

MAGDALENA WSZELAKI, HHC



ESTROGEN RESET



NATURAL SOLUTIONS FOR ESTROGEN DOMINANCE

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WELCOME

I created this program because, just like you, I've suffered from many hormonal imbalances, including estrogen dominance. At first, I bought into the belief that hormonal problems are genetic or the causes are "unknown." Some of you might have been told that there is little we can do about our hormones apart from taking birth control pills or supplementing our body's natural hormones. As much as this may be the case for some women, my inner wisdom was telling me that there must be more we, women, can do to help ourselves.

What I have discovered on this journey is that there are no magical foods or herbs that will immediately reverse estrogen dominance. Instead, as the guardian of your sacred body, you can create an environment that is conducive to the hormones such as estrogen and progesterone being produced, metabolized, and excreted in such a way that you enter that balance. Just as a gardener prepares the soil for a garden to bloom and thrive so that she can later reap the benefits, you can do the same with your body and reverse estrogen dominance.

The recipes in this book were created by my team and I in our own kitchens. They are simple, practical, and, most importantly, delectable and healing. When you embrace this way of eating, I'm confident your body too will start responding and healing so you can live a symptoms-free and full life.

With much love,

Magdalena



ESTROGEN RESET

GETTING STARTED

SHOPPING LIST

WEEKLY MEAL PLANNING

SUPERFOODS

BATCH RECIPES



GETTING STARTED

Planning ahead of time will set you up for success; giving you clarity what to eat and how to shop.

PREPARE DAILY:

Warm Lemon Water: Add 2 tablespoons freshly squeezed lemon juice to 8 to 16 ounces of warm water. Lime juice or apple cider vinegar can also be used.

Bone Broth: Sip 1 to 2 cups of broth per day with a dash of coconut milk, freshly grated ginger, lemon juice, and sea salt.

MAKE THESE AHEAD:

- Simple Tahini Dressing (pg 38)
- Pumpkin Seed Halvah Drizzle (pg 126)
- Savory Sweet Potato Herb Muffins (pg 89)
- Turmeric Golden Paste (pg 47)
- Pumpkin Seed Pesto (pg 44)
- Chimichurri Sauce (pg 41)
- Artichoke & Olive Tapenade (pg 48)
- Two-Ingredient Coconut Yogurt (pg 88)

COMMON ITEMS FOR MEAL PREP

Before you go shopping, check your supply, you may have some of these staples in your kitchen.

Week One:

- Bay leaves
- Dried thyme (5 tbsp)
- Black peppercorns (1 tsp)
- Cardamom (2 tsp)
- Cumin (7 tsp)
- Cinnamon (8 tbsp)
- Dried oregano (2 tbsp)
- Sea salt (4 tbsp)
- Vanilla (3 tsp)
- Garlic (4 cloves)
- Apple cider vinegar (¾ cup)
- Raw honey (2 ½ cups)
- Extra virgin olive oil (5 cups)
- Baking powder (3 tsp)
- Baking soda (1 tsp)
- Red lentils (1 cup)
- Coconut oil (½ cup)
- Ghee (1 cup)
- Tahini (3 cups)

Week Two:

- Black peppercorns (5 tsp)
- Garlic (12 cloves)
- Ground cardamom (1½ tsp)
- Salt (11 tsp)
- Cumin (4 tsp, ground)
- Vanilla (4 tsp)
- Cinnamon (10 tsp ground)
- Apple cider vinegar (2 cups)
- Raw honey (4 ½ cups)
- Coconut oil (½ cup)
- Extra-Virgin olive oil (4½ cups)
- Mustard (4 tsp)
- Baking powder (3 tsp)
- Loose leaf chamomile tea (2 tsp or two tea bags)
- Loose leaf mint tea (2 tsp or two tea bags)
- Red lentils (1 cup)

SHOPPING LIST - WEEK ONE

If you are following the meal plan, here is the shopping guide for week one.

FRUIT

- 17 lemons
- 2 cups fresh berries, such as blueberries, raspberries, or blackberries
- 2 cups pitted olives
- 12 pitted Kalamata olives
- 3 cups fresh or frozen pineapple
- 4 limes
- 4 tablespoons shredded coconut
- 2 oranges
- 16 pitted dates
- 8 avocados

VEGETABLES

- 6 medium yellow onions
- 3½ pounds carrots
- 4 celery stalks
- 8 avocados
- 6 sweet potatoes
- 2 cups tightly packed baby kale or arugula
- ½ cup capers
- 1 medium head broccoli
- ½ cup snow peas
- ½ cup cabbage
- 2 large heads cauliflower
- 2 bunches asparagus

- 1 cup daikon radish
- 1 cup shiitake mushrooms
- 1 large bulb fennel
- ½ medium red cabbage
- 2 portabella mushrooms
- ½ red onion
- 1 cup shredded beets
- 3 cups sauerkraut
- 1 shallot

MEAT

- 6 pounds beef marrow and/or knuckle bones/1 cow's foot (optional) or 5½ cups store-bought broth
- 2 pounds chicken thighs, bone and skin on
- 2 pounds beef stew cubes

SEAFOOD

- 8 to 12 ounces of smoked salmon
- 2 raw or smoked wild salmon fillets, 6 to 8 ounces each
- 1 quart seafood stock
- ¾ pound wild cod

