove the pan from the burner.
3. Add the herbal ingredients and stir well.
4. Pour into the suppository mold (see below).
5. Refrigerate until firm.

Insert one suppository vaginally each night before bed, for 14 days. Always wear a sanitary pad while you sleep with the suppository in place. It will melt and will otherwise stain bedding or undies! Results are typically seen within several days; however, you may treat up to a week and repeat if necessary.

A suppository mold can be purchased online or you can fashion your own with the instructions you'll find over at avivaromm.com, along with many other women's health and herbal solutions.

getting started on the hormone intelligence diet

One of my big goals for this book is to help shift your relationship to food so that you see it as a healing tool that you can use to transform how you feel on any given day, time of your cycle, or season in your life. I know, though, that for busy women, eating a healthy diet can feel like a major chore or even an obstacle—especially when it comes to food prep. I’ve got one simple principle for cooking and eating for Hormone Intelligence: Keep It Simple, Sister (KISS). Real food is simple, satisfying, and delicious—and there are so many options that can often be prepared relatively quickly. Most importantly, it leaves you feeling nourished, satisfied, light, and energized.

I’m not kidding when I say you can make a great meal in fifteen minutes. For example, a fantastic salad with toasted pumpkin seeds, garbanzo beans, and leftover salmon takes just minutes. One-pan frittatas can be prepared in thirty-five minutes start to finish—including prep and clean up. Serve with a mixed field greens salad; not only do you have a complete breakfast, lunch, or dinner, but you’ve got leftovers. None of the recipes in this book require elaborate, complicated, fancy, or gourmet tools or techniques. But they do require a commitment to your health!

In this section, you’ll find all the recipes you need for six weeks of meals, and a lifetime of possibilities and enough suggestions for variations on many of the meal options so you can recombine any number of them to create more meal plans for a long time to come. I’ve created five meal plans for you to rotate through, use as they are, or pick and choose from to create your own menus. There’s a plant-based vegan meal plan and also a quick-and-easy menu to enjoy as is, or select from.

It takes thinking ahead to eat well, even more so if your job takes you out of the house or if you work night shifts with all the temptation and fatigue that lead us to nosh on this and that. I’ve created meals that are simple enough that you can knock most of them out in thirty minutes. Many of the meal plans make use of leftovers to enjoy as a complete meal or to repurpose as part of other meals—so you get more deliciousness with less prep. Always look ahead to the next day’s lunch to plan ahead for extra. That’s all part of KISS. To your health!

Quick Tips

1. Do your shopping at the beginning of the week, or at least at one consistent time each week, and have your shopping list with you. No time to shop regularly? Let your local grocery store deliver your food to you, or order from an online market, for example, Thrive Market. Their motto? Healthy food is not for the rich. And it's not.
2. Prep ahead: Wash your veggies, and even cut some that you'll be using early in the week, and store those in glass containers ready for use. Or buy prewashed and precut, as long as they look fresh.
3. Shortcuts like canned or frozen are fair game: I keep about four cans of all the beans I use regularly, stocked in my pantry. Most of your fruits and veggies should ideally be fresh, but frozen vegetables and fruits retain much of their nutrition and can be used in smoothies, soups, and frittatas, for example. I keep several bags of my favorite frozen berries, frozen spinach, and other veggies in the freezer for quick use or when they're not in season. Just make sure they have no added sugar, salt, or other ingredients.

Pantry Essentials

Having a pantry and fridge stocked with the basics makes meal prep much easier—you never have an uh-oh moment where you're missing something. These are the staple ingredients you'll want to have in your pantry and refrigerator specifically for these meal plans. This does not include the produce, meat, and so on, which you'll want to buy fresh at the

beginning of each week and create your meals around.

Bulk Grains

- Brown basmati rice
- Brown short-grain rice
- Buckwheat (soba) noodles—look for 100% gluten free
- Millet
- Old-fashioned rolled oats
- Quinoa
- Rice noodles

Nuts, Seeds, and “Butters”

- Almond butter
- Chia seeds
- Flaxseeds
- Nuts: almonds, pecans, cashews
- Sesame seeds
- Sunflower seeds
- Tahini

Legumes/Beans

- Black beans—canned
- Garbanzo beans (chickpeas)—canned
- Miso paste: chickpea (mellow, white, or yellow) and rice (red, brown)
- Red lentils—bulk

Oil and Vinegar

- Balsamic vinegar
- Butter or ghee

- Champagne vinegar
- Coconut oil
- Extra-virgin olive oil
- Red wine vinegar
- Rice vinegar

Herbs and Seasonings

- Black pepper
- Cardamom powder
- Chili powder
- Cinnamon powder
- Cumin
- Curry powder
- Garlic powder
- Oregano
- Red chili flakes
- Sea salt or Himalayan salt
- Thyme
- Turmeric powder
- Vanilla extract
- Optional but recommended: za'atar, adobo powder, chili paste, garam masala, red sumac powder

Condiments

- Dijon mustard
- Honey (raw, wildflower)
- Maple syrup
- Tamari (gluten free, natural soy sauce)
- Optional: organic salsa and/or Sriracha for enjoying with bowls or on eggs, or wherever you like

Other

- Coconut milk
- Coconut sugar
- Dried wakame or alaria seaweed
- Nori seaweed sheets
- Unsweetened dark baking chocolate
- Unsweetened shredded coconut
- I always keep lemons, limes, and ample fresh garlic, fresh ginger, a couple of jalapeños (or other hot peppers) and two ripening avocados in my kitchen.

Kitchen Tools

Even as an active, daily cook, I have a very simple, low-tech kitchen. Here are the basics you'll want to have, all available affordably online or in major stores.

- A small whisk is ideal for sauces and dressings, but optional
- Blender or food processor
- Box grater
- Citrus squeezer
- Garlic press
- Ideally, a medium cast-iron skillet (Lodge company skillets are affordable and last forever!)
- Measuring cups
- Measuring spoons
- Microplane (important for grating ginger!)
- Set of stainless-steel pots and pans
- Vegetable peeler (if you have any waxed cucumbers, for example, that need the skin removed)

Six Weeks of (Scrumptious!) Meals

Enjoy these meal plans laid out for you as is, or feel free to move menu items / meals around. In the spirit of Hormone Intelligence, each meal provides you with the essential ingredients that optimally nourish each of your ecosystems: you'll find gut-friendly fiber, detoxification-supporting phytochemicals, and ovary-, adrenal-, and thyroid-nourishing vitamins and minerals, all in the form of healthy proteins, good healthy fats, a rainbow of veggies and fruits, an assortment of greens, healthful nuts and seeds, and more.

You can also take it one step further for hormone healing, moving menu items around per the eating for cycle sense guidelines on page 133. So, for example, move any dishes with red meat to just after your period when you want to replenish iron you might have lost; eat lighter menu items, especially salads and bowls, around ovulation; and eat heartier warming curries, soup, and bowls in the days leading up to your period. This is totally optional—but fun to play with and see how you feel.

While all these menus serve all women eating for Hormone Intelligence, you'll also find a 100% plant-based vegan menu; you can use this if you're vegan or vegetarian, along with the many additional vegan options you'll find in the recipes section, but it's also an anti-inflammatory plan that you can use perhaps one week of the month premenstrually if you struggle with period, endo, or chronic pelvic pain.

A Typical Day

Start Your Day: Begin with an anti-inflammatory hot beverage (coffee alternatives provided in the recipes!) or lemon water.

Breakfast: Eat breakfast within an hour of waking to keep your energy steady through the morning, maintain your focus and clarity, and avoid blood sugar crashes that send you heading for a sugar fix. Breakfast should always be high protein and have a healthy fat; even the menu items that have a wee bit of sweet or grain, which I've sprinkled in to keep things interesting for you and to provide options to eggs if you don't love them, meet this criteria. But if you love eggs, you can sub out any egg dish for muesli, millet

Remember Your Daily Supplement Dose

Remember to take your supplements, including your daily doses of:

- Multivitamin
- Vitamin D
- Essential healthy fatty acid (i.e., fish oil)
- Any additional supplements per your root causes as you identify these going through the six weeks and/or your particular Hormone Intelligence Advanced Protocol, as needed

porridge, etc. Buckwheat is fantastic, too. It's technically a seed not a grain, but cooks up like a tasty nutty flavored grain, and may be especially helpful in improving blood sugar balance and reducing insulin resistance. Try the buckwheat crepes recipe.

Lunch: This is where you can up your game, especially if your lunch is typically something quick from a less-than-healthy menu. I've given you a wealth of lunches that repurpose menu items from the previous night's dinner—so look ahead each day to make sure you make any called-for leftovers by doubling recipes as needed.

Afternoon: This is a good time to get a half cup or so of berries into your diet. If you tend to need an afternoon snack, or consider light, nourishing items from the recipes—a Hummus Wrap, an Avocado Mash lettuce cup, etc.

Dinner: This is where you get to shine—and also think ahead. These meal plans are suggested menus only; you can have the same dinner twice in a row by doubling up the previous night; you can make four poached chicken breasts on a Sunday instead of one (if you're just feeding yourself) and cluster all the meals that use chicken together—and use the extra poached chicken breast; ditto that on fish or other menu items. The goal is to eat well, bump up your nutrition, fiber, and food variety, achieve healthy blood sugar and insulin—and still KISS. But yes, food prep does take some

work. So make it fun—music, boogie around, experiment; or make it a meditation. Truly, we have to take back our kitchens to take back our hormones. It's a bizarre twist—but it's a kick-ass feminist thing to do.

Evening: Have tea, wind down, and reflect on what you did well today.

The Meal Plans

These five meal plans can be used exactly as is or as a guide that allows you to mix and match and also move menu items around using your cycle sense. The main thing is that these menu items meet the criteria for the Hormone Intelligence Diet, and the menu, overall, provides most of your nutritional needs. There are enough recipes and variations in the meal plans, to trade out items you're not keen on. Because I want you to Keep It Simple Sister (KISS), you'll see I rotate similar menu items so that preparing them becomes easier as you get familiar with this way of eating and food prep. You can also swap in easy items; for example, if you have a great gluten-free bread or crackers you already use, love, and know are healthy enough for this plan, use those; if you can find premade salmon burgers, by all means use those, and above all, relax, play, have fun, experiment, and make your food your own.

Enjoy!

The Basic Hormone-Balancing Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Ritual	Golden Milk Chai Latte	Lemon water (optional with fresh ginger juice)	Ginger Lemon Tea	Golden Milk Chai Latte	Ginger Lemon Tea	Lemon water	Golden Milk Chai Latte
Breakfast	Quick Fried Egg Tartine over Seed Bread with Avocado Mash + mixed field greens	Super Seed muesli with berries and almond milk	Egg and Guac Bowl	Overnight Oats—your choice	Quick Pan Omelet or Fried Egg on Tartine with Seed Bread + Avocado Mash and mixed field greens	Savory Buckwheat Crepes with your choice of Sautéed Greens and Pulled Poached Chicken Breast with your choice of sauce	Super Seed muesli with berries and almond milk
Lunch	Hummus Wrap (or on Seed Crackers) + Bright Citrus Arugula Salad	Quick Chopped Salad with added Pulled Poached Chicken Breast, top with your choice of dressing	Chickpea Turmeric Curry + Cauliflower Rice	Best Fish Tacos + Not Your Mama's Slaw + Roasted Sweet Potato Rounds	Za'atar Chicken over Quick Chopped Salad and Hummus	Goddess Ova Bowl + Avocado Mash on Sakara Seed Toast or Seed Crackers	Frittata Cups + mixed field greens with toasted pumpkin and sunflower seeds
Dinner	Chicken and Black Bean Soup + Roasted Sweet Potatoes + Quick Chopped Salad	Chickpea Turmeric Curry + Cauliflower Rice	Best Fish Tacos + Not Your Mama's Slaw + Roasted Sweet Potato Rounds	Za'atar (or your way) Chicken + Curry Baked Cauliflower + Lemony Quinoa	Thai Steak (or Chicken) salad + roasted kale or steamed broccoli	Maple Dijon Salmon over quinoa (or Simple Baked Sweet Potato) + Steamed Greens Your Way	Broccoli Sesame Noodle Bowl + Salmon Burgers
Evening Ritual	Sleepy Time Chai	Chamomile tea	Mint tea	Chamomile tea	Sleepy Time Chai	Chamomile tea	Mint tea

The Love Your Gut Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Ritual	Golden Milk Chai Latte	Lemon water (optional with fresh ginger juice)	Ginger Lemon Tea	Golden Milk Chai Latte	Ginger Lemon Tea	Lemon water	Golden Milk Chai Latte
Breakfast	Eggs and Guac Breakfast Bowl with kimchi	Millet Breakfast Porridge with chopped apricots, flaxseeds, and pumpkin seeds	Quick Fried Egg Tartine over Seed Bread with arugula, Avocado Mash, and kimchi	Super Seed Muesli with berries and coconut yogurt or nut milk	Omelet with Avocado Mash + Gingery Lemon Green Juice	Savory Buckwheat Crepes with sautéed greens and chicken (or protein of your choice) topped with sauerkraut	East Meets West Frittata + berries + optional WomanWise Carrot-Apple-Ginger Juice
Lunch	Hummus Wrap (or on Seed Crackers) + Bright Citrus Arugula Salad	Macro Bowl with Lemony Tahini Sauce with Cauliflower Rice and picked vegetables or sauerkraut	Za'atar Chicken over Quick Chopped Salad with hummus and flaxseeds	Chickpea Turmeric Curry + Cauliflower Rice	Thai Lettuce Wraps (with salmon) + optional kimchi + Avocado Mash on Seed Crackers	Asian Breakfast Egg Scramble + Bright Citrus Arugula Salad	Burrito Bowl with Cauliflower Rice
Dinner	Mediterranean Lemon Salmon + Roasted Squash and Kale with Lemony Tahini Sauce and chopped walnuts	Za'atar Chicken over Lemony Quinoa + sautéed collard greens or roasted asparagus	Chickpea Turmeric Curry + Cauliflower Rice + optional steamed broccoli	Miso-Glazed Salmon over Napa Citrus Salad with Tangy Ginger-Lime Dressing or Peanut Sauce + Roasted Sweet Potato Rounds	Ginger Rice or Chickpea Miso Soba Noodle Soup with Pulled Poached Chicken Breast + optional Easy Seaweed Salad	Quinoa, Black Bean, Sweet Potato, and Fajita Burrito Bowl with Cauliflower Rice	No-Fail Veggie Stir-Fry with steak, chicken, or tofu, topped with cashews and kimchi + brown rice
Evening Ritual	Sleepy Time Chai	Chamomile tea	Mint tea	Sleepy Time Chai	Chamomile tea	Sleepy Time Chai	Mint tea