HERBS/SPICES

- 4 (6-inch) pieces of fresh ginger
- 2 tablespoons fennel seed
- 5 bunches parsley



SHOPPING LIST - WEEK ONE

2 cups oatstraw (*Avena sativa*)
2 cups stinging nettles (*Urtica dioica*)
1 cup red raspberry leaf (*Rubus idaeus*)
1 cup peppermint (*Mentha piperita*)
1 cup marshmallow leaf (*Althaea officinalis*)
4 tablespoons licorice root (*Glycyrrhiza glabra*)
8 cups fresh cilantro
2 tablespoons dandelion root, roasted or unroasted
2 tablespoons dandelion leaf
1 tablespoon whole cumin seeds

OILS & VINEGARS

4 tablespoons blackstrap molasses
1 cup coconut aminos
2 tablespoons whole-grain mustard
2 to 4 tablespoons Hummus (store bought)

MILK/YOGURT/FATS

7 cups coconut yogurt
2½ cups nut milk
8 cups any nut, seed or tuber milk
1 cup coconut milk (from a carton)
1 can full-fat coconut milk
⅔ cup unsweetened coconut flakes

FLOURS/POWDERS

11 scoops collagen powder
⅔ cup chickpea flour
1 cup millet flour
2 tablespoons arrowroot powder

½ cup turmeric powder
2 tablespoons raw cacao powder
2 teaspoons reishi powder
¾ cup brown rice flour
½ cup white rice flour
⅔ cup arrowroot or tapioca flour
1 teaspoon xanthan gum (for Rustic Olive Bread)

GRAINS & LENTILS

14 slices gluten-free bread
1½ cups forbidden black rice (or substitute brown rice)
1 cup wild rice
⅔ cup black lentils

SEEDS & NUTS

8 tablespoons ground flaxseed
¼ cup seed mix: pumpkin, sunflower, and hemp seeds
⅔ cup chopped nuts and seed mix, such as pecans, pumpkin seeds, or sesame seeds
4 cups pumpkin seed butter or tahini
1 cup hemp seeds
1 cup sesame seeds
4 cups walnuts
6 tablespoons pumpkin seeds
½ cup sunflower seeds

SEAWEED

5 (8-inch) kelp strips
¼ cup wakame

SHOPPING LIST - WEEK TWO

If you are following the meal plan, here is the shopping guide for week two.

FRUIT

18 lemons
10 avocados
2½ cups fresh or frozen pineapple
4 limes
12 pitted Kalamata olives
2 cups fresh berries, such as blueberries, raspberries, or blackberries
2 oranges
20 pitted dates
2 cups pitted olives
4 tablespoons shredded coconut
½ cup capers

VEGETABLES

1 shallot
7 cups broccoli sprouts
9 yellow medium onions
8 carrots
12 celery stalks
4 cups chopped cauliflower
2 portabella mushrooms
1 cup shredded beets
½ red onion
6 cups firmly packed fresh arugula
2 cups artichoke hearts

1 cup broccoli florets
1 cup sprouts or broccoli
3 sweet potatoes
1 cup daikon radish
1 cup shiitake mushrooms
1 large fennel bulb
½ medium red cabbage
½ cup wakame
4 cups sauerkraut
2 whole dill pickles

MEAT

6 pounds beef marrow and/or knuckle bones/1 cow's foot (optional)
2 pounds chicken thighs, bone and skin on
2 pounds beef stew cubes

HERBS/SPICES

4 (6 inch) pieces of fresh ginger
2 bay leaves
5 tablespoons dried thyme
5 bunches parsley
2 cups oatstraw (*Avena sativa*)
2 cups stinging nettles (*Urtica dioica*)
1 cup red raspberry leaf (*Rubus idaeus*)
1 cup peppermint (*Mentha piperita*)



SHOPPING LIST - WEEK TWO

1 cup marshmallow leaf
(Althaea officinalis)

4 tablespoons licorice root
(Glycyrrhiza glabra)

8 cups fresh cilantro

2 tablespoons dried oregano

OILS & VINEGARS

4 tablespoons blackstrap molasses

3 cups tahini (sesame paste)

2 to 4 tablespoons (store-bought)
hummus

2 tablespoons whole-grain mustard

MILK/YOGURT/FATS

8 cups Coconut
Yogurt, page (88) or
store-bought

13 cups any nut, seed, or tuber milk
(page 46)

2 cups full-fat coconut milk

2 cups ghee

2 cups coconut aminos

FLOURS/POWDERS

1 teaspoon xanthan gum (for rustic
olive bread)

¾ cup brown rice flour

½ cup white rice flour

⅔ cup chickpea flour

1 cup millet flour

¾ cup arrowroot powder

11 scoops of Hormones Balance
Nutritionals Collagen Powder

8 teaspoons spirulina

2 tablespoons raw cacao powder

2 teaspoons reishi powder

½ cup turmeric powder

¼ cup nutritional yeast

GRAINS & LENTILS

1½ cups forbidden rice (or substitute
brown rice)