The Detox Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Ritual	Golden Milk Chai Latte	Lemon water	Ginger Lemon Tea	Golden Milk Chai Latte	Ginger Lemon Tea	Lemon water	Golden Milk Chai Latte
Breakfast	Frittata Cups with toasted pumpkin and sunflower seeds	Super Seed Muesli with berries and almond milk	Quick Fried Egg over Seed Toast with Avocado Mash + mixed field greens salad	Overnight Oats—your choice	Quick Pan Omelet Tartine with Seed Bread + Avocado Mash and mixed field greens	Millet Breakfast Porridge with chopped apricots and nuts	Vegan Buckwheat Crepes with your choice of Sautéed Greens and Pulled Poached Chicken Breast with your choice of sauce
Lunch	Brown rice + Roasted Squash and Kale with Lemony Tahini Sauce	Asian Pulled Chicken Salad or Wraps (see Wraps)	Green Tara Lentil Bowl	Spicy Salmon Sushi Bowl (with salmon)	Hummus Wrap (or on Seed Crackers) + Quick Chopped Salad	Goddess Ova Bowl + Avocado Mash on Seed Toast or Seed Crackers	Mediterranean Lemon Salmon + baby green or your choice salad with roasted sunflower seeds and half an avocado
Dinner	Ginger Rice or Chickpea Miso Soba Noodle Soup with Pulled Poached Chicken Breast + optional Easy Seaweed Salad	Green Tara Lentil Bowl	Rice or Chickpea Miso-Glazed Salmon with Scallions and Sesame Seeds + quinoa + lemon-drizzled steamed carrots and broccoli	Asian Breakfast Scramble + Bright Citrus Arugula Salad with Chili-Lime Dressing	Quinoa, Black Bean, Sweet Potato Bowl + Fajita Chicken, or Steak or salmon	Mediterranean Lemon Salmon + brown rice + Roasted Squash and Roasted Kale with Lemony Tahini Sauce	Chicken and Black Bean Soup + Roasted Sweet Potato Rounds + Quick Chopped Salad
Evening Ritual	Sleepy Time Chai	Chamomile tea	Mint tea	Chamomile tea	Sleepy Time Chai	Chamomile tea	Mint tea

The Quick & Easy Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Ritual	Lemon water	Ginger Lemon Tea	Lemon water	Ginger Lemon Tea	Lemon water	Ginger Lemon Tea	Lemon water
Breakfast	Eggs your way, topped with avocado + side of berries	Overnight Oats—your choice	Almond Butter Cup Smoothie or build your own	Quick Fried Egg over arugula topped with chopped tomatoes + splash of champagne vinegar	Turmeric Ginger Relief Smoothie or build your own	Overnight Oats—your choice	Egg Scramble + avocado + side of berries
Lunch	Build Your Own Salad with spinach, cherry tomatoes, chickpeas, pumpkin seeds, avocado, and olive oil/vinegar dressing	Macro Bowl (with salmon, quinoa, and broccoli), your choice of fresh lemon juice or Lemony Tahini Sauce	Black Bean Soup (Vegan Version)+ mixed field greens salad	Quick Chopped Salad with chicken, top with your choice of dressing	Best Fish Tacos + Not Your Mama's Slaw + Roasted Sweet Potato Rounds	Mixed field greens salad with salmon, walnuts, and ½ avocado	Hummus Wrap + Quick Chopped Salad
Dinner	Maple Dijon Salmon + Lemony Quinoa + steamed broccoli	Black Bean Soup (Vegan Version) + mixed field greens salad	Pulled Poached Chicken Breast (with optional Peanut Sauce) + Cauliflower Rice + Simple Baked Sweet Potato	Best Fish Tacos + Not Your Mama's Slaw + Roasted Sweet Potato Rounds	Mediterranean Lemon Salmon + brown rice + sautéed spinach	Omelet + your choice of Roasted Veggies (broccoli, kale, sweet potato, squash)	Bright Citrus Arugula Salad with Pulled Poached Chicken Breast + optional quinoa
Evening Ritual	Chamomile tea	Mint tea	Chamomile tea	Mint tea	Chamomile tea	Mint tea	Chamomile tea

The Plant-Based Vegan Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Ritual	Golden Milk Chai Latte	Lemon water	Ginger Lemon Tea	Golden Milk Chai Latte	Ginger Lemon Tea	Lemon water	Golden Milk Chai Latte
Breakfast	Super Seed muesli and berries with Nut Milk	Tofu Scramble with sautéed spinach	Sakara Seed Bread with Avocado Mash + Roasted Kale	Super Seed muesli and berries with Nut Milk	Millet Breakfast Porridge + Seed Bread with almond butter	Goddess Ova Bowl + Avocado Mash on Seed Toast or Seed Crackers	Vegan Buckwheat Crepes with your choice of Sautéed Greens and your choice of sauce + optional tofu, dahl, or beans
Lunch	Goddess Ova Bowl + Avocado Mash on Seed Toast or Seed Crackers	Chickpea Turmeric Curry + Cauliflower Rice	Green Tara Lentil Bowl	Hummus Wrap (or on Seed Crackers) + Quick Chopped Salad	Burrito Bowl + Roasted Sweet Potato Rounds	Vegan Nori Wrap with brown rice and veggies	Broccoli Sesame Noodle Bowl with Peanut Sauce or Creamy Cashew Dressing
Dinner	Chickpea Turmeric Curry + Cauliflower Rice	Green Tara Lentil Bowl	Brown rice + Roasted Squash and Kale with Lemony Tahini Sauce	Quinoa, Black Bean, Sweet Potato, and Fajita Burrito Bowl (vegan style)	Build Your Own Stir-Fry Goddess Bowl with Tofu	Napa Citrus Salad Bowl with Lemony Tahini Sauce or Peanut Sauce + Ginger Rice or Chickpea Miso Soba Noodle Soup	Black Bean Soup + Roasted Sweet Potato Rounds + Easy Steamed Veggies drizzled with lemon juice
Evening Ritual	Sleepy Time Chai	Chamomile tea	Mint tea	Chamomile tea	Sleepy Time Chai	Chamomile tea	Mint tea

the recipes

Eat a Rainbow Salad Basics

Simple Tossed Baby Green Salad with Toasted Seeds

Provides 2 servings of veggies, 2 of healthy fat, and 1 seeds + protein

2 cups mixed field greens or other mixed field greens—prewashed is totally fine
2 tbsp. Anytime Vinaigrette, using lemony olive oil or champagne olive oil

Optional: add ½ cup chopped avocado, slices of grapefruit, some fresh berries, or 1 tsp. toasted seeds (pumpkin or sunflower) or a tsp. of ground flaxseeds

Toss the above ingredients together. Serve immediately—enjoy!

Make it a meal: Fantastic with Pulled Poached Chicken Breast, Mediterranean Lemon Salmon, chickpeas, or a hard-boiled egg. And the perfect side with most meals as is.

5 minutes: 1 serving

Quick Chopped Salad (with toasted almonds)

Provides 2 servings of veggies, 1 of healthy fat + protein

Use 4 cups total of mixed veggies:

Romaine lettuce
Carrots
Celery
Red onion
Red pepper
Red cabbage
Cucumber
Apple

Wash your veggies and cut into smaller than bite-size pieces. Mix together. Top with your choice of dressing.

Make it a meal: Fantastic with Pulled Poached Chicken Breast, Mediterranean Lemon Salmon, chickpeas, or a hard-boiled egg.

10 minutes: 2 servings

Bright Citrus Arugula Salad (with pumpkin seeds)

Provides 2 servings of veggies, 1 fruit, 1 healthy fat, and 1 seeds + protein

Bitter. It’s a taste we often neglect but it’s so important for our digestive and detoxification systems. Here’s a favorite easy salad that’s packed with flavor—the avocado and grapefruit soften the slight bitter-spicy flavor of the arugula, and toasted pumpkin seeds round the whole salad out with a nutty deliciousness that will delight your taste buds.

- 1 cup arugula
- ½ avocado, sliced
- ½ grapefruit, peeled and sectioned
- 2 tbsp. toasted pumpkin seeds (see Nuts and Seeds)
- Oil and champagne vinegar dressing (see Anytime Vinaigrette in Sauces and Dressings)

Put arugula on a plate or in a bowl, layer on avocado and grapefruit slices, top with seeds and dressing.

Make it a meal: Add a hard-boiled or fried egg, Pulled Poached Chicken Breast, smoked salmon, Mediterranean Lemon Salmon, or sardines.

5 minutes: 1 serving

Napa Citrus Salad (with sesame seeds) with Chicken, Steak, Salmon, Egg, or Tofu

Provides 4 servings of veggies, 1 healthy fat, and 1 nuts + protein

- 1 small napa cabbage sliced very finely crosswise
- 2 grated carrots
- 4 chopped scallions
- 1 finely chopped red pepper
- 1 cup chopped fresh basil
- ¼ cup fresh chopped cilantro
- ¼ cup bean sprouts
- 1 cucumber
- ¼ cup toasted cashews, almonds, or peanuts
- Your choice: vegan (as is or with tofu)

Tangy Ginger-Lime Dressing

Put cabbage on a plate or in a bowl, layer on remaining vegetables, and top with nuts and dressing.

Make it a meal: Pulled Poached Chicken Breast, or Rice or Chickpea Miso-Glazed or Ginger-Lime Salmon, or hard-boiled or fried egg.

10 minutes: 2 servings

Build Your Own Salad

Greens (pick 1 or more)	Vegetables (pick 3–4)	Protein (pick 1–2)	Healthy fat (pick 1)	Dressing (pick an oil, vinegar, and seasonings)
Romaine lettuce Kale Butter lettuce Mixed greens Spinach Green/red leaf lettuce Arugula	Cucumber Cherry tomato Bell pepper Broccoli Beets Bean sprouts Alfalfa sprouts Sweet potato Red onions	Chickpeas Black beans Grilled, baked, or sautéed chicken Grilled, baked, or sautéed steak Whole or diced hard-boiled eggs Fried egg or poached egg	Avocado Toasted sunflower or pumpkin seeds Toasted nuts (almond, walnut, etc.) Olives	Olive oil Sesame oil Avocado oil Dijon mustard Lemon juice Lime juice Cilantro Basil Red wine vinegar Balsamic vinegar Apple cider vinegar Honey Chili pepper Black pepper Sea salt Shallot

Not Your Mama's Slaw

Provides 2 servings of veggies, 1 healthy fat

½ red and ½ green cabbage, chopped fine or minced
in the food processor
2 carrots, grated or minced in the food processor
2 tbsp. finely minced red onion
½ jalapeño, finely minced
1 bunch cilantro, finely chopped
Juice of 1–2 limes, to taste
¼ cup olive oil
¼ tsp. salt
¼ tsp. chili powder
¼ tsp. cumin

Mix cabbage, carrots, red onion, jalapeño, and cilantro together. In another bowl, whisk lime juice, olive oil, and seasonings. Toss with the veggies.

Make it a meal: Serve on a gluten-free tortilla, lettuce cups or bed, or as a bowl with Best Fish Tacos and guacamole.

10 minutes: 2 servings

Easy Seaweed Salad

Provides ½ serving of veggies, ½ healthy fat, and ½ seeds

¼ cup dried wakame or alaria seaweed
1 cup cold water
1 scallion, chopped
½ small organic unwaxed cucumber, thinly sliced
½ tsp. rice vinegar
1 tsp. toasted sesame oil
1 tsp. tamari
1 tsp. sesame seeds, toasted

Soak the wakame or alaria in 1 cup of cold water for an hour. Strain and chop into bite-size piece. In the meantime, toss all the other ingredients (except sesame seeds) in a bowl and

let marinate. Then mix the seaweed in and toss again. Top with toasted sesame seeds.

1 hour to soak alaria, 10 minutes to prepare salad: serves 1 or 2

Keeps in the fridge for 2 days.

The Ultimate Goddess Bowls

Goddess Bowls (my spin on Buddha bowls) are basic one-dish meals that contain all you need for a healthy meal in one place. They are some of my favorite quick meals, are universally healthy, and will probably become a staple for you, too. They are also one of the best ways to repurpose leftovers. Always look ahead to your next day's lunch when making dinner, so you make leftovers for the bowl.

And hey, if you don't want to eat any of these as a bowl, simply arrange the various ingredients on your plate, and use the toppings and sauce on the grain and veggies.

A bowl typically contains:

- **The Base:** a prepared grain OR a base of finely chopped ribbons of lettuce, kale, or napa cabbage, for example.
- **The Veggies Layer:** Stacked on top of the base. This can include the protein: sautéed or grilled beef, chicken, fish, OR a vegan option, for example, grilled tofu, red lentil dahl, or hummus, or an egg your way—or any of these together that appeals to you.
- **The Sauce:** It's your call as to which of the many sauces you drizzle over your salad; it all depends on your ingredients and the flavor vibe you're going for. I give you lots

of examples in Dressings and Sauces. This is where you get a healthy fat into the bowl. Avocado is a great topping in this layer, too.

- **The Crunch:** A few tbsp. of chopped raw veggies as a topping, for example, mung bean sprouts or chopped cilantro, and toasted nuts or seeds.

Here are the bowls in the meal plan—the ones I return to again and again in my own diet.

Eggs and Guac Breakfast Bowl

Provides 2 servings of veggies, 2 healthy fat + protein

½ avocado

4 cups baby spinach or mixed field greens

2 hard-boiled eggs, peeled and sliced in half, or fried eggs

2 tbsp. thinly sliced red onion

½ lemon, juiced

Sea salt and black pepper, to taste

1 tbsp. extra-virgin olive oil

Make Avocado Mash or chop the avocado in half. Put greens into a bowl and top with avocado, egg, red onion, lemon juice, salt and pepper, and olive oil. Optional: You can also top this with a few tbsp. of warm black beans, salsa, and serve with an organic sprouted corn tortilla.

10 minutes: 2 servings

Goddess Ova Bowl

Provides 4 servings of veggies, 2 healthy fat, 1 seeds, 1 grain + protein

This is a great meal to think ahead to; you can use leftover Roasted Sweet Potato Rounds, roasted kale, and hummus, or hard-boiled eggs you've made.

½ cup cooked brown rice, quinoa, or millet

2 cups kale prepared any way

1 cup roasted sweet potatoes or delicata squash

½ cup grated carrot

¼ cup thinly sliced red pepper

½ avocado, diced

¼ cup canned chickpeas OR ¼ cup of Classic Hummus AND/OR sliced hard-boiled egg

2 tbsp. toasted sunflower seeds (or ¼ cup sunflower sprouts) OR toasted walnuts

Dressing: Lemony Tahini Sauce or any of your choice

More protein: Add Pulled Poached Chicken Breast, tofu, or your choice of fish.

Layer all the ingredients in the order listed above.

10 minutes if using leftovers, or 40 additional minutes if making from scratch: 1 serving

Macro Bowl with Lemony Tahini Sauce (vegan, egg, salmon, or chicken)

Provides 2 servings of veggies, 1 healthy fat, 2 seeds, 1 grain + protein and fermented veggie

½ cup cooked brown rice, quinoa, or millet

2 cups your choice steamed veggies

Select one of these sauces: Lemony Tahini,

Spicy Thai, Creamy Cashew, Rice or

Chickpea Miso- Tahini, Peanut

1 tbsp. toasted pumpkin and/or sunflower seeds

Side of sauerkraut or kimchi

More protein: Add your choice of fish, salmon, chicken, tofu, egg, or adzuki beans

Layer all the ingredients in the order listed above.

10 minutes if using leftovers, or 25 additional minutes if making from scratch: 1 serving

Spicy Salmon Sushi Bowl (fish or other variations)

Provides 2 servings of veggies, 1 healthy fat, 2 seeds, 1 grain + protein and fermented veggie

½ to 1 cup cooked quinoa, brown rice, pink rice, or rice noodles

4-ounce Rice or Chickpea Miso-Glazed Salmon

2 cups mixed sautéed or roasted greens

¼ cup sautéed shiitake mushrooms

1 tbsp. grapeseed or sesame oil

2 tbsp. chopped scallions

2 tbsp. chopped fresh cilantro

Your choice Spicy Thai Sauce, Tangy

Ginger-Lime Dressing, or Peanut Sauce

Optional: fresh avocado to garnish

Layer all the ingredients in the order listed above.