SEEDS & NUTS

8 tablespoons freshly ground flaxseed

⅔ cup chopped nuts and seed mix, such
as pecans, pumpkin seeds, or sesame
seeds

2 cups pumpkin seeds

½ cup sunflower seeds

1½ cup pumpkin seed butter or tahini
(sesame paste)

½ cup seed mix: pumpkin, sunflower,
and hemp seeds

½ cup hemp seeds

½ cup sesame seeds

2 cups walnuts, finely chopped

2 tablespoons fennel seed,
coarsely ground

SEAWEED

2 sheets of nori

9 (8-inch) kelp strips

MEAL PLAN - WEEK ONE

ABBREVIATIONS:

EVOO Extra-Virgin Olive Oil

[NR] No recipe

[LO] Leftovers

[DB] Double the recipe

[MA] Made Ahead

DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
1	Warm Lemon Water (pg 12) Spiced Yogurt Bowl (pg 93) Nutritive Tea (pg 74)	Avocado Citrus Salad (pg 117) Ginger Lemon Tea (pg 74)	Sea Vegetable Soup with Cod (pg 62) Steamed broccoli and avocado (DB + NR)	Chicken with Fennel & Red Cabbage (pg 104)	Healing Bone Broth (MA) (pg 40) Freeze ½ for week two
2	Warm Lemon Water (pg 12) Healing Bone Broth [LO] (pg 40) Fisherman's Breakfast (pg 83)	Turmeric Golden Milk Latte (pg 78)	Portabella Mushroom Sandwich (pg 116) Side of sauerkraut or pickles Nutritive Tea (pg 74)	Chicken with Fennel & Red Cabbage (LO) (pg 104) Forbidden Rice Bowl (pg 120)	Ginger Lemon Tea (pg 75) Hemp Halva Bites (MA) (pg 125)
3	Warm Lemon Water (pg 12) Nutritive Tea Breakfast toast with avocado, pesto, and sprouts (NR) Add chicken (LO) or sardines	Mushroom Cacao Latte (pg 78)	Forbidden Rice Bowl (LO) (pg 120) Simple Tahini Sauce, sauerkraut, and steamed broccoli (LO) (pg 38)	Lemony Quinoa & Vegetable Stir-Fry with shrimp or chicken (pg 107)	Red clover tea Hemp Halvah Bites (pg 125)



MEAL PLAN WEEK ONE

DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
4	Warm Lemon Water (pg 12) Green Smoothie (pg 92) Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)	Healing Bone Broth (LO) (pg 40) Chocolate-Covered Brazil Nuts (pg 128)	Quinoa-Stuffed avocado (Quinoa LO+NR) (pg 107) Side of sauerkraut or pickles (NR) Nutritive Tea (pg 74)	Coconut Cardamom Beef and Lentil Stew (pg 100) Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)	Cinnamon ginger tea with lemon and honey
5	Warm Lemon Water (pg 12) Sweet Potato with Pumpkin Seed Halvah Drizzle (pg 91) Nutritive Tea (pg 74)	Turmeric Golden Milk Latte (pg 78)	Coconut Cardamom Beef & Lentil Stew (LO) (pg 100) Side salad: watercress, sauerkraut, EVOO, lemon, and salt. (NR)	Carrot Ginger Soup (pg 68) Steamed broccoli and avocado (NR)	Dandelion tea (MA) (pg 76) Coconut kefir chia pudding (NR)
6	Warm Lemon Water (pg 12) Fisherman's Breakfast (pg 83) Healing Bone Broth (LO) (40)	Coconut Kefir Chia Pudding (LO) Nutritive Tea (pg 74)	Carrot Ginger Soup (LO) (pg 68) Steamed Cauliflower with Simple Tahini Sauce (MA)	Wild Rice & Black Lentil Dahl (pg 65) Side salad: watercress, sauerkraut, EVOO, lemon, and salt. (NR)	Turmeric Golden Milk Latte (pg 78)
7	Warm Lemon Water (pg 12) Green Smoothie (Coconut yogurt) [MA] (pg 92) Gluten-free toast with pumpkin butter (NR)	Nutritive Tea (pg 74) Chocolate-Covered Brazil Nuts (LO) (pg 128)	Wild Rice & Black Lentil Dahl (LO)(pg 65) Steamed broccoli with lemon and EVOO (NR) Sauerkraut	Surf 'N' Turf (pg 112) Roasted asparagus (NR)	Healing Bone Broth (LO) (pg 40)

MEAL PLAN - WEEK TWO

ABBREVIATIONS:

EVOO
Extra Virgin Olive Oil

[NR]
No recipe

[LO]
Leftovers

[DB]
Double the recipe

[MA]
Made Ahead

DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
8	Warm Lemon Water (pg 12) Fisherman's Breakfast (pg 83) Healing Bone Broth (LO) (pg 40)	Avocado Citrus Salad (pg 117) Nutritive Tea (pg 74)	Salmon Salad Nori Wraps (pg 96) With side of Sauerkraut	Spaghetti Squash with Pesto (NR) Artichoke and Olive Tapenade (MA) (pg 48)	Ginger Lemon Tea (pg 75) Hemp Halva Bites (pg 125)
9	Warm Lemon Water (pg 12) Green Smoothie (pg 92) Savory Sweet Potato Herb Muffins with ghee or pumpkin seed butter (pg 89)	Nutritive Tea (pg 74)	Forbidden Rice Salad (pg 120) Sauteed Kale (NR) Tahini Sauce (pg 38)	Sea Vegetable Soup with Cod (DB) (pg 62)	Healing Bone Broth (pg 40)
10	Warm Lemon Water (pg 12) Forbidden Rice Salad with Avo-cado & Broccoli Sprouts (LO) (120) Nutritive Tea (pg 74)	Spirulina Latte (pg 79)	Sea Vegetable Soup with Cod (LO) (pg 62) GF Toast with Ghee and Sauerkraut (NR)	Chicken with Fennel and Red Cabbage (pg 104)	Chamomile Mint Latte (pg 79)



MEAL PLAN WEEK TWO

DAY	BREAKFAST	SNACK	LUNCH	DINNER	BEDTIME
11	Warm Lemon Water (pg 12) Spiced Yogurt Bowl (pg 93) Mushroom Cacao Latte (pg 78)	Hemp Halvah Bites (LO) (pg 125) Nutritive Tea (pg 74)	Sweet Potato, Avocado & Pesto Sandwich (pg 109) Side salad arugula with EVOO and lemon (NR)	Chicken with Fennel & Red Cabbage (LO) (pg 104)	Healing Bone Broth (LO) (pg 40)
12	Warm Lemon Water (pg 12) Green Smoothie (pg 92) Nutritive Tea (pg 74)	Spirulina Latte (pg 79)	Smoked Salmon & Avocado Toasties (NR)	Coconut Cardamom Beef & Red Lentil Stew (pg 100) over arugula	Turmeric Golden Milk Latte (pg 78)
13	Warm Lemon Water (pg 12) Coconut Cardamom Beef & Lentil Stew (LO) over arugula (pg 100)	Chocolate-Covered Brazil Nuts (LO) (pg 128)	Portabella Mushroom Sandwich (pg 116)	Surf 'N' Turf (LO) (pg 112)	Hemp Halvah Bites (LO) (pg 125)
14	Warm Lemon Water (pg 12) Sweet Potato with Pumpkin Seed Halvah Drizzle (pg 91) Healing Bone Broth (pg 40)	Nutritive Tea (pg 74)	Salmon Salad Nori Wraps with sauerkraut (pg 96)	Creamy Cauliflower Soup (pg 58) Savory Sweet Potato Herb Muffins (LO) (pg 89) Side salad: arugula, EVOO, & lemon (NR)	Ginger Lemon Tea (pg 75)

19 ESTROGEN
BALANCING
SUPERFOODS

Include these potent medicinal foods, herbs and mushrooms in your daily diet to support your body in metabolizing estrogen.

INFLAMMATORY FOODS TO AVOID:

Meat and Dairy: Conventionally grown **Gluten:** breads, pastas, cookies, muffins

Coffee and caffeine: reduce or stop **Dairy:** milk, yogurt, cheese

Heating foods in plastic: xenoestrogens! **For some:** Corn, eggs, grains

Processed foods: packaged with additives & preservatives, including protein powders (whey, pea, rice etc) **Soy products**





CRUCIFEROUS VEGETABLES

Liver detoxing, estrogen balancing, rich in antioxidants, anticarcinogenic, immune boosting, anti-inflammatory, rich in sulfurs, rich in fiber

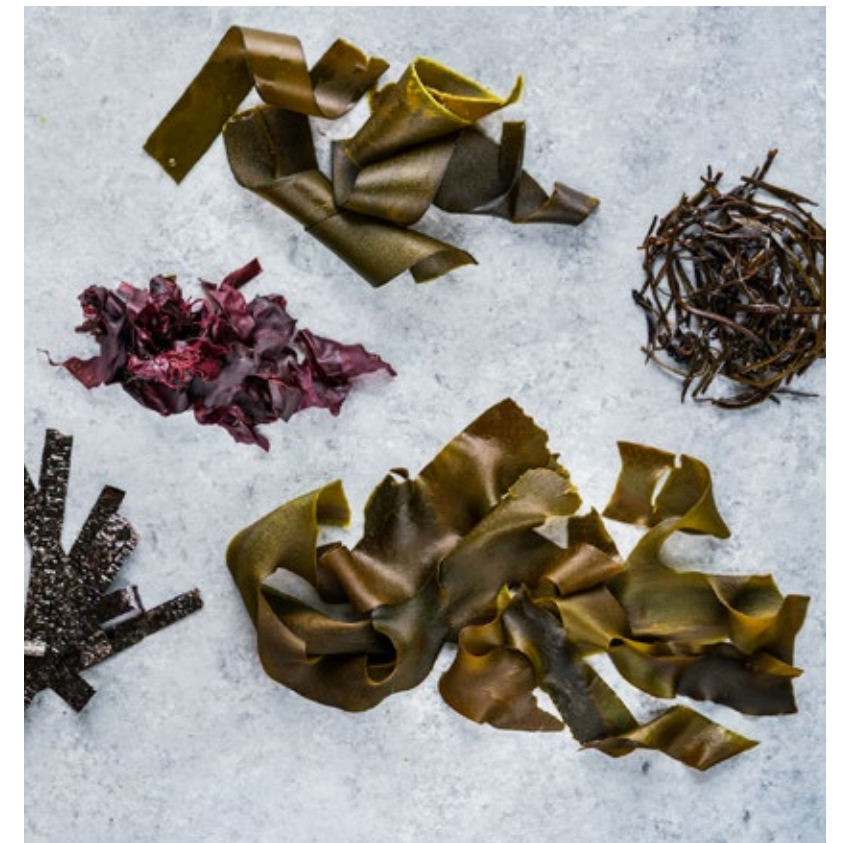


LEMONS & LEMON ZEST

Contains d-limonene—a potent liver detoxifier, highly alkalizing, stimulates stomach acid production