10 minutes if using leftovers, or 35 minutes if making from scratch: 1 serving

Broccoli Sesame Noodle Bowl with Peanut Sauce (vegan, egg, salmon, or chicken)

Provides 3 servings of veggies, 1 healthy fat, 1 seeds, 1 grain + protein and fermented veggie

½ package buckwheat soba noodles (can use rice instead)

1 cup broccoli, steamed or raw

1 cup red bell pepper, steamed or raw

¼ cup bean sprouts

1 cup snow peas

2 tbsp. coconut oil

Build Your Own Goddess Bowl

Base	Veggie Layer (pick 3–4)	Protein (pick 1–2)	Dressing	Toppings
Brown rice, wild rice, quinoa, millet, rice or buckwheat noodles AND/OR Ribbons of lettuce, kale, collards, or napa cabbage	Chopped greens if not already used for the base Lots more veggies, often in a medley of varieties and colors, in a combo of steamed, sautéed, roasted or raw. For example: Roasted sweet potato or winter squash Roasted or steamed beets Cucumber Bell pepper Broccoli Broccoli rabe Brussels sprouts Cauliflower Zucchini Asparagus Carrots Green beans Spinach Dandelion greens Mushrooms	Chickpeas Black beans Grilled, baked, or sautéed chicken Grilled, baked, or sautéed steak Tofu Fried or hard-boiled egg Hummus Dahl	See Dressings and Sauces for options Fresh lime or lemon juice	Avocado Toasted seeds or nuts Chopped scallions, shallots, or red onion Sunflower or other sprouts Chopped basil or cilantro

1 tbsp. tamari
1 tsp. fresh grated ginger
1 bulb garlic, minced
1 tbsp. sesame seeds

More protein: Serve with a salmon burger, a soft-boiled egg, add your favorite Asian-style chicken recipe and layer in between noodles and veggies, or top with Peanut Sauce .

Cook noodles or rice according to package instructions, and sauté veggies in coconut oil. Add the tamari, ginger, and garlic, and sauté for 1 minute. Put rice or noodles into individual bowls, then layer on broccoli, bell pepper, bean sprouts, and snow peas. Layer on your added protein; sprinkle with toasted sesame seeds.

30 minutes: 2 servings

Green Tara Lentil Bowl (vegan)

Provides 2 servings of veggies, 1 healthy fat, 1 grain, 1 legume

The classic, soothing Ayurvedic bowl; to make it even more delicious, add 2 tbsp. of shredded coconut to your rice when cooking!

½ cup cooked brown basmati rice drizzled with 2 tsp. coconut oil and a pinch of salt
¼ cup green or red lentil dahl
1 cup Curry Baked Cauliflower
½ cup Roasted Sweet Potato Rounds Fresh cilantro
Fresh chopped cucumber
Sea salt and black pepper, to taste
Optional: dollop of coconut yogurt or Lemony Tahini Sauce

When all the ingredients are done cooking, place the cooked rice into a bowl, add a healthy scoop of the lentils, then layer on the veggies and herbs. Sprinkle on salt and black pepper to taste

and enjoy. Optionally drizzle with Lemony Tahini Sauce.

45 minutes: 1 serving

Quinoa, Black Bean, Sweet Potato, and Fajita Burrito Bowl (vegan, chicken, or steak)

Provides 3 servings of veggies (2 with cauliflower rice), 2 healthy fat, 1 grain (unless omitting cauliflower), 1 bean/legume + protein

½ cup cooked quinoa (or Cauliflower Rice)
½ cup warmed-up can of black beans (seasoned with ¼ cup cumin, chili powder, and salt and black pepper, to taste)
1 serving of chicken or steak fajita
Chili roasted sweet potato wedges
1 cup chopped romaine lettuce
Chopped tomato
¼ red onion, finely minced
1 ripe avocado, sliced thinly, or 2 tbsp. Guacamole
Mash
Toasted pumpkin seeds (1 tbsp. per bowl)
¼ cup chopped cilantro per bowl
Chili-Lime Dressing or fresh lime juice

In a meal-size bowl, layer all the ingredients in the order listed above, topping with Chili-Lime Dressing or lime juice.

10 minutes (with leftovers) or 40 minutes from scratch: 1 serving

Burrito Bowl

Provides 3 servings of veggies, 2 healthy fat, 1 grain, 1 bean/legume + protein

½ cup cooked brown rice or quinoa
½ cup Not Your Mama's Slaw
½ cup Roasted Sweet Potato Rounds
½ cup seasoned black beans (see Quinoa, Black Bean, Sweet Potato, and Fajita Burrito Bowl

¼ cup Guacamole Mash or ½ diced avocado
 Chopped cilantro
 Add protein from: Best Fish Tacos—style tilapia
 or salmon, Fajita Chicken or Steak, Pulled
 Poached Chicken, sliced hard-boiled or fried egg,
 or keep it vegan with just the black beans.
 Top with Chili-Lime Dressing
 Optional: diced red onion or scallion, chopped
 tomato, toasted pumpkin seeds

*Assemble by layering all the ingredients in the order
 listed above in a meal-size bowl.*

*10 minutes (with leftovers) or 40 minutes from
 scratch: 1 serving*

Ginger Rice or Chickpea Miso Soba Noodle Soup

*Provides 3 servings of veggies, 2 healthy fat, 1
 grain, 1 bean/legume + protein*

A lovely simple classic for any meal, soothing
 and easy on the digestion, and packed with
 healthy buckwheat.

½ package buckwheat soba noodles (or 2 servings as
 indicated on package)
 2 tbsp. rice or chickpea miso
 2 cups water
 1 tbsp. grated ginger
 1 tbsp. tamari
 1 tbsp. sesame oil
 1 cup bok choy, quartered
 1 medium carrot, julienned
 1 cup snow peas
 ½ lime

More protein: Add a cooked salmon fillet, tofu
 steaks, edamame beans, or chicken.
 No soba noodles? Use rice noodles instead.

Bring a medium pot of water to a boil. Add the
 soba noodles and cook for 6 to 7 minutes, until
 done. Drain and rinse with cold water until

completely cooled. Set aside. In a small bowl
 combine rice or chickpea miso with just enough
 water to form a paste. Add the paste to a small
 saucepan along with the water, ginger, tamari,
 and sesame oil. Bring to a gentle simmer but be
 careful not to boil. Rice or chickpea miso is a
 probiotic food and should not be boiled. While
 the broth is warming, divide the cooked noodles,
 bok choy, carrots, and snow peas between bowls.
 Pour the rice or chickpea miso soup broth over
 the veggies to warm everything. Squeeze lime
 over each bowl and enjoy!

25 minutes: 2 servings

Greens and Other Veggies

These are the perfect veggie accompaniments
 to round out any meal and make it easy to get
 your Hormone Intelligence servings of veggies
 to support your health in every way.

Avocado Mash 2 Ways

Provides: ½ avocado = 1 healthy fat

Simple Lemon Mash

Mash ½ of an avocado, mix with a pinch of salt
 and a squeeze of lemon. Spread on toast or
 crackers. Top with any of the following: broccoli
 or sunflower sprouts, thinly sliced radish. Serve
 as is or drizzle with a small amount of olive oil.

A few minutes to prepare: 1 serving

Guacamole Mash

1 ripe avocado
 Juice of ½ to 1 lime, to taste
 2 tbsp. chopped and destemmed cilantro
 1 clove garlic, crushed

Pinch of salt

Optional: minced hot pepper to taste (wash hands after cutting pepper)

Cut the avocado in half lengthwise, scoop out the pit, and scoop the avocado into a bowl. Mash avocado with a whisk to a smooth and creamy consistency (or you can use a food processor).

Add remaining ingredients and mix together. Serve with crunchy veggies, tortilla chips, gluten-free crackers, or my personal favorite, jicama! Keeps for 2 days in the fridge, may turn brown on the surface, but it's still good—stir well before serving.

10 minutes: 2 servings

Cauliflower Rice

A delicious substitute for grain, each serving provides a “daily dose” of leafy greens!

Provides 1 serving of veggies, 1 healthy fat

½ of a small cauliflower

Sea salt

1 tbsp. olive oil, coconut oil, ghee, or your choice of oil

Put cauliflower florets in the food processor. Pulse until the cauliflower has a rice-like consistency. You may need to do this in batches. For cooked cauliflower, rice prepare in either of these two ways:

Steamed: Put ¼ inch of water in a medium skillet on medium heat. Cover and cook for 5 minutes, or until cauliflower is soft and warm. Drain out the water in a mesh strainer. Add 1 tbsp. oil if desired, and salt/season to taste.

Sautéed: Put your choice of oil in a medium skillet on medium heat. Sauté for 3 to 5 minutes and serve. Salt/season to taste.

10 minutes: 2 servings

Simple Baked Sweet Potato

Provides 1 serving of veggies, 1 healthy fat

1 medium sweet potato

Butter, ghee, or coconut oil

Sea salt

Preheat oven to 400°F. Wash and dry sweet potato. Puncture lightly with a fork in several places. Place on a baking rack. Place a cookie sheet or foil on the lowest oven rack. Place sweet potatoes on the rack above it. Bake for 30 to 40 minutes, until soft to the touch. Remove. Let cool for 5 minutes. Serve plain or slice open and serve with a little butter, ghee, or coconut oil and sea salt.

Roasted Veggies

Roasted Squash or Sweet Potato Rounds

Provides 1 serving of veggies, 1 healthy fat if adding oil

Your choice:

1 small butternut squash

1 small delicata squash

2 medium sweet potatoes

1 tbsp. olive oil

Optional seasonings: sea salt, ginger and lime, adobo chili powder, roasted paprika

Preheat oven to 400°F. Cut your choice of above veggie into rounds. (If using squash, cut it in half widthwise and scoop out the seeds first.) Place in a bowl, drizzle with olive oil, and toss with your seasoning choice until well coated. Spread out onto a sheet tray covered with parchment paper and roast until tender and slightly browned, 15 to 25 minutes. Turn slices over once, halfway through cooking.

30 minutes: 2 servings

Roasted Greens

Provides 2 servings of veggies, 1 healthy fat if adding oil

We tend to think of steaming and sautéing greens, but a quick, easy, overlooked way to prepare them is by roasting them. This is done simply by placing your washed and cut greens onto a cookie sheet or into a cast-iron skillet, drizzling with olive oil, sprinkling with salt and baking in a 425°F oven for about 12 to 15 minutes, until soft and lightly roasted. This technique works beautifully for kale, broccoli, broccoli rabe, cauliflower, and Brussels sprouts. If preparing kale this way, stir every couple of minutes and remove when the kale looks wilted but still bright green.

If I'm cooking more Italian, I'll toss with a drizzle of balsamic vinegar when done; if more Asian style, with toasted sesame oil, tamari, and a dash of lime juice or rice vinegar.

15 minutes: 2 cups of raw veggies per person

Curry Baked Cauliflower

Provides 2 servings veggies

1 small head cauliflower, cut into bite-size pieces

2 tbsp. coconut oil

1 tbsp. curry powder

1 tsp. ground cumin

Salt, to taste

Preheat oven to 400°F

Toss all the ingredients in a bowl, transfer to a cookie sheet.

Bake for 15 minutes, or until cauliflower is golden and tender.

20 minutes: 2 large or 4 small servings

Sautéed Greens

2 cups cooked provides 2 servings of veggies, 1 healthy fat if adding oil

This is the classic way to eat spinach, chard, kale, collards, napa cabbage, and bok choy. Lightly heat 2 tbsp. of olive oil, coconut oil, or ghee in a skillet. Optionally add 1 to 2 cloves crushed garlic and stir for 1 minute. Add 1 bunch of chopped greens, and sauté for 3 to 5 minutes for spinach and chard, 5 to 7 minutes for the other greens, and then splash with a couple of tsp. of tamari. Alternatively, you can use salt and lemon.

No-Fail Veggie Stir-Fry

2 cups cooked provides 2–3 servings of veggies, 1 healthy fat if adding oil

My secrets to a great, no-fail stir-fry are: never use more than five types of veggies per stir-fry; quickly blanch the longer-cooking veggies before stir-frying to soften them and cut down on stir-fry time—do this while you're sautéing the onions or scallions, ginger, and garlic; chop or cut all ingredients into roughly similar sizes; don't overcook or your stir-fry will be mushy; stir quickly and almost continuously; and ideally, use a wok, though any stainless-steel pan will also work.

Grapeseed or coconut oil

1 yellow onion cut into half-moons or 1 bunch of chopped scallions

1 tbsp. freshly grated ginger

2 cloves freshly crushed garlic

¼ tsp. red pepper flakes

4 cups of veggies to include: broccoli florets, napa cabbage OR bok choy, 1 large red bell pepper cut into thin slices, 1 large carrot cut into matchsticks

¼ cup roasted peanuts or toasted cashews

¼ cup chopped fresh basil leaves (optional)

1 tbsp. tamari

Heat oil in a large pan and at the same time, bring a medium saucepan of water to a boil. Sauté onion, ginger, garlic, and red-pepper flakes for 2 minutes, while blanching the broccoli and carrots in the water for 3 to 5 minutes until they are bright green and orange but not soft. Sauté the red pepper, and napa or bok choy for 3 to 5 minutes, drain the broccoli and carrots and add to the stir-fry. Sauté all for 5 minutes until veggies are tender but still crisp. Season with tamari. Serve over rice noodles or brown rice. Top with peanuts and basil (optional) and drizzle on an Asian-style sauce of your choice from the sauces suggestions.

To add meat, cut 2 chicken breasts or 8 oz. flank or other steak, sliced thin (put meat in freezer for 15 minutes before slicing to make it easier), and sauté for 5 minutes after adding onions, ginger, and garlic, then add the other veggies and stir-fry until the veggies are done. Marinate meat for at least 30 minutes prior to cooking, though this is optional. You can, instead, use cubed firm tofu.

30 minutes: 2 servings

Easy Steamed Veggies

You can use virtually any veggies you want for a steamed veggie dish. My personal standbys for decades have been a combo of 1 sweet potato cut into ½-inch rounds, a yellow onion cut into 8 large sections (quarter it, then cut the quarters in half), 2 carrots cut into slices on the diagonal, butternut squash cut into chunks, and either 1 bunch of kale or a head of broccoli. Put water into a large soup pot, just enough to touch the bottom of a metal steamer basket that fits into the pot (you can get one at Target or any kitchen supply store). Layer the heartier root veggies into the bottom, then the onions, then the greens or broccoli.

Steam for about 8 to 12 minutes, until the root veggies are soft but not mushy. Transfer to serving bowls and then top with any of your favorite sauces. My favorite is a creamy tahini dressing. You can serve steamed veggies with any meal, but they go especially beautifully in Goddess Bowls and are a healthy, simple staple in my home.

Grains and Legumes

GRAINS

Overnight Oats

Provides 1 healthy fat, 1 grain, 1 fruit + 1 nuts and + protein if using nut butter

Simple Overnight Oats

½ cup old-fashioned rolled oats

¾ cup of water or nut milk of your choice (I prefer almond milk)

Optionally add to soaking: 1 tbsp. chia seeds or 2 tbsp. sunflower seeds

Combine all ingredients and place in fridge overnight.

For variety, stir any of the following into your oats after soaking and just before serving:

What a peach: Soak your oats in the water with 2 tbsp. sunflower seeds; add 1 ripe peach, diced, and a dash of cinnamon

Gone bananas: Chop in 1 small ripe banana, 2 tbsp. sliced toasted almonds, 1 tbsp. toasted coconut

Apple jacks: Chopped ½ apple, 1 tbsp. almond butter, ¼ cup toasted pecans, and ground cinnamon

Almond joy: ¼ cup shredded coconut, 2 tbsp. chopped almonds, 1 tbsp. dark chocolate chips (this one is dessert, not breakfast!).

5 minutes to assemble the oats, 2 hours for quick soaked oats, overnight for overnight oats. Makes 1 serving; you can increase portion size as needed; the oats keep for several days in the fridge, so you can make a couple of servings for yourself ahead of time.

Super Seed Muesli

Provides 1 healthy fat, 1 grain, 1 fruit, 2 nuts, 2 seeds + protein

2 cups rolled oats
½ cup cashews
½ cup almonds
¼ cup pecans
¼ cup sunflower seeds
¼ cup pumpkin seeds
¼ cup flaxseed
1 tsp. sea salt
1 cup shredded coconut
3 tsp. melted coconut oil
1 tbsp. vanilla extract
½ cup maple syrup

Preheat oven to 350°F. Mix all ingredients and spread in an even layer on a parchment paper-lined cookie sheet. Bake for 10 minutes, then stir. Bake for 10 more minutes and watch until golden brown. Cool on the cookie sheet.

25 minutes: 8 to 10 servings. Store in an airtight container for up to 10 days.

Vegan Buckwheat Crepes

Provides 1 healthy fat, 1 grain

1 cup un-toasted (raw) buckwheat flour
1¾ cups light (canned) coconut milk or almond milk
1 pinch sea salt
1 tbsp. coconut oil (plus a bit more for cooking)

Put ingredients into a mixing bowl, blender, or food processor. Mix until the batter is pourable but not thin or watery.

Heat a cast-iron or crepe pan over medium heat.

When hot, add a small amount of coconut oil, heat until hot and the oil coats the pan. Before adding batter, test to see if the oil is hot enough by dropping a drop of water onto the pan; if it splatters, it's ready.

Add ¼ cup of batter to the pan.

Cook until the top is bubbly and the edges are dry.

Flip carefully and cook for 2 to 3 minutes on the other side.

Repeat until all crepes are prepared. Add more oil to the pan only if it seems necessary.

Keep warm by placing on a plate and covering with a dish towel.

20 minutes to prepare. Leftovers keep sealed in the refrigerator for 2 days or frozen for about a month. Place between sheets of parchment paper before freezing to prevent sticking, and to make them easy to defrost as you want to use them.

Sakara Seed Bread

Provides 1 healthy fat, 1 grain, 1 fruit, 2 nuts, 2 seeds + protein per serving

Makes 1 loaf; you can double or triple this recipe.

2 cups gluten-free rolled oats
¾ cup sunflower seeds
½ cup sliced almonds or chopped walnuts
½ cup flaxseed meal
⅓ cup psyllium husk powder
3 tbsp. pumpkin seeds
3 tbsp. pine nuts (or additional pumpkin seeds)
3 tbsp. chia seeds
3 tbsp. white sesame seeds
1 tsp. Himalayan salt

3 tbsp. extra-virgin olive oil, plus 1 tsp. for greasing the pan

1 tbsp. wildflower honey

4 cups water

In a large bowl, stir together the oats, sunflower seeds, almonds, flaxseed meal, psyllium husk powder, pumpkin seeds, pine nuts, chia seeds, sesame seeds, and salt. Fold in the oil and honey to coat, then slowly stir in 4 cups of water. Stir until the entire mixture is moistened. Cover the bowl with plastic wrap and let the dough rest for 30 minutes.

Preheat the oven to 350°F. Lightly grease an 8 × 4½-inch loaf pan with the oil and set aside.

Leaving about one inch at the top of the pan, tightly pack the dough into the prepared pan, using your hands to press it down firmly. Bake for 45 minutes, or until the crust is golden brown. Let the bread cool in the pan for 5 minutes, then turn out the loaf on a cooling rack to cool completely. Cut into ¼-inch thick slices and enjoy!

2 hours: 8 to 10 servings

Store leftover bread wrapped in waxed paper and foil in the fridge for up to 5 days, or in the freezer for up to a month.

Recipe courtesy of Danielle Duboise and Whitney Tingle, my friends at Sakara.

LEGUMES

Classic Hummus

Provides 2 healthy fats, 2 seeds, 1 bean/legume + protein

1 cup cooked garbanzo beans

¼ cup tahini

2 tbsp. olive oil

2 tbsp. water to the consistency you prefer (thick or thinner)

¼ cup fresh lemon juice

¼ tsp. roasted paprika powder

Blend all ingredients in a food processor on high speed until smooth. Optionally, add a dash of cumin powder.

How to Cook Quinoa

Rinse ½ cup of dry quinoa for 2 minutes in strainer under running water, place in a small pot with a lid, and cover with 1 cup of water. Bring to a boil, then turn heat down to lowest setting and cook covered for 15 minutes. Turn off heat and let stand, covered, for 5 more minutes. Fluff with a fork and *optionally* stir in 1 tbsp. of olive oil, coconut oil, butter, or ghee, depending on the meal you're cooking, to give it more body and energy balance. You can put the bowl in the fridge if you want it to cool thoroughly for salads or use warm. Because this is a seed and not truly a grain, it's very protein rich and shouldn't make you feel sleepy the way some grains can in the morning. Makes 2 servings.

For Lemony Quinoa: Add 1 tbsp. fresh lemon juice and 1 tsp. fresh lemon zest when cooking the quinoa. Stir in 1 tbsp. ghee, coconut oil, or olive oil. Serve warm.

Serve with a drizzle of olive oil and dash of the paprika on top as well.

10 minutes: 3–4 servings

Keeps 5 days in the fridge.

Chickpea Turmeric Curry (chicken or vegan)

Provides 1 serving of veggies, 1 healthy fat, 1 bean/legume + protein

2 tbsp. coconut oil
1 large onion, diced
3 cloves garlic, chopped
1-inch ginger, peeled and minced
1 tsp. each of ground cumin, ground turmeric (and optionally, garam masala)
1 can of chickpeas, drained and rinsed (or 1.5 cups cooked chickpeas)
1 can of “lite” coconut milk
2 cups cauliflower florets
1 small sweet potato, diced into ½-inch chunks

½ cup organic golden raisins

Salt to taste

Fresh cilantro, for garnish

¼ cup roasted cashews

Heat the coconut oil in a medium pot. Sauté the onion, garlic, and ginger and cook until softened, 2 to 3 minutes.

Add all the spices, stirring for about 1 minute. Add the chickpeas, coconut milk, sweet potato chunks, raisins, and cauliflower.

Bring the temperature up so that the stew comes to a quick boil, then reduce heat to a simmer and cook for 25 minutes. Be careful when cooking as it can easily scorch, so stir regularly. Salt to taste. Serve over whole-grain rice with a topping of fresh cilantro and cashews.

35 minutes: 4 servings as a side dish, 2+ servings as a main protein

Keeps 3 days in the fridge.

How to Cook Millet

On a low flame, in a small skillet or saucepan that has a lid, toast ½ cup of millet for about 1 minute, stirring often. Cover the millet with 1½ cups of water. Turn up the heat, bring to a boil, reduce heat again to low, and cover the pan. Let cook for 20 minutes or until there is no more liquid in the pot and all the kernels are “open.” Fluff with a fork.

You can also cook millet with chopped dried apricots or raisins, about 1 tbsp. for this amount of millet, and serve as a delicious breakfast cereal topped with chopped toasted nuts.

Millet Breakfast Porridge: Cook your millet with 2 cups of water and ½ cup chopped dried organic, unsulfured apricots (you could also use raisins, dried currants, or dried apple pieces). When done, top with 1 tbsp. coconut oil or ghee or a pat of organic butter, or stir in 1 tbsp. of almond butter or tahini. Top with chopped toasted nuts and, optionally, toasted shredded coconut. Because this is a seed and not truly a grain, it’s very protein rich and shouldn’t make you feel sleepy the way some grains can in the morning. Makes 2 servings.

You're a (Lentil) Dahl

Provides 1 healthy fat, 1 bean/legume + protein

1 medium onion, chopped
2 tbsp. coconut oil
2 tsp. curry powder
1 tsp. turmeric powder
½ cup red lentils
1½ cups water
¼ tsp. salt

Sauté onion in the coconut oil until translucent, about 2 minutes. Add spices and sauté for 30 seconds. Add lentils and stir until coated in oil, about 30 seconds. Add the water, cover, and simmer for 25 minutes.

Check and stir periodically to keep from sticking. Add salt at the end and stir.

25 minutes: 2 servings

Quick Spanish Black Beans

Provides 1 bean/legume + protein, 1 carb serving

½ yellow onion, minced
2 cloves garlic, crushed
2 scallions, finely chopped
4 tbsp. chopped red bell pepper
2 tsp. olive oil
1-15 oz. can black beans, drained
½ tsp. cumin powder
½ tsp. dried oregano
1 bay leaf
½ tsp. salt
Black pepper to taste
1 tbsp. chopped cilantro per serving for a topping
Wedge of ¼ fresh lime (optional) to drizzle on per serving

Sauté the onion, garlic, scallions and red bell pepper in the olive oil for 5 minutes, until the onions are translucent. Add black beans, cumin,

oregano, bay leaf, salt, pepper, and water. Stir well and cook for 10 minutes, stirring to avoid sticking. Serve topped with fresh chopped cilantro and a drizzle of lime.

Serves 4 as a side, 2 as a main dish. Keeps well in the fridge for 2 days.

Fish, Eggs, Poultry, Meat, and Tofu

These are healthy choices for the animal-based proteins recommended for Hormone Intelligence.

EGGS, 4 EASY WAYS

Frittata Cups

Provides 2 servings of veggies, 1 healthy fat + protein

2 cups mixed veggies of your choice—see recipes below for ideas
Seasonings/spices of your choice
1 tbsp. olive oil for sautéing
10 free-range eggs
½ tsp. salt and a few dashes pepper or red pepper flakes

Preheat oven to 400°F.

Sauté all the vegetables and fresh seasonings (i.e., garlic, ginger, or variations below) in olive oil for 3 to 5 minutes, until glistening and just on the edge of tender and turn off the heat. In a bowl, crack the eggs and mix in the salt and pepper. Beat lightly for 30 seconds. Fill a muffin tray with dye- and bleach-free muffin liners, place a small amount of prepared veggies in each liner, then fill to three-quarters of the way full with the beaten eggs. Use a fork to lightly mix

and disperse the veggies into the egg batter. Bake for about 20 minutes, until very lightly brown on top and firm to the touch.

East Meets West Frittata

2 cups small broccoli florets
¾ cup chopped shitake mushrooms
1 small bunch scallions, chopped
1 red bell pepper, diced
Coconut or sesame oil or ghee
2 tsp. freshly grated ginger
2 cloves garlic, minced
¼ tsp. black pepper
2 tbsps. gluten-free tamari or 1 tsp. sea salt
Dash of organic rice vinegar

Top the baked cups with extra scallions and if you like it, sriracha, and serve on a bed of mixed salad greens or as part of any Asian-style bowl or salad.

Latin Vibe Frittata

½ cup roasted sweet potato nuggets (optional if you have time or leftovers—incredibly delicious)
½ bunch cilantro, chopped
1 yellow onion, diced
1 green bell pepper, diced
½ cup frozen corn
Olive oil
½ tsp. chipotle pepper
½ tsp. cumin
Sea salt
Black pepper

Top the baked cups with avocado or guacamole and extra cilantro, optional salsa, or use in any Latin-style salad or bowl.

Italian-Style Frittata

1 yellow onion, diced
2 cups frozen spinach or 1 bunch asparagus cut into bite-size pieces
1 red bell pepper, chopped

Olive oil
1 cup chopped basil or 1 tsp. dried
½ tsp. dried oregano
¼ tsp. red pepper flakes
¼ tsp. black pepper
½ tsp. salt

Serve on a bed of arugula or mixed greens.

Serve plain, over salad, in a bowl, or with some of your favorite hot sauce.

35 minutes: 8 large or 12 small muffin cups,
2–3 muffin cups per serving

Quick Pan Omelet

Provides 1 healthy fat + protein

Beat 2 eggs, add sea salt and black pepper to taste. Other seasonings include za'atar, oregano, and thyme, or you can sauté some finely chopped scallion and add to the beaten eggs.

Heat your skillet. Pour the eggs into the skillet.

Let set and when you see the omelet “firm up,” flip the whole thing over to cook on the other side.

Should be golden yellow and firm on both sides.

Slide onto a plate and top with your choice of veggies.

5 minutes: 1 serving

Quick Fried Egg

Provides 1 healthy fat + protein

One of my favorite meals, excellent for breakfast, lunch, or dinner, is simply a bed of about ½ cup arugula, 1 to 2 fried eggs (either over easy or over hard), topped with chopped tomatoes, a splash of champagne vinegar, salt, and pepper.

Egg or Tofu Scramble

Provides 1 to 2 servings of veggies, 1 healthy fat + protein

How to make a scramble:

Place 1 tbsp. of your oil of choice into a cast-iron or stainless-steel skillet and bring to a medium heat.

Sauté ½ cup mixed vegetables; if you use onions, sauté those first for 2 minutes until translucent, then add the remaining veggies, which should be sautéed for about 3 to 5 minutes until they are bright in color and coated in the oil.

Season the veggies with the recommended herbs and flavorings.

If you're using eggs, beat them and then add a dash of salt and black pepper, or other seasonings of your choice.

Either add in your tofu or remove the veggies and scramble 2 eggs in the skillet, adding the veggies back when the eggs are finished.

This makes a complete breakfast meal, or if having for lunch or dinner, serve over a bed of rice noodles, quinoa, or other grain, or a sprouted rice tortilla.

Asian Breakfast

¼ brick tofu or 2 eggs
½ cup mixed sautéed scallions or sliced yellow onion
Shitake mushrooms
Broccoli
1 tbsp. coconut or sesame oil, lightly heated
1 tbsp. gluten-free tamari
Optional: serve with ½ cup cooked brown rice or millet

Mexican Egg

2 eggs
¼ cup chopped red bell pepper
1 cup baby spinach
¼ cup finely chopped red onion
1 tbsp. olive oil, lightly heated
Minced cilantro
¼ to ½ avocado
Fresh salsa
Optional: serve with 1½ cup Roasted Sweet Potato Rounds

Hippie Tofu

¼ brick tofu
2 cups chard or spinach
¼ cup chopped red pepper
1 tbsp. olive oil or coconut oil, lightly heated
1 tsp. powdered turmeric
½ tsp. ground cumin seed
Salt and pepper to taste

To Make a Tartine

Spread Simple Lemon Mash (under Avocado Mash) on toasted Sakara Seed Bread, layer with arugula, mixed field greens, roasted kale, or sprouts (broccoli, radish, or sunflower), top with a fried egg or small pan omelet, sprinkle on a dash of cham-pagne vinegar, and enjoy as an amazing complete meal.

Baked Salmon 4 Ways

Provides 2 healthy fats + protein

Preheat oven to 425°F. Lay two 4-ounce fillets of salmon on a parchment-lined baking sheet.

In a small bowl, whisk together one of the following sauces. Brush your fish with your preferred sauce and bake for 20 to 35 minutes, depending on how well done you prefer your fish.