SEAWEED

Sugar balancing, food for the brain and breasts, nutrient dense, detoxifying, high in fiber, rich in iodine and magnesium, rich in B vitamins



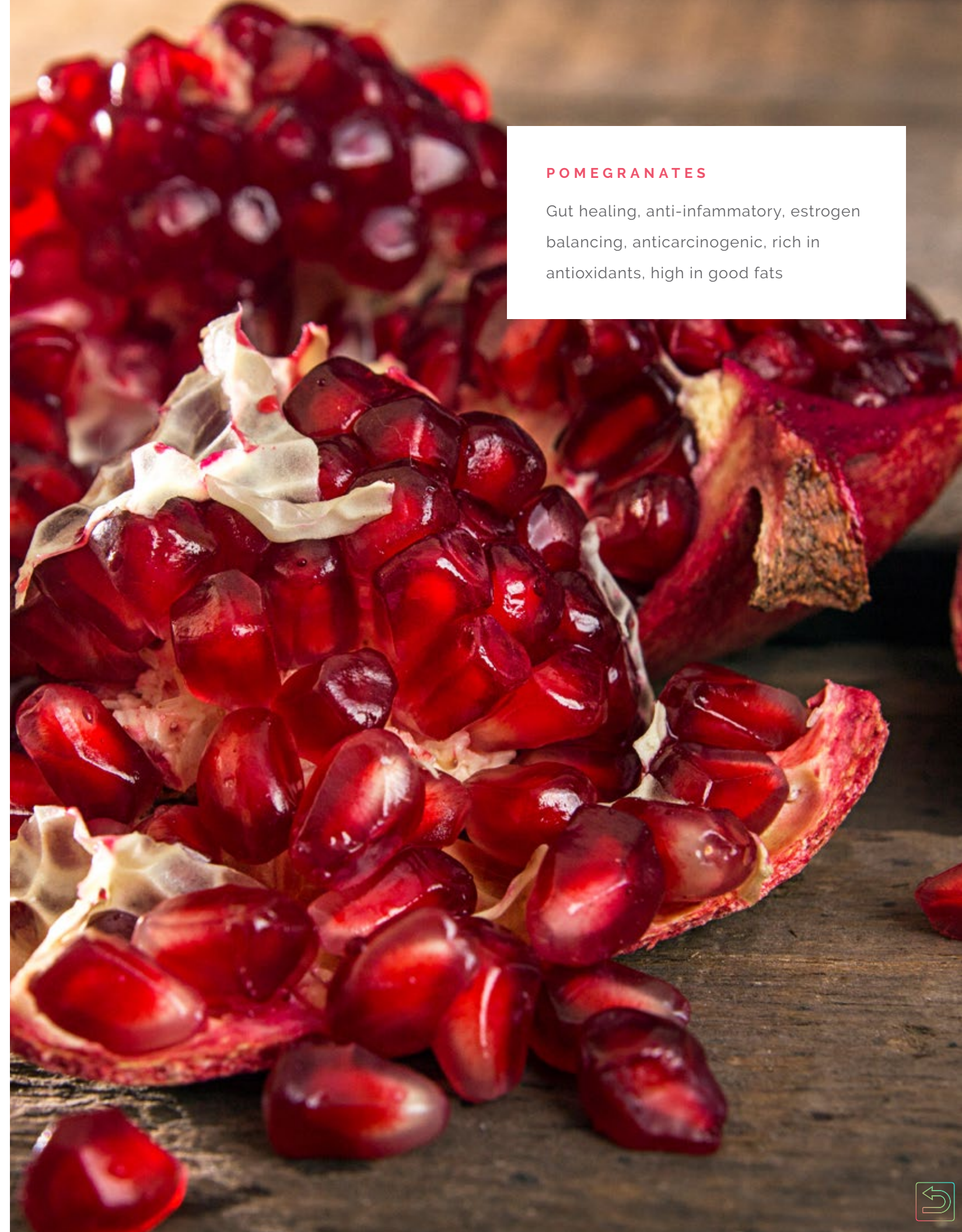


DANDELION LEAF & ROOT

Bitter—stimulates bile
production (binds up estrogens),
supports liver detoxification,
Leaf: kidney detox
Root: liver detox