25 to 40 minutes: 2 servings

Keeps for 2 days in the fridge.

Rice or Chickpea Miso-Glazed Salmon with Scallions and Sesame Seeds

Sweet white rice or chickpea miso

Toasted sesame oil

1 tsp. honey or maple syrup

Sesame seeds

Scallions, thinly sliced

Combine miso, sesame oil, and honey. Spread a thin layer of the mixture over each salmon fillet and sprinkle with sesame seeds. Garnish with scallions.

Maple Dijon Salmon

1 tbsp. maple syrup

1 tbsp. Dijon mustard

¼ tsp. sea salt and pepper

Combine all the ingredients and spread a thin layer of the mixture over each salmon fillet.

Mediterranean Lemon Salmon

2 tbsp. lemon juice

2 tbsp. olive oil

2 cloves garlic, crushed

½ tsp. each dried thyme and oregano

½ tsp. sea salt

Combine all the ingredients and spread a thin layer of the mixture over each salmon fillet.

Ginger-Lime Salmon

1 tbsp. grapeseed oil OR toasted sesame oil

1 tbsp. lime juice

2 tsp. tamari

1 or 2 tsp. peeled, freshly grated ginger

1 large clove garlic, crushed

¼ tsp. black pepper

Combine all the ingredients and spread a thin layer of the mixture over each salmon fillet.

You can also replace the lime juice with freshly squeezed orange juice or do a combo.

Salmon Burgers

Provides 2 healthy fats + protein

8-ounce skinless salmon fillet cut into ½-inch chunks

¼ cup finely chopped cilantro

1 tbsp. peeled, finely grated ginger

1 tsp. tamari

1 tsp. lime juice

1 tbsp. olive oil

Freeze your salmon fillet for 15 minutes to make it easy to chop. In the meantime, mix the other ingredients in a bowl. Place the salmon pieces into your food processor. Pulse the salmon in the food processor until finely chopped—do not puree it. Mix the chopped salmon into the other ingredients and form into 2 to 4 patties. If too wet, refrigerate the mixture for 15 minutes. Heat the olive oil in a skillet. Cook the salmon burgers for 5 minutes on each side until slightly brown and firm to the touch. Serve over greens or over a noodle or other Goddess Bowl.

35 minutes: 2 servings

Keeps in the fridge for 2 days, but best served fresh.

Best Fish Tacos

Provides 2 servings of veggies, 2 healthy fats, + protein (+ 1 bean/legume if you add black beans)

A quick baked fish to include in your fish tacos, or as a protein dish for any meal.

2 tilapia fillets

1 tbsp. olive oil

Cajun spice (buy from a company that has no MSG, caking agents, or sugar)

Preheat oven to 400°F. Rub the fillets on both sides with olive oil, then sprinkle thoroughly on both sides with the Cajun spice. Place on a parchment-paper-lined cookie sheet. Bake for 20 minutes.

Serve with Not Your Mama's Slaw, Guacamole Mash, or sliced avocado with juice of ½–1 lime or Chili-Lime Dressing, and a side of Roasted Sweet Potato Rounds. Optionally, also top with black beans with Mexican seasoning (see Quinoa, Black Bean, Sweet Potato, and Fajita Burrito Bowl)

30 minutes: 2 servings

Pulled Poached Chicken Breast

Provides protein

2 skinless, boneless chicken breasts

2 cloves of garlic

2 tsp. sea salt

4 cups water or low-sodium chicken broth

Place chicken, garlic, and salt into a shallow saucepan. Add enough liquid to cover the chicken about halfway. Bring to a boil, turn heat down to medium, and simmer for 5 minutes. Turn off heat, cover, and let sit for 15 minutes. Remove from pot and shred ("pull") or slice the chicken for use in your favorite recipes.

20 minutes: 2 servings

Keeps in the fridge for 3 days.

Za'atar Roast Chicken Breast

Provides 1 healthy fat + protein

Juice of 1 lemon

2 tbsp. extra-virgin olive oil

2 tbsp. za'atar spice, plus 1 tsp.

To Make Pulled Chicken Salads

Pulled chicken beautifully takes up any dressing you mix it into. As a side to any dish, or in a salad, you can use seasoning to create endless varieties, for example:

Asian Pulled Chicken Salad

Combine 1 or 2 pulled chicken breasts with ¼ cup of Tangy Ginger-Lime Dressing or Peanut Sauce.

Green Goddess Chicken Salad

Combine 1 or 2 pulled chicken breasts with ¼ cup Creamy Cashew Dressing. Place on top of noodles, a noodle bowl, or salad, or in lettuce or a nori sheet for a quick, easy wrap.

1 tbsp. sumac, plus 1 tsp.
1 tsp. cinnamon
2 tsp. roasted paprika
3 large garlic cloves, crushed
1 medium red onion, sliced
2 boneless, skinless chicken breasts
2 tbsp. pine nuts
½ cup freshly chopped parsley leaves

First, make the marinade: In a deep dish, mix the lemon juice, olive oil, 2 tbsp. za'atar, 1 tbsp. sumac, cinnamon, paprika, garlic, and red onion. Add the chicken, coat liberally, and place in fridge, turning the chicken over halfway through your marinade time.

Preheat oven to 400°F. Move the chicken and marinade to a cast-iron skillet, or if you don't have one, any baking dish. Toss on the remaining za'atar and sumac, add the pine nuts, and cover with a layer of chopped parsley. (Optionally, before adding the parsley, add ¼ cup golden raisins.) Bake uncovered for 45 minutes.

Make it a meal: Serve over quinoa and with a chopped mixed green salad with Anytime Vinaigrette, or just add whole or sliced chicken breast to your salad.

*1 to 4 hours to marinate, 1 hour to prep and cook:
2 servings*

Thai Steak or Chicken

Provides healthy fat + protein

Cut 2 boneless, skinless chicken breasts or 8 ounces of grass-fed steak (ideally skirt or hanger steak, but sirloin or round is okay if that's all you can get) into thin strips. Put in the freezer for 15 minutes before cutting to make it easier. Combine the following, pour over the sliced meat, and marinate for at least an hour:

2 tbsp. grapeseed oil
2 tbsp. lime juice
1 tbsp. tamari
1 tbsp. peeled, freshly grated ginger
2 large cloves garlic, crushed
½ tsp. black pepper
¼ tsp. red chili flakes (optional)

After the meat is marinated, preheat your oven to 400°F. No time to marinate? That's okay—skip that step and this recipe still works! Just mix the meat and marinade in a bowl and go onto the next step.

Toss in:

1 medium sweet red pepper, thinly sliced
1 yellow onion, cut into thin half-moons

Put the entire mixture into a cast-iron skillet and bake for 30 minutes, tossing once or twice. After 15 minutes of cooking, optionally mix in 1 cup broccoli florets.

4 hours to marinate, 10 minutes prep, 30 minutes cooking: 2 servings

Keeps 2 days in the fridge.

Fajita Chicken or Steak

Provides 1 veggie serving, 1 healthy fat + protein

Cut 2 boneless, skinless chicken breasts or 8 ounces of grass-fed steak (ideally skirt or hanger steak, but sirloin or round is okay if that's all you can get) into thin strips. Put in the freezer for 15 minutes before cutting to make it easier. Marinate for at least an hour in:

2 tbsp. olive oil
2 tbsp. lemon or lime juice
1 tsp. seasoned salt
1 tsp. dried oregano
1 tsp. ground cumin
1 tsp. garlic powder
1 tsp. chili powder
½ tsp. smoked paprika

After the meat is marinated, preheat your oven to 400°F. No time to marinate? That's okay—skip that step and this recipe still works! Just mix the meat and marinade in a bowl and go onto the next step.

Toss in:

1 medium sweet red pepper, thinly sliced
1 medium green pepper, thinly sliced
1 yellow onion, cut into thin half-moons

Put the entire mixture into a cast-iron skillet and bake for 30 minutes, tossing once or twice.

4 hours to marinate, 10 minutes prep, 30 minutes cooking: 2 servings

Keeps 2 days in the fridge.

Chicken and Black Bean Soup (+ vegan version)

Provides 1 healthy fat, 1 bean/legume + protein

½ pound boneless skinless chicken breasts, cut into 1-inch cubes
2 cans (14½ ounces each) reduced-sodium chicken broth, divided
1 can (15 ounces) black beans, rinsed and drained
1 can (10 ounces) diced tomatoes
1 jalapeño pepper, seeded and chopped
3 tsp. chili powder
½ tsp. ground cumin
2 tbsp. minced fresh cilantro for topping

Combine all the ingredients except cilantro in a stove-top pot and simmer for 30 minutes. For a vegan version, omit the chicken and double the black beans. Serve topped with chopped cilantro.

Quick Snack (or Lunch) Wraps

Provides 2 veggie servings, 1–2 healthy fats, 1 seed/nut if using one of the tahini sauces or Peanut Sauce, + protein

Wraps are a quick way to enjoy just about any of the Goddess Bowl ingredients in a light, easy-to-make package. I use buttercrunch or romaine lettuce or sheets of nori seaweed, but you can also use blanched napa cabbage or collard green leaves. To prepare your wrap, assemble the various ingredients and layer them onto the recommended wrap and then drizzle on some of the “secret sauce” of your choosing. A cool trick is to spread a light layer of your sauce, avocado, or hummus against the wrap, then layer on the grain, then on top of this, place your veggies. This layering technique holds everything nicely in place. For the lettuces, the roll is casual; with nori sheets you can quickly learn to make an even, tight roll with online videos.

Thai Lettuce Wraps

Pulled Poached Chicken Breast, or your favorite salmon, or tofu
Boston lettuce leaves
¼ cup sautéed shitake mushrooms
4 cups mixed raw mung bean sprouts
Fresh cilantro
Steamed matchstick or raw grated carrots
Scallions for layering
Spicy Thai Sauce

Hummus Wraps

Use a GF wrap or romaine or Boston lettuce
Hummus
Cucumber
Tomato
Sprouts
Red onion
Chopped Kalamata olives
Lemony Tahini or Spicy Thai Sauce

Cajun Lime Fish or Fajita Chicken “Tacos”

Boston lettuce leaves and a little rice or quinoa, or a sprouted corn tortilla

Best Fish Tacos or Fajita Chicken (or if you're vegan, tofu seasoned as for Best Fish Tacos or Spanish Black Beans)

Not Your Mama's Slaw

2 tbsp. guacamole per taco

Lime juice to taste

Optional: Salsa is terrific, too.

Vegan Nori Wraps

Roasted nori sheets

Brown rice or cooked quinoa

Tofu

Carrot

Avocado

Sprouts

Red onion

Spicy Thai Sauce

food processor. Blend on high speed until smooth, about 1 minute. Dressings typically store well in a glass jar for 3 days in the fridge.

- Separation of the oil and other ingredients is normal—just whiz back in your blender or give the dressing a whisk or shake before using.
- Use them on any of the salads, bowls, and wraps.
- These each take about 5 minutes, at most.

Here are my favorites.

Anytime Vinaigrette

The oil: $\frac{1}{3}$ cup olive oil

The acid: 3 tbsp. of balsamic vinegar OR champagne vinegar OR fresh lemon juice

$\frac{1}{4}$ tsp. salt or to taste

Optional: For variety also add 1 tsp. fresh or dried rosemary leaves, 1 tsp. fresh or dried oregano leaf, and a dash of black pepper.

Dressings and Sauces

A simple salad dressing or sauce can transform and enliven a basic salad, bowl of rice noodles, chicken, and steamed veggies into a taste masterpiece. They're also an amazing way to get an extra healthy dose of high-quality oil, seeds in the form of tahini, and herbs into your diet.

As all the sauces and dressings are prepared similarly, here are the instructions for the whole lot:

- For recipes with only liquid ingredients, salt, and pepper, you can simply whisk them in a glass or bowl and serve—it's that simple.
- For recipes with seed or nut butters, or solid ingredients (i.e., garlic, cilantro, etc.), combine all ingredients in your blender or

Green Goddess Dressing

$\frac{1}{3}$ cup olive oil or $\frac{1}{2}$ ripe avocado + 2 tbsp. water for a creamy dressing

$\frac{1}{2}$ cup cilantro leaves

1 clove garlic, minced

3 tbsp. fresh lime juice

$\frac{1}{4}$ tsp. salt or to taste

Dijon Salad Dressing

$\frac{1}{4}$ cup olive or grapeseed oil, or another favorite oil

2 tbsp. fresh lemon juice

$\frac{1}{2}$ tsp. Dijon mustard

1 clove garlic, peeled and grated or minced

$\frac{1}{2}$ tsp. sea salt

Peanut Sauce

½ cup unsalted creamy peanut butter or almond butter
2 tbsp. tamari
2 tbsp. lime juice
¼ cup water (or as needed to thin to your desired consistency)
1 clove garlic, crushed
Optional: 1 tsp. Thai chili paste, 1 tbsp. maple syrup (or other sweetener of choice)

Lemony Tahini Sauce

½ cup tahini
1 clove garlic, crushed
¼ cup fresh lemon juice
2 tbsp. water
¼ tsp. salt or to taste
For a spicy version, add an additional garlic clove and ¼ tsp. cayenne pepper.

Rice or Chickpea Miso-Tahini Sauce

¼ cup tahini
1 tbsp. white rice or chickpea miso
2 to 4 tbsp. water (to the thickness you prefer)
1 tbsp. peeled, freshly grated ginger
1 tbsp. rice vinegar
Optional: 1 tsp. maple syrup

Creamy Cashew Dressing

⅓ cup olive oil
⅓ cup raw cashews
1 clove raw garlic
⅓ cup water
¼ cup lemon juice
1 tsp. Dijon mustard

Spicy Thai Sauce

⅓ cup toasted sesame oil
¼ cup fresh basil leaves OR cilantro leaves
3 tbsp. lime juice
2 tbsp. tamari (or 1 tbsp. Bragg's Aminos if you don't use soy)
¼ tsp. salt or to taste
1 tsp. honey (optional)
¼ tsp. freshly grated gingerroot
½–1 serrano pepper, minced, depending on how spicy you like it; remove the seeds first

Tangy Ginger-Lime Dressing

¼ cup grapeseed oil
2 tbsp. toasted sesame oil
Juice of 2 limes
1 tbsp. tamari
1 tbsp. freshly grated ginger
1 tbsp. maple syrup (optional)

Chili-Lime Dressing

¼ cup olive oil
Juice of 1 to 2 limes (to taste)
¼ tsp. chili powder
¼ tsp. cumin
¼ jalapeño, finely minced, or 1 tsp. red chili flakes
¼ tsp. salt

For a creamy version, substitute olive oil for an avocado, and blend until smooth.

Nuts and Seeds

Nut Milk at Home

I love the weekly ritual of preparing nut milk. It's a mindful reminder to think ahead about my food, and a wonderful alternative to the store-bought kinds, which are generally ecologically unfriendly, overly sweetened, and have guar gum or carrageenan as thickeners. It's surprisingly easy—enough so that once you make your own, you'll wonder why you ever bought it. The reality is, there's not a whole lot of nutrition in nut and seed milks, but they are a good alternative to dairy where you'd usually use it in your diet.

$\frac{1}{2}$ cup whole, organic, unroasted, unsalted nuts; my two favorites are almonds and cashews

2 cups cold water

Optional: Vanilla extract

Soak $\frac{1}{2}$ cup of whole nuts in 2 cups water for at least 4 hours, or preferably overnight. Strain and rinse the soaked nuts, discarding the soaking water. Place the soaked nuts and water into your blender or Vitamix. Blend at high speed for about 2 minutes. Strain by pouring the blender contents through a mesh bag (or cheesecloth), catching the milk in a container or large measuring cup. Squeeze firmly to extract as much milk as possible. Add vanilla and store in the fridge.

For a thick and creamy version: If you like a little “cream” in your chai, you're making chai latte, or you'd like to add some cream to your overnight oats, make a concentrated cashew milk using 1 cup of water per half cup of soaked cashews.

For a quick version: If you forget or don't have time to soak your nuts the night before, no worries! You can use unsoaked nuts—just use raw nuts!

Prep time: 4 to 12 hours to soak the nuts. 5 minutes to prepare and clean up.

Makes about 2 cups. Keeps in the fridge for 5 days.

Not for the Birds Seed Crackers

Provides 2 servings seeds

You'll be amazed at making your own “gone crazy” kind of crackers! You'll need parchment paper for this recipe.

$\frac{1}{2}$ cup whole flaxseeds

6 tbsp. sesame seeds

4 tbsp. pumpkin seeds

2 tbsp. sunflower seeds

1 tbsp. millet

3 tbsp. sesame seeds

1 cup boiling water

$\frac{1}{4}$ tsp. sea salt

Optional: cracked black pepper, onion powder, garlic powder, red pepper flakes

Preheat the oven to 325°F. In a small mixing bowl, combine all the ingredients. Let sit for 15 to 30 minutes to allow the flaxseeds to absorb the liquid. Put a piece of parchment paper on a medium cookie sheet, spread the cracker batter onto the parchment paper, then place another piece over the top of the mix. Roll it out with a rolling pin until about $\frac{1}{4}$ inch thick—thinner if you want a very thin cracker. Bake for 45 minutes, remove from oven, and allow to cool. Break into smaller pieces. Will keep for a week in an airtight container.

1 hour: Makes an 8 × 10-inch sheet cracker.

Toasty Savory Nuts and Seeds

Provides 1 to 2 servings nuts/seeds

Although you can purchase decent quality roasted nuts and seeds, it's easy to toast your own and they are much fresher.

Place $\frac{1}{4}$ to $\frac{1}{2}$ cup of your choice of almonds, walnuts, or pecans, or sunflower, pumpkin, or sesame seeds into a cast-iron or stainless-steel skillet. Turn heat on low and toast, stirring occasionally, until the nuts or seeds start to brown. (Pumpkin and sesame seeds will begin to make a popping sound when ready.) Turn off heat and cool to room temperature. Store in a glass jar or container.

For a savory treat, when the seeds are just about done toasting, add $\frac{1}{2}$ tsp. of any of the following, or a combination of more than one:

Tamari

Garlic powder

Chili powder, plus 1 tsp. lime juice and a dash of salt

Curry powder

Onion powder

1 sheet of toasted nori seaweed torn into bite-size pieces or $\frac{1}{4}$ cup toasted dulse seaweed pieces

Serving size: 2 tbsp. up to $\frac{1}{4}$ cup

10 minutes

Off the Beaten Trail Mix

Provides 2 servings nuts/seeds, 1 serving fruit (dried)

Pick several of any of the following. A good ratio to follow is: Mix and match nuts ($\frac{1}{2}$ cup total) + Mix and match seeds ($\frac{1}{2}$ cup total) + Mix and match dried fruit or chocolate ($\frac{1}{4}$ cup)

Dry-roasted or raw cashews

Dry-roasted or raw almonds

Pecans

Walnuts

Sunflower seeds

Pumpkin seeds

Goji berries

Mulberries

Raisins

Currants

Dark chocolate chips or chopped dark chocolate (70% or darker)

Dried coconut chips

Cacao nibs

Unsweetened dried cherries

Mix together your favorites and enjoy! Can be stored in a container at room temperature for several weeks at a time, so make a big batch to grab and go when you need it.

5 minutes: 4–6 servings

Keeps months in an airtight jar.

Fermented Foods

Homemade Kimchi (Spicy Asian Fermented Vegetables)

Kimchi, a spicy Asian fermented “kraut,” can be done in a glass jar and doesn’t need any special equipment—just a cutting board and a knife. Making kimchi is fast, easy, inexpensive, and satisfying—and it keeps for a couple of weeks in the fridge. I enjoy it as a condiment to many meals and especially love a liberal amount of it atop a Goddess Bowl of steamed or stir-fried vegetables over rice or, when I can splurge on them, pure buckwheat soba noodles. I’ve tempered this one so it’s not as spicy as the traditional fare, which I find too hot.

1 large head napa cabbage (remove the hard end, cut cabbage in half lengthwise and into 2-inch lengths)

$\frac{1}{4}$ cup sea salt

- 4 medium carrots in matchsticks or cut on the diagonal
- 1 bunch scallions cut into thirds
- 2 tbsp. freshly grated ginger
- ½ tsp. cayenne pepper or red pepper flakes

Place the cut napa cabbage into a bowl and sprinkle well with the sea salt. Mix well with your hands until the leaves are well coated—this just takes about 30 seconds. Let sit in the bowl for 2 hours, then place in a colander and rinse well to remove the salt. Return the napa cabbage to the now-rinsed-out bowl and add the remaining ingredients. Refrigerate and start to eat after 24 more hours in the fridge.

15 minutes; ferment time, 24 hours refrigerated: 10 or more servings

Keeps 2 weeks in the fridge.

Simple Cultured Veggie Pickles

“Dill Style” Pickles

- 3 cups of the following veggies cut into bite-size pieces: cauliflower, broccoli, carrots
- 1 large clove garlic, minced
- 1 tsp. yellow mustard seeds
- ½ tsp. turmeric powder
- 2 large sprigs fresh dill or 1 tsp. dried dill
- 1 bay leaf

Eastern Medley

- 3 cups broccoli florets, thickly sliced cucumbers (½-inch rounds; remove the skin unless organic and unwaxed), and carrots sliced into matchsticks
- 2 inches fresh ginger, peeled and sliced into thin sections
- 1 tsp. turmeric powder
- Optional: wakame seaweed or dulse pieces

The Brine

Place all your veggies into a clean, dry, quart-size Mason jar. I like to layer them by veggie because it looks so pretty.

Cover with brine and put the lid on your jar.

20 minutes to prepare the pickles, 7 to 14 days to ferment them

Keeps 2 weeks in the fridge.

Green Juice and Smoothies for the Gal on the Go

Gingery Lemon Green Juice

This delicious green drink is simple to make in a juicer or Vitamix and packs in 3 servings of veggies; it's a nice addition to a healthy balanced breakfast, or an energizing afternoon pick-me-up.

To make, juice or blend a combo of:

- 2 cups of a combination of spinach, chard, parsley, or kale (keep kale to no more than once weekly if you have hypothyroidism)
- ½ cup frozen organic blueberries
- Juice of ½ lemon

Optional but optimal: 1 thin slice of fresh gingerroot (or if you have access, add slices of fresh turmeric root or ½ tsp. turmeric powder)

- 1 cup water
- Optional: crushed ice

Enjoy!

Smoothies

You might notice the absence of smoothies in the meal plans; that's because while smoothies are great for an on-the-go meal or snack on occasion, it's not quite the same as having a regular meal. I don't emphasize them, but I do want you to have healthy options.

How to make a smoothie:

All smoothies contain a protein source, a healthy liquid that usually adds additional protein and a healthy fat, fruits or vegetables, and health "extras." Place the following ingredients into your blender:

- 1 scoop high-protein seeds or 1 heaping tbsp. nut or seed butter
- ½ cup total mixed fruit (frozen makes the smoothies so much creamier and more delicious, but you can use fresh)
- ¾–1 cup liquid (depending in the thickness you prefer) of choice (usually chilled almond milk, coconut milk, coconut kefir, goat's milk if you eat dairy)

Optional nutrient boosts

Blend all ingredients in a blender until smooth. Serving size 8 oz.

Provides 2 servings fruit, 1 serving nuts/seeds + protein

SMOOTHIE OPTIONS

Turmeric Ginger Relief

Anti-inflammatory and pain relieving

- 1 tbsp. hemp seeds
- 1 tbsp. almond butter
- 1 frozen banana
- Coconut milk
- ¼ cup frozen pineapple pieces

- 1 tsp. turmeric powder (or 1 inch of fresh turmeric)
- ½ tsp. freshly grated gingerroot
- ¼ tsp. crushed cardamom seeds

Almond Butter Cup

Ovary-boosting nourishment

- 1 tbsp. hemp seeds
- 2 tbsp. almond butter
- ½ avocado
- 1 frozen banana
- 1 cup unsweetened almond milk
- 1 tbsp. raw cacao powder
- Optional: 1 tbsp. ground flaxseed

Hot Zone Super Smoothie

Hormone supporting, sleep supporting, adrenal soothing

- 1 tbsp. hemp seeds
- 2 tbsp. almond butter
- ½–1 frozen banana
- ½ cup frozen black cherries
- 1 pitted Medjool date (optional for some sweetness)
- Unsweetened almond milk
- 1 tsp. maca powder
- 1 tsp. ashwagandha powder
- 1 tsp. freshly grated ginger
- 1 tbsp. ground flaxseed

Healthy Indulgences

Okay, how could I do a book on hormones without being real? Even with the best balanced blood sugar, and healthiest diet in the word, we all want a little something sweet now and then, and with premenstrual hormone changes, even naturally, we want a "treat." Dark chocolate is always fair game—as long as it doesn't keep you awake at night, and you keep it to 2 ounces/

serving. Here are some other healthful options you can feel good about. Just keep it to no more than twice/week at most, and ideally not during the first two weeks of being on the plan.

Chocolate Avocado Mousse

Provides 2 servings healthy fat.

I grew up in the era of chocolate pudding from a box. My mom made it in green pudding bowls. From licking the spoon of warm pudding to opening the fridge every ten minutes to watch that skin form on top, to finally skimming that skin off the top and enjoying it and then the soft creamy chocolate below—the whole thing was heavenly. The problem is, it was filled with artificial ingredients. This one is a revelation: unlike the stuff of my childhood, it's actually good for you! So, enjoy and create a new healthier tradition for yourself.

2 ounces chopped semisweet chocolate or dark chocolate chips
2 large, ripe avocados, halved and pitted
2 tbsp. maple syrup
¼ cup coconut milk (light or regular)
1 tsp. pure vanilla extract

3 tbsp. organic unsweetened dark chocolate cocoa powder

⅛ tsp. Himalayan sea salt

Optional: strawberries or raspberries, and for a little extra exotic flavor, choose either a sprinkle of cinnamon or cardamom powder or a dash of chili powder

Place the chopped chocolate or chocolate chips in a saucepan or double boiler and melt, watching carefully to avoid burning. Scoop the avocado “meat” into a food processor with a steel blade or a Vitamix. Add the maple syrup, coconut milk, vanilla extract, melted chocolate, cocoa powder, and sea salt to the processor. Blend until very creamy.

Spoon into parfait cups or, my fave, mini Mason jars. (Lick the spoon!)

Chill for 1 to 3 hours depending on how thick you'd like it to be. Serve topped with a sprinkle of sea salt, strawberries, or raspberries, and for a little extra exotic “sexiness,” either a sprinkle of cinnamon or cardamom powder or a dash of chili powder!

Serves 4 (about ¼ cup each). Don't let the small amount fool you—it's rich!

When You Want a Little Something . . .

Sweet: Dark chocolate, Dark Chocolate Sea Salt Coconut Almond Joys, Chocolate Tahini Date Fudge

Salty Sweet: Sliced apple with roasted almond butter and Himalayan salt, Dark Chocolate Sea Salt Coconut Almond Joys, roasted almonds and chocolate

Ooey-Gooey: Raw Cookie Bites, Chocolate Tahini Date Fudge

Creamy or Frozen: Chocolate Avocado Mousse, Frozen Banana Soft Serve, or frozen Raw Cookie Bites

Comfort Beverage: Golden Milk Chai Latte

Women's Bliss Bites

Provides 2 servings healthy fat, 1 nuts/seeds + protein and fiber

1½ cups walnuts
½ cup dates, pitted
2 (or so) tbsp. almond butter
¼ cup dark cacao powder (dark unsweetened), plus 1
tbsp. for dusting
4 level tbsp. maca powder
¼ tsp. cardamom powder
¼ tsp. cinnamon powder
¼ cup coconut flakes, finely ground
Optional: orange zest

Put the walnuts into your food processor and grind until they are close to finely ground. Add in the dates and grind to form a thicker blend. Add in the almond butter and mix until a dough forms. Sometimes you might have to add a little extra to get the dough to form nicely. Add in the ¼ cup of cacao powder, maca, cardamom, and cinnamon until well mixed. Remove your blade from your food processor, then form round balls using about 1 tbsp. of “dough” per ball. Roll these in your hands, then roll in the extra cacao powder, coconut flakes, and the orange zest, if using. Place on a platter or into a glass storage container for later enjoyment. These can be eaten straightaway or kept in the fridge and enjoyed over the next 3 to 4 days. They can be taken anywhere in a small storage container.

Makes 16. Serving size: 2 to 4 Bliss Bites per day

Seed Power Bites

Put the following ingredients into your food processor with a chopping blade in place:

⅔ cup of a combination of sesame, sunflower, and pumpkin seeds, plus optionally, your choice of almonds or walnuts

4 pitted Medjool dates OR 2 tbsp. high-quality honey

2 tbsp. tahini (sesame seed butter)

¼ cup or so of coconut flakes

Optional: 2 tsp. of any of your favorite adaptogen or medical mushroom powders, ground flaxseed, or dark cocoa powder

Blend all the ingredients until well mixed but you still see some bits of nuts and seeds. Remove from food processor, shape into balls using about 1 tbsp. of dough per ball, and roll in some extra raw or toasted coconut flakes or sesame seeds.

Serving size is 2 balls. These keep in a container in the fridge for 5 days.

Dark Chocolate Sea Salt Coconut Almond Joys

Provides satisfying goodness and some fiber.

My daughter Mima deserves credit for this recipe. You'll never believe how good—and easy—these are until you make and try them yourself. And they only contain five ingredients!

The Joys

2 cups unsweetened shredded coconut

2 tbsp. maple syrup

2 tbsp. coconut oil

A pinch of sea salt

8 raw almonds

Optional: 2 tsp. of ashwagandha or reishi powder to make these into Adaptogen Almond Joys

The Secret Sauce

4 ounces dark baking chocolate chips (65% cacao or more)

½ tbsp. coconut oil, melted (to mix in with the chocolate)

Extra sea salt for sprinkling on top

Put the shredded coconut, maple syrup, coconut oil, and sea salt in your food processor (and the adaptogens if you're going for the boost). Process until it starts to form a sticky "batter." Lay a piece of parchment paper on a cutting board or platter. Moisten your hands and use them to form oval "logs" using about 2 tbsp. of the mixture per log. Place these on the parchment paper as you form them. Place one almond on the center of each log. Next, in a metal bowl placed over boiling water, melt the baking chocolate or chocolate chips with ½ tbsp. coconut oil. Remove from over the water. Place one coconut log at a time in the chocolate bowl, spooning chocolate over it until it's coated. With a fork, lift the log, dripping off any excess chocolate. Place it back on the parchment paper and continue until all the logs are coated. I love to sprinkle a tiny bit of sea salt on each log for a grown-up elegance.