SULFUR-RICH FOODS

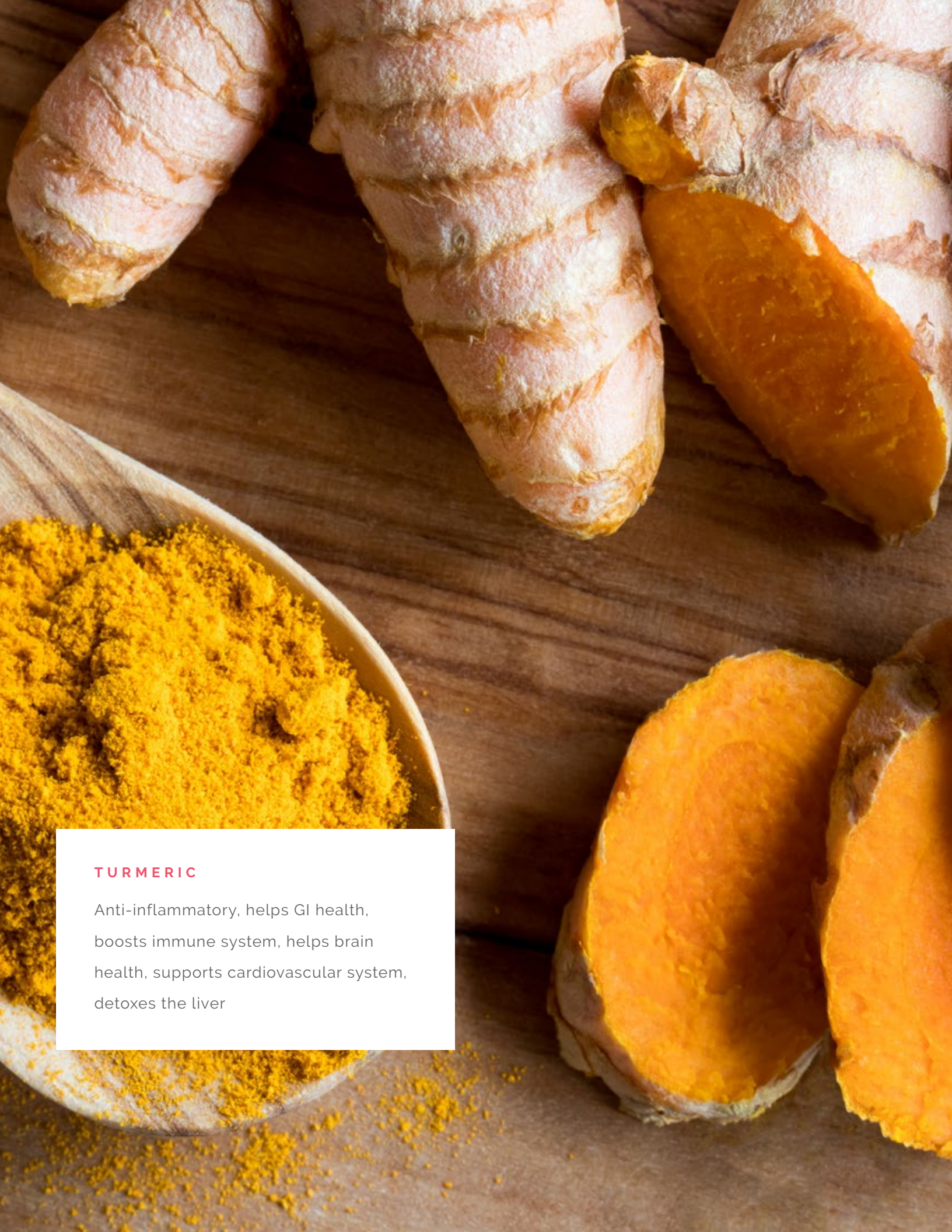
Support liver detoxification,
clear “dirty” estrogens, anti-
inflammatory (quercetin),
antibacterial



POMEGRANATES

Gut healing, anti-inflammatory, estrogen
balancing, anticarcinogenic, rich in
antioxidants, high in good fats





TURMERIC

Anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system, detoxes the liver



FLAXSEED

Gut healing, estrogen boosting, estrogen detoxifying, high in good fats, rich in zinc, rich in omega-3 fatty acids

BROCCOLI SPROUTS

Supports breast health, liver detoxing, detoxifying, immune boosting, rich in sulfurs, anti-inflammatory, anticarcinogenic



THYME

Contains phytoestrogens, can help peri- and menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women





FERMENTED FOODS

Gut healing, anti-inflammatory,
rich in good bacteria, immune
boosting



SALMON

Sugar balancing, food for the
brain and breasts, nutrient
dense, detoxifying, high in fiber,
rich in iodine and magnesium,
rich in B vitamins



CACAO

High in magnesium, highly alkalizing,
20x more antioxidants than blueberries,
also a good source of protein, calcium,
carotene, thiamin, riboflavin



BEETS

Detoxes the liver, anti-inflammatory, helps GI health, boosts immune system, helps brain health, supports cardiovascular system



COLLAGEN

Gut healing, estrogen boosting, estrogen detoxifying, high in good fats, rich in zinc, rich in omega-3 fatty acids

MACA

Contains phytoestrogens, can help peri- and menopause, can help with infertility, energy, sex drive, PMS relief, adrenal nourishment, hit or miss with some women



DONG QUAI

Nervous and uterine relaxant,
great for pain like PMS,
ovulation pain, headache,
abdominal pain, promotes
menstruation and labor, yet
mitigates lack of period and
regulates cycle

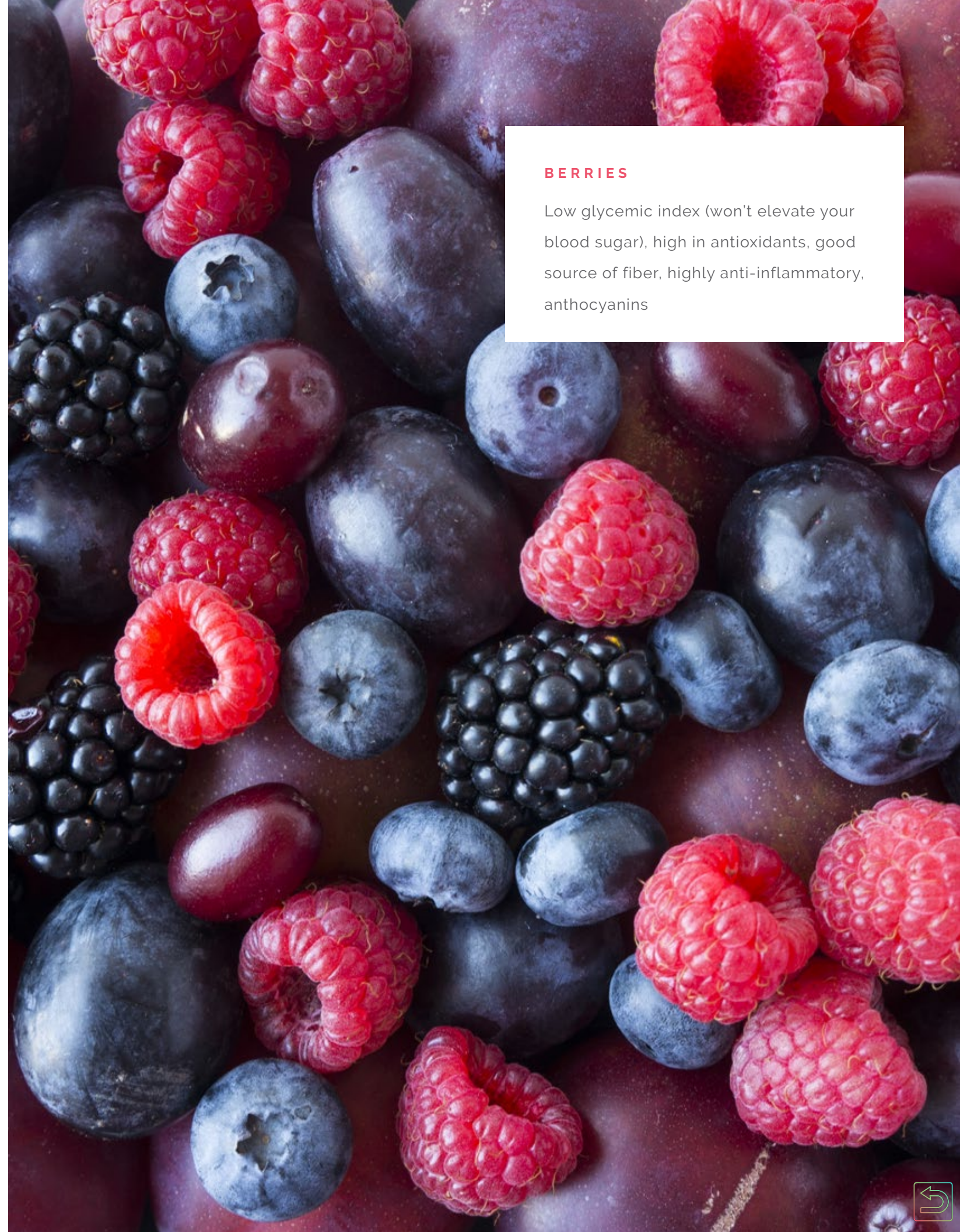


SARDINES

Low level of toxins (compared to
big fish like tuna), great source
of calcium and magnesium (from
the bones), good source
of protein

BERRIES

Low glycemic index (won't elevate your
blood sugar), high in antioxidants, good
source of fiber, highly anti-inflammatory,
anthocyanins



LEMONY QUINOA

PREP TIME

5 minutes

COOK TIME

15 minutes

MAKES

4

INGREDIENTS

2 cups quinoa (I like to use a mix of red and black, or tri-color)

2½ cups filtered water (Use 3⅓ cups for stovetop method)

½ teaspoon sea salt

Grated zest and juice of 1 lemon

STOVETOP

Rinse the quinoa under running water for 1 minute.

In a medium pot over high heat, bring the quinoa, water, and salt to a boil. Reduce the heat to medium-low, cover, and simmer for 18 minutes.

Remove from heat and let sit, covered, for 10 minutes.

Fluff with a fork and add the lemon zest and juice. Allow to cool completely and store refrigerated in an airtight container for up to 1 week.

EQUIPMENT

Microplane grater

Sieve

INSTANT POT

Rinse the quinoa under running water for 1 minute.

Place the quinoa, water, and salt in the Instant Pot.

Secure the lid and ensure the pressure release valve is set to sealed. Set to pressure to high for 1 minute. It will take about 10 minutes to build the pressure.

Allow to slow release, or carefully use the quick release.

Fluff with a fork and add the lemon zest and juice. Let cool completely and store refrigerated in an airtight container for up to 1 week.