Place in the freezer for 20 minutes to harden.

Makes 8, serving size 1 (or okay, 2). These store in the fridge for 1 week.

Frozen Banana Soft Serve

Provides 1 serving fruit, 1 healthy fat

As my four-year-old grandson said, "It's nice to have a little something cold once in a while," his way of saying, "Biba (that's what he calls me), it's ice cream time." Let's face it. We all love ice cream. But it's just one of the unhealthiest things we can do to our body—and if you've ever experienced healthy fatigue or an outright ice cream coma after indulging beyond a bite, you know what I mean. This is a nice alternative that is completely unsweetened aside from the naturally occurring sugar in the fruits you'll use.

4 frozen bananas (peel and freeze bananas in a glass storage container at least one day before)

4 tbsp. full-fat coconut milk

Optional: 1 cup frozen fruit (I love frozen strawberries, black cherries, or mixed tropical fruit including mango), cacao nibs or dark chocolate chips, 1 tsp. fresh mint leaves, vanilla extract, coconut flakes

Place frozen bananas and coconut milk into a Vitamix for best results, or place half of these ingredients at a time in your blender, and blend/mix at high speed until creamy. Add additional optional ingredients to your preference if desired, and whiz again for 30 seconds. Put back into your glass container and freeze again for about 30 minutes, then serve. If you freeze for longer, allow to soften to your liking at room temperature before serving.

Sample Combos: Banana-Mango Coconut, Banana Chocolate Chip, Mint Chip, Chocolate Cherry Nib

*10 minutes (assuming bananas are already frozen):
4 servings*

Raw Cookie Bites

Provides 2 servings healthy fat, 1 nuts/seeds + protein

In my busy world, I also appreciate energy-packed foods that are easy to make and keep on hand for when I'm on the run but don't want a prepackaged energy bar; in fact, I'm not an energy bar lover. They generally taste too "vitamin-ish" to me and I find the textures dense, gummy, and overly sweet.

These power-packed, chock-full-of-health treats (that are also gluten free and dairy free) hit that sweet spot in your mouth, are made only of simple natural ingredients, and are energy filled rather than just sugary. They are superfast to make (like 10 minutes) and can be prepared from pretty much any dried fruit, nut, and nut

butter combination that pleases you and your family and that you can easily keep stocked in your pantry.

1 cup of almonds, walnuts, or other nuts (you can use one type or a combination)

½ cup of raisins, dried apricots, dates, or prunes (any of these or a combination)

2 tbsp. almond or other nut butter

¼ cup dried coconut flakes, plus 2 tbsp. extra for rolling the balls in at the end

4 tbsp. ground flaxseeds

Optional for the chocolate version: ¼ cup unsweetened cacao powder

Put the nuts into your food processor and grind until they are close to finely ground. Add in the dried fruit and grind to form a thicker mess of stuff in your processor. Add in the nut butter and mix until a dough forms. Sometimes you might have to add a little extra to get the dough to form. Add in the ¼ cup of coconut flakes and flaxseeds (and add the cacao powder if making a chocolate version). Remove your blade from your food processor, then form round balls using about 2 tbsp. of “dough” per ball. Roll these in your hands, then roll in the extra coconut flakes (or you can roll in some extra walnuts, almonds, or cacao powder) and place on a platter or into a glass storage container for later enjoyment. These can be eaten straightaway or kept in the fridge and enjoyed over the next 3 to 4 days. They can be taken anywhere in a small storage container.

Serving size: 1 to 3 “bites”

Chocolate Tahini Date Fudge

Provides 2 servings healthy fat, 1 nuts/seeds + protein

¾ cup pitted dates (Deglet or Medjool)

¼ cup good-quality unsweetened dark chocolate cocoa powder

⅓ cup tahini (or enough to make it into a fudgy paste)

½ tsp. vanilla extract

Line a 5" × 5" pan with parchment paper, which makes it easier to remove and serve the fudge. Put all ingredients into a food processor with the mixing blade in. Mix until it forms a fudgy dough. Press the dough into the prepared pan. Place in the fridge for an hour. Cut into squares to serve.

Makes 8 servings. This recipe can easily be doubled for a larger pan. Keeps about 5 days in the fridge in a covered glass container.

Teas, Lattes, Spritzers, and Mocktails

Simple Herbal Tea

Keep a nice supply of herbal teas on hand. Serve hot and with lemon or iced. Example: Holy Basil, Mint + Hibiscus, Chamomile-Lavender-Mint.

Ginger Lemon Tea

Steep 1 tsp. freshly grated gingerroot in boiling water for 5 minutes. Strain and add lemon. Drink hot. Great for digestion, aches and pains, cold symptoms, and a natural anti-inflammatory.

Golden Milk Chai Latte

This is my favorite coffee alternative. It's still got a wee bit of caffeine from the black tea in the chai (though you can make this with decaf chai as well) and has a rich body and flavor. It is also anti-inflammatory and great for digestion and metabolism boosting. Just be careful working with turmeric—it stains.

Blend 1 cup unsweetened nondairy milk of choice (almond or cashew milk work the best) with either 2 pitted dates or 2 tsp. raw honey; heat until it's just about to simmer.

Add 1 tsp. vanilla extract plus ½ to 1 tsp. turmeric powder to the warm milk and stir.

Fill 2 cups halfway with the hot Masala chai (I use Rishi brand and make it in a French press; or use 2 teabags per cup of boiling water), then top off with the nut milk blend.

Enjoy hot or iced. Makes 2 cups

Sleepy Time Chai

Bring 1 cup of your favorite nut milk, or water, to a simmer. Turn off heat and pour over the following in your favorite mug:

1 heaping tsp. ashwagandha powder

½ tsp. reishi mushroom powder

1 tsp. honey (honey is calming and relaxing, so this is an okay time to have it, as long as you don't have a problem with your blood sugar) OR a few drops of high-quality stevia extract to sweeten

Dash of cinnamon or cardamom powder

Dash of vanilla

Enjoy in the evening for sleep, or anytime, for a calming warm beverage *sans* caffeine.

Nourish Your Womb Tea

While we think of red raspberry leaf for toning the uterus in pregnancy to prepare for an easier birth, it's also beneficial for all women with a uterus, especially if you tend to have heavy or crampy periods. This tea is rich in magnesium, vitamin C (ascorbic acid), and other nutrients. Enjoy as a beverage anytime, or during the week before your period.

Herbal Medicine 101

Turmeric, which you'll see throughout this book, is profoundly anti-inflammatory and helps to reset cortisol, especially when elevated due to chronic stress.

Ginger is also anti-inflammatory, and both ginger and turmeric heal the gut lining and symptomatically relieve gas and bloating, and both are helpful for pain.

Cinnamon not only tastes great and also benefits digestion; it helps lower high blood sugar and improves insulin resistance.

Green tea is a powerful anti-inflammatory with compounds that improve natural detoxification while supporting healthy metabolism.

Mix ¼ ounce of each of these organic dried herbs and store them in an airtight jar as your tea stash:

Red raspberry leaf

Nettle leaf

Rose hips

Hibiscus flower (omit during pregnancy!)

Peppermint leaf

To prepare: Steep 2 tbsp. of dried herb mix in 1 quart of boiling water for 15 minutes. Strain. Enjoy 1 to 2 cups daily, plain or iced. In warm weather, place the herbs in 1 quart of cold water and steep in the sun for an hour to make “sun tea.”

WomanWise (Better Than Ibuprofen) Carrot-Apple-Ginger Juice

1 organic apple

6 organic carrots

1 inch of fresh gingerroot

Optional: ¼ organic lemon with the peel

Run all the ingredients through your juicer and drink fresh, 1 cup daily for preventing or reversing cramps or pelvic pain—or just because it’s delicious, anti-inflammatory, great for your gut, and healthful.

Reishi “Hot Cocoa” Latte

When I was a kid, hot cocoa was my and my little brother’s favorite “after snow play” warmer-upper. My mom would make us steaming cups of Swiss Miss with mini marshmallows. This is a healthier grown-up version that not only has the mood-boosting brain benefits of dark chocolate, but also adds in a healthy dose of reishi mushroom to reduce stress and support your immune health. If you’re craving a comforting

beverage premenstrually—or any time—this one will hit the spot.

2 cups organic nut milk, blended thoroughly with
4 pitted dates

4 tbsp. organic dark chocolate cocoa powder

2 tbsp. Dagoba (or similar) xocolatl chili hot
chocolate powder if you like it spicy, or 6 tbsp. of
the plain dark chocolate powder

1 to 2 tsp. reishi mushroom powder per cup

2 cinnamon sticks

Pink or sea salt

1 tbsp. shaved dark chocolate

Whisk together the date-sweetened nut milk, cocoa powder, chocolate powder, and reishi mushroom powder (or you can mix in a blender, instead). Heat in a saucepan on low-medium heat until just about to simmer. While heating, place a cinnamon stick into each mug. Pour the hot cocoa over the cinnamon sticks and sprinkle salt and shaved chocolate on top.

Makes 2 cups.

Sweet Dreams Adaptogen Latte

1 tsp. ashwagandha powder

½ tsp. reishi powder

⅛ tsp. cardamom seed powder

⅛ tsp. cinnamon powder

1 cup unsweetened almond milk or coconut milk

¼ tsp. vanilla extract

Optional (but recommended!): 2 pitted dates
or 1 tsp. of raw honey (honey can help you
sleep, too!)

Add all ingredients to blender and blend until smooth. Bring to the gentlest simmer. Pour into your favorite mug, dust with a pinch of cinnamon, and enjoy this anti-inflammatory, mind- and mood-soothing, cortisol-balancing drink before bed, or anytime.

Ginger Lemon Spritzer

Squeeze the juice of 1 tbsp. freshly grated ginger and $\frac{1}{4}$ of a fresh lemon into sparkling water. Stir and serve as is or with ice.

Love Your Liver Bitters and Tonic

Use the Love Your Liver Bitters Tonic mix or Angostura bitters in $\frac{1}{4}$ cup of sparkling water, plain or on the rocks, for a liver detox tonic and after-dinner digestive.

Pomegranate Spritzer

Combine 2 ounces pomegranate concentrate in 6 ounces sparkling water. Antioxidant boosting.

Clean Green Mojito

Muddle 1 tbsp. fresh mint leaves in 8 ounces sparkling water. Add the juice of $\frac{1}{4}$ fresh lime. Serve over ice.

Lemon-Raspberry (or Cucumber)-Basil Cooler

Muddle several fresh basil leaves and 4 fresh or frozen red raspberries leaves in sparkling water and add a squeeze of lemon. Serve over ice. If you'd like a cucumber cooler instead, whiz $\frac{1}{4}$ of a cucumber in $\frac{1}{4}$ cup of water, strain, and add the liquid to the sparkling water with basil and lemon.

BOTANICAL AND SUPPLEMENT QUICK REFERENCE GUIDE

Herbs and nutrients can have tremendous health benefits; however, natural isn't synonymous with safe, and more isn't always better. Therefore, before you start taking the supplements discussed in this book, here are some basic safety rules:

- Please **follow all precautions** and **discuss herb and supplement use with your medical provider** before starting any new treatments, particularly if you have a medical condition or are on medications.
- **Do not exceed the recommended doses**, including being aware of ingredient redundancies if you're on more than one product.
- As this book is not intended for guidance once you become pregnant, assume that these are **not to be used in pregnancy** unless otherwise specified for fertility treatment, in which case unless otherwise stated, discontinue when you conceive. Overall, the herbs and supplements in this book are safe for use during breastfeeding.

Herb or Supplement	Uses	Dose	Notes & Precautions
5-HTP	Menstrual migraines Sleep support	100–300 mg 3x/day	Avoid combining with SSRIs, MAOIs, and tramadol.
Alpha lipoic acid (ALA)	Blood sugar balance Fertility PCOS	600 mg/day	—
Artichoke leaf	Detoxification	320–640 mg 3x/day	—
Ashwagandha (an adaptogen)	Endometriosis Low libido Perimenopause PCOS PMS-mood, cravings Sleep support Stress/adrenal support Thyroid support	Powder, capsule, tablet: 500 mg 3x/day, but up to 6 gm a day is safe and can help to optimize results. Tincture: 40–60 drops 3x/day	Safe with Hashimoto's, but can occasionally cause flares in some autoimmune conditions; discuss with your medical provider and start at the lowest dose, discontinuing if you notice any symptom exacerbation. It is a nightshade though not usually troublesome for those avoiding nightshades; use at your discretion.
Berberine	Blood sugar balance	400 mg 3x/day for 4 months	Avoid if you have liver disease.
Bitters	Constipation Detoxification Gas, bloating	2 droppers of tincture in a half glass of still or sparkling water before or after evening meal	—
Black cohosh	Hot flashes PCOS Uterine fibroids	40 mg/day	Remifemin, a commonly available product, can be taken to achieve this /daily dose.
Broccoli extracts (DIM, indole-3-carbinol [I3C])	Cyclic breast pain Detoxification Endometriosis Elevated estrogen PMS Uterine fibroids	I3C: 250–600 mg/day DIM: 100–200 mg/day	—
Butterbur	Menstrual migraines	75 mg 2x/day	Purchase the “PA-free” type only.
Calcium	Menstrual cramps PMS Sleep support	800 mg	Discuss use with your doctor if you've been told you have a high “coronary artery calcium score.”
California poppy	Sleep support	Tincture: 20–40 drops before bed, repeat one time if needed	Can make you sleepy; do not take before driving.
Cannabis (CBD)	Endometriosis Low libido Menstrual cramps PMS-anxiety Sleep support	A product containing 15 mg 1–2x/day	Can be taken during the day, but take before bed for sleep.

Herb or Supplement	Uses	Dose	Notes & Precautions
Chamomile (extract)	Cyclic breast pain Leaky gut, digestion PMS-depression, anxiety Sleep support	Tincture: 40–60 drops in water 1–2x/day Tea: 1–2 cups/day	—
Choline	Fertility	400 mg/day	—
Cinnamon	Blood sugar balance Heavy periods Menstrual cramps, nausea	420 mg/day	Do not exceed this dose; use products intended as supplements (vs. kitchen spice).
Cinnamon & Poria Formula (traditional Chinese medicine product)	Uterine fibroids	Use as directed on package.	Avoid products imported from China due to possible contamination with heavy metals and herbicides.
Coenzyme Q10 (ubiquinone)	Menstrual migraines Mitochondrial support Ovulation support PCOS	150–200 mg/day	—
Cramp bark	Menstrual cramps	¼ tsp. in water as directed. If you use capsules, follow the dosing directions on the product you purchase.	—
Cranberry/D-mannose	Urinary tract infection (UTI)	500 mg 2x/day for prevention; up to 2 g/day for early symptoms	This is for prevention and mild symptoms only; always consult your medical provider for urinary tract infections.
Curcumin/Turmeric	Detoxification Endometriosis Leaky gut PMS Stress/adrenal support Uterine fibroids	Curcumin: dose depends on formulation, so take as directed on the package Turmeric: 2–10 g/day in food	Curcumin: look for Meriva on the package or a product formulated with piperine from black pepper or lecithin to improve absorption. Avoid if you have gallstones or gallbladder disease.
DGL licorice	Leaky gut	1–3 chewable tablets or capsules	Take between meals or before bed; discuss use with your doctor if you have high blood pressure.
DHEA	Perimenopause	25 mg/day	Do not exceed this dose; avoid if you've had hormone positive cancer.
FertilityBlend	Fertility	Take as directed on the package.	—
Feverfew	Menstrual migraines	25 mg/day	Do not take if on blood thinners.