WHOLE SWEET POTATOES

PREP TIME

15 minutes

COOK TIME

50 minutes

MAKES

4-6

INGREDIENTS

5 or 6 large sweet potatoes

2 cups water

INSTANT POT

Place the steamer rack in the bottom of the pot. Put the sweet potatoes and water in the pot.

Secure the lid and ensure the pressure release valve is set to sealed.

Set the pressure to high for 20 minutes. Allow the pressure to slow release or carefully use the quick release.

Carefully open the lid once all the steam has released and the lid opens easily.

Pierce one of the sweet potatoes with a fork to check if it's done. It should be very soft.

Allow to cool completely and store in an airtight container in the refrigerator for up to 1 week.

OVEN

I find that sweet potatoes often vary in their cooking times. Some are more dense, and therefore take a longer time. Others may have a higher water content, which will decrease the cooking time. The longest length of time they should take in the oven is 50 minutes, especially for large sweet potatoes. If your sweet potatoes are smaller, begin checking for doneness at 30 minutes, and continue checking until they are soft and easily pierced with a fork.

Preheat oven to 400°F.

Place sweet potatoes on a rimmed baking sheet lined with parchment paper and bake for 40 minutes, or until the sweet potatoes are soft and easily pierced with a fork.

Allow to cool completely and store in an airtight container in the refrigerator for up to 1 week.





ESTROGEN RESET

BASICS

SIMPLE TAHINI SAUCE

HEALING BONE BROTH

CHIMICHURRI SAUCE

PUMPKIN SEED PESTO

NUT, SEED & TUBER MILKS

TURMERIC GOLDEN PASTE

ARTICHOKE & OLIVE TAPENADE

RUSTIC OLIVE BREAD



SIMPLE TAHINI SAUCE

PREP TIME

10 minutes

COOK TIME

0

MAKES

1 quart

This sauce offers a great and simple way to take many dishes to the next level. Spread or drizzle it on wraps, sandwiches, salads, and cooked vegetables. It goes with anything and everything. And best of all, it is a good source of calcium, protein, and healthy fats. Make a batch and have it ready to go for the week ahead.

INGREDIENTS

$\frac{2}{3}$ cup tahini (sesame paste)
1 cup filtered water
1 garlic clove
3 tablespoons coconut aminos
Freshly grated zest of 1 lemon
2 tablespoons freshly squeezed lemon juice

EQUIPMENT

High-speed electric blender
Microplane grater
16-ounce glass jar

INSTRUCTIONS

In a high-speed blender, combine all of the ingredients and puree until smooth.

Transfer to a 16-ounce glass jar.

Store the sauce in the refrigerator for up to 10 days.



HEALING BONE BROTH

PREP TIME

15 minutes

COOK TIME

35 minutes

SERVES

4

INGREDIENTS

6 pounds beef marrow and/or knuckle bones

1 cow's foot (optional)

2 medium onions, unpeeled and coarsely chopped

2 carrots, coarsely chopped

4 celery stalks, coarsely chopped

½ cup apple cider vinegar

2-inch piece fresh ginger, unpeeled and coarsely chopped

1 (8-inch) kelp strip

2 bay leaves

Several sprigs of thyme

1 teaspoon black peppercorns

6 quarts cold filtered water

1 bunch parsley

EQUIPMENT

10-quart stockpot or larger (or a pressure cooker or slow cooker)

Parchment paper (if roasting)

Roasting pan or rimmed baking sheet (if roasting)

Fine-mesh sieve, a wide-mouth funnel, and six 1-quart mason jars

INSTRUCTIONS

Preheat the oven to 450°F. Line the roasting pan with the parchment paper, arrange the bones in the pan in a single layer, and roast for about 20 minutes, or until the bones are brown. Flip the bones to brown the other side, turn the oven to broil, and roast for 10 minutes more to ensure even browning.

Transfer the bones to a stockpot. Save the fat that has run off the bones for later use, or discard. Add to the pot the onions, carrots, celery, cider vinegar, ginger, kelp, bay leaves, thyme, and peppercorns. Add the water, cover, and bring to a boil over high heat. Reduce the heat to low and simmer the broth for 1 hour.

Remove any scum that has risen to the top of the broth. Simmer for another 12 to 72 hours. The slower and longer the simmer, the more nutritionally dense and flavorful the broth will be. If using a 10-quart stockpot, after about 12 hours, remove the melted fat with a large spoon. Add the parsley 10 minutes before finishing.

Remove all of the bones with tongs and discard. Strain the broth through a fine-mesh strainer and transfer to mason jars.

Once the broth is cooled to room temperature, store in the refrigerator for up to 7 days, or in the freezer for up to 6 months. If freezing, leave a 1-inch headspace in the jars.

CHIMICHURRI SAUCE

PREP TIME

15 minutes

COOK TIME

0

MAKES

3 cups

The fresh citrus of lemon combined with lots of herbs brightens every dish. This versatile condiment will quickly become your favorite. Packed with sulfur and high in antioxidants, these herbs have powerful detoxifying properties, including liver cleansing and heavy metal detoxification, and will help lower blood sugar levels and promote healthy menstrual function.

INGREDIENTS

2 cups firmly packed fresh cilantro, coarsely