Herb or Supplement	Uses	Dose	Notes & Precautions
Ginger	Endometriosis Heavy periods Leaky gut / IBS Menstrual cramps, nausea Menstrual migraines PMS-bloating	500 mg of ginger powder in capsules 3x/day, up to 3,000 mg/day, is considered safe.	Tea and tincture can also be used but aren't as effective for pain.
Ginkgo	Cyclic breast pain	80–160 mg standardized extract (24% ginkgo flavonglycosides) 2x/day	Avoid if you are on blood thinners.
Glycine	Blood sugar Detoxification Sleep support	3–5 g/day in capsule or powder form in foods	Take one hour before sleep.
Green tea extract (decaffeinated)	Detoxification support Endometriosis PCOS hair loss Uterine fibroids	800 mg of green tea extract (standardized to 45% EGCG, 95% polyphenols)	Do not exceed 200 mg of green tea catechins/day (will specify amount on package).
Guggul	Hormonal acne Thyroid support	500 mg/day	May cause nausea or GI upset so take with food.
Holy basil (an adaptogen)	Low energy Stress/adrenal support	2–3 mL (40–60 drops) tincture in water 3x/day	—
Hops	Hot flashes Perimenopause Sleep support Vaginal dryness	Tincture: 30 drops 1 hour before bed, repeat one time immediately before going to sleep	Before sleep only, do not drive. Do not drink alcohol while using. Avoid if you suffer from moderate to severe depression or have a history of estrogen receptor positive cancer.
Inositol	Insulin resistance PCOS Thyroid support	600 mg/day Sensitol or Ovasitol	—
Iodine	Cyclic breast pain Elevated estrogen Fertility Heavy periods Irregular periods Ovulation PCOS Thyroid support	Take as part of your prenatal or multivitamin.	—
Iron chelate	Anemia Hair loss Heavy menstrual flow Iron deficiency	30–60 mg/day	Take with 500 mg vitamin C (ascorbic acid) for absorption.

Herb or Supplement	Uses	Dose	Notes & Precautions
Kava kava	Anxiety Depression Perimenopause mood	100 mg for up to 6 months	Do not use if you have history of liver disease; check with your primary care provider before combining with other medications.
Krill oil	Cyclic breast pain PMS	1 g 2x/day	18% EPA and 12% DHA
L-arginine	Mitochondrial support Ovulation support	3 g/day	Discuss with your doctor before use if you're on any heart medications or have high or low blood pressure.
L-carnitine	Fertility support Mitochondrial support	3 g/day	—
L-glutamine	Leaky gut	5–10 g powder 2x/day	Take for 1–3 months.
Lavender	Anxiety Menstrual migraines PMS Sleep support	Essential oil (Lavela): 81 mg in capsule / day Aromatherapy oil: 2–3 drops applied to your temples, or 5–7 drops in a bath Tea: 1 cup/day Tincture: 20–40 drops/day	Avoid if you have a history of estrogen receptor positive cancer.
Lemon balm	Sleep support	80 mg/day or, if using tinctures, use 40–60 drops	—
Licorice	PCOS ovulation	150–300 mg; if using DGL up to 1,800 mg daily for 4 weeks	Avoid if you have high blood pressure or are on cortisol, and check with your medical provider before using if you are on other medications.
Krill oil	PMS	2 g of krill oil (1 g twice a day; 18% EPA and 12% DHA) for 8 days each month before your period is due	Expect results in about 8 weeks.
Maca (an adaptogen)	Fertility Low libido Perimenopause anxiety, depression Stress/adrenal support	600–900 mg of standardized maca in capsules (it will say this on the label) or 2–3 g/day in powder (mix into hot water, nut milk, or a smoothie) 75–100 mg/day 3 g/day for low libido	The Quechua people of Peru consider maca a food that promotes mental acuity, physical vitality, endurance, and stamina. Maca reduces anxiety and depression and is rich in essential amino acids, iodine, iron, and magnesium, as well as sterols that may possess a wide range of activities that support adrenal and hormone function. Maca comes in a few varieties, each with its own color—white, yellow, red, or black. There's no evidence, despite any company saying there's proof otherwise, that any one variety is more effective than the other.

Herb or Supplement	Uses	Dose	Notes & Precautions
Magnesium (citrate or glycinate)	Blood sugar / insulin resistance Constipation (use magnesium citrate) Detoxification Menstrual cramps Menstrual migraines PCOS PMS-anxiety, bloating “Post-Pill” Sleep support Stress/adrenal support	200–600 mg/day For period pain up to 600–800 mg/day	If on blood pressure medication, discuss with your doctor before use as magnesium can lower BP.
Maitake mushroom	Blood sugar balance Ovulation support	50 mg/day of extract	Discuss with your doctor if you have an autoimmune condition.
Marshmallow root	Heals the gut lining	Infusion: 1–2 cups/day or 2 capsules 2x/day	To prevent interference with other medications, take >1 hour after medications you take orally.
Melatonin	Endometriosis Fertility support Hot flashes Leaky gut Menstrual migraines Ovarian health PCOS Primary ovarian insufficiency Sleep support	Sleep: 0.3–3 mg/day before bed Ovarian support: 1–3 mg/day	Allow 2 hours after eating before taking; do not exceed 3 mg/day when trying to conceive as higher doses can suppress fertility.
Methylfolate	Detoxification Fertility Menstrual cycle regularity Ovulation PMS	400–800 mcg/day	Take separately or as part of your multi- or prenatal vitamin.
Milk thistle	Detoxification Hormonal acne	200 mg 3x/day of a product standardized to 80% silymarin	—
Motherwort	Menstrual cramps Perimenopause PMS-mood	Tincture: ¼ tsp. up to 4 times daily or as directed on a capsule/tablet product	—
N-acetylcysteine (NAC)	Detoxification Endometriosis Fertility Ovarian health PCOS	600 mg 3x/day	—

Herb or Supplement	Uses	Dose	Notes & Precautions
Nettles	Hormonal hair loss	Infusion 2 cups/day	—
Omega-3 fatty acids (EPA/DHA—fish or algae derived)	Endometriosis Fertility Gut health Menstrual cramps PCOS PMS	850 EPA / 200 DHA 1–2x/day (or as directed in your Advanced Protocol, which may be a higher dose)	Use products from companies that have low heavy metal contamination.
Passionflower	PMS-anxiety Sleep support	Tincture: 30–60 drops Capsule/tablet: 320 mg up to 3x/day	Take before bed.
Peppermint (oil)	Menstrual cramps Nausea	3 capsules containing about 187 mg of peppermint oil per capsule, once per day during the first 3 days of your period	Avoid if you have gastric reflux.
Phosphatidyl serine (PS)	Stress response	100 mg 3x/day	—
Probiotic	Endometriosis Fertility Gut health (leaky gut, dysbiosis, IBS) Hormonal acne Nervous system support PCOS PMS-depression, anxiety Stress/adrenal support UTI Vaginal health	1–2 capsules/day, with a minimum of 10 billion CFUs (colony forming units)	Strains may include <i>Lactobacillus</i> and <i>Bifidobacterium</i> species, specifically <i>Bifidobacterium infantis</i> and <i>B. longum</i> .
<i>Pueraria mirifica</i>	Perimenopause Vaginal dryness	25–100 mg/day; take for at least 6 months	—
Pycnogenol	Detoxification Endometriosis Hot flashes Insulin sensitivity	25–200 mg/day	—
Red ginseng	Low libido	1 g/day	—
Reishi (an adaptogen)	PCOS hair loss Perimenopause Sleep support Stress/adrenal support	3–9 g dried mushrooms in capsules or tablets / day or 2–4 mL tincture in water 2–3x/day	Possibly avoid if you have a true mushroom allergy.

Herb or Supplement	Uses	Dose	Notes & Precautions
Relora	Sleep support	500 mg/day at bedtime	Proprietary combination of the traditional Chinese herbs magnolia and phellodendron
Rhodiola	Anxiety Inflammation Mood support Sleep support Stress/adrenal support	200–400 mg in capsules or tablets daily or 2–3 mL (40–60 drops) of tincture, in water 2–3 times daily	Avoid in bipolar affective disorder.
Rhubarb (Chinese or Siberian)	Hot flashes	Dosing is complex so I use a proprietary product called Estrovera, following the dosing on the package.	Avoid with a history of estrogen receptor positive cancer.
Saffron	PMS-depression	5–15 mg 2x/day	Take with food to avoid nausea. Do not exceed the upper dose.
Selenium	Blood sugar balance Detoxification Endometriosis Fertility Hormonal acne Ovarian health Ovulation PCOS “Post-Pill” support Thyroid support	200 mcg/day	Do not exceed this dose. Safe during pregnancy and while breastfeeding.
Senna	Constipation	1 cup of senna and mint tea before bed	—
Shatavari (an adaptogen)	Perimenopause-mood PMS-mood Stress/adrenal support	2–4 mL (40–80 drops) of tincture in water 2–3x/day	Avoid if you have a history of estrogen-receptor-positive cancer.
Shepherd’s purse	Heavy periods	Tincture: 30–40 drops in water 2–3x/day	Avoid if you are on medications for blood coagulation or have a blood clotting disorder.
Spearmint	PCOS ovulation	Tea, 1–3 cups daily	—
St. John’s wort	Detoxification PMS/PMDD-anxiety, depression	300 mg 3x/day	Use with black cohosh.
Tea tree oil	Hormonal acne	5% solution of the oil diluted in a carrier oil (i.e., about 2 drops of the essential oil in 1 tsp. of another oil such as coconut, avocado, jojoba or grapeseed oil), can be applied as a spot treatment.	For topical and suppository use only; use diluted only.
Thiamine (vitamin B1)	Severe menstrual cramps	100 mg/day for 3 months	—

Herb or Supplement	Uses	Dose	Notes & Precautions
Triphala (herbal blend)	Constipation	Take as directed on package.	—
Uva ursi	UTI	Tea, or take as directed for a packaged product.	Avoid if you have kidney disease.
Valerian	Hot flashes Menstrual cramps Sleep support	255–500 mg 3x/day	Do not take before driving.
Vitamin B2 (riboflavin)	Menstrual migraines Mitochondrial support Ovulation support	400 mg/day	—
Vitamin B6	Detoxification Fertility Hormonal acne Ovulation PCOS Period problems PMS “Post-Pill” Skipped periods Sleep support	25–100 mg/day	Do not exceed this dose so cross-check your supplements for your total intake.
Vitamin B12	Detoxification Sleep support	400–1,000 mcg/day	I recommend taking it before noon as some find it too stimulating in the evening.
Vitamin C (ascorbic acid)	Detoxification Endometriosis Fertility Ovarian support Skipped periods Stress/adrenal support	500–1,000 mg/day	—
Vitamin D3	Blood sugar balance / insulin resistance Endometriosis Fertility Menstrual cramps PCOS PMS “Post-Pill” Thyroid support Uterine fibroids	To replenish, take up to 4,000 IU/day for 3 months. For maintenance, take 2,000 IU/day.	To optimize your vitamin D levels, have your medical provider check your blood levels; however for most people, these dosing instructions are appropriate.

Herb or Supplement	Uses	Dose	Notes & Precautions
Vitamin E	Endometriosis Menstrual cramps Vaginal dryness	500 IU/day	Do not exceed this dose; do not supplement if you are currently a smoker.
Vitex (chaste tree)	Cyclic breast pain Fertility Heavy periods Hot flashes Low progesterone Menstrual migraines Ovulation Perimenopause PCOS PMS Skipped periods	Capsules 180–200 mg 1–2x/day Tincture: 5 mL/day (~1 measured tsp.) in water	May rarely exacerbate depression; if you notice this symptom, discontinue.
White peony	Fertility Ovulation PCOS	As directed for white peony and licorice combination products	Avoid the licorice if you have high blood pressure.
Yarrow	Heavy periods	1–2 cups of infusion/day during heavy flow days	—
Zinc (citrate, picolinate, or sulfate)	Endometriosis Fertility Hormonal acne Menstrual cramps PCOS hair loss PMS-depression Stress/adrenal support Thyroid support	15–45 mg/day	Take with meals to prevent nausea.
Zinc carnosine	Leaky gut	75–150 mg/day	Take with meals to prevent nausea.

ON HER TERMS

Amenorrhea: The absence of a menstrual period in a woman of reproductive age.

Androgens: Hormones typically defined as leading to male characteristics, also important in women's reproductive and gynecologic health. The principle androgens are testosterone and androstenedione, which are produced in the ovaries, adrenal glands, and fat cells.

Anovulation: Lack of ovulation; not ovulating.

Cervix: The lower end of the uterus, shaped like the narrow end of a balloon, has an opening for sperm to enter from the vagina and babies and menstrual blood to exit.

Clitoris: Sitting at the top of your vulva like a little head with a hood on it, this sensation powerhouse runs below the surface of your vulva and has over fifteen thousand nerve endings. Cool fact: this is the only body part whose sole job is providing pleasure.

Dysmenorrhea: Period pain.

Ecosystem: A complex, interconnected network, the interaction of an organism and its physical environment.

Endometrium: The interior lining of the uterus; it thickens during the menstrual cycle in preparation for possible implantation of an embryo and is shed during menstruation.

Entrainment: The process that includes harmonization between the functions of the organ systems with the circadian rhythm.

Environment: The internal and external factors that can affect health, including the totality of living and working conditions as well as physical, biological, social, and cultural responses to these conditions.

Exposome: The sum total of factors you're exposed to that interact with your own genetic predispositions or that independently influence health or disease.

Fallopian tubes: The structures attached to the horns of the uterus that receive the egg from the ovaries at ovulation; this is where conception usually occurs if egg meets sperm.

Hypothalamus: This "conducting gland" in your brain links

the nervous system to the endocrine system via the pituitary gland. It stimulates the release of hormones that activate the thyroid, adrenal glands, and ovaries, regulating sleep, hunger, metabolism, circadian rhythm, and even emotional bonding.

Menopause: The cessation of menstrual cycles, usually occurring after age 45 and by age 54.

Ovaries: These organs are your estrogen-, progesterone-, and testosterone-producing powerhouses, and where you mature and release an *ovum* (fancy word for egg) from ovarian follicles (fluid-filled sacs that nourish the ova) when you ovulate.

Perimenopause: The period of time, which can be as long as eight years, leading up to menopause.

Pituitary gland: This tiny organ the size of a pea, below the hypothalamus in the brain, produces many hormones that travel throughout the body, directing numerous processes and stimulating other glands to produce other hormones.

Uterus: The powerful muscular organ lined with a layer called the *endometrium*; this is the site of action for menstruation, pregnancy, and powerful contractions that occur with orgasm and childbirth.

Vagina: A seemingly miraculous muscular tube, about four to seven inches long, where tampons go into, menstrual blood and babies come out of, and you (hopefully) experience pleasure, which can also stretch to accommodate a baby's head when it's serving as the birth canal. It includes the G-spot, responsible for a deeper orgasm sensation than clitoral stimulation alone, though very few women orgasm without clitoral stimulation.

Vulva: What you see when you're standing naked in front of the mirror, or have a look at what's going on between your legs, is your external genitalia, collectively called the vulva. It includes the mons pubis (mountain of Venus), the fleshy pad about six inches south of your navel, the labia majora (outer lips), labia minora (inner lips), nerves, glands, and then some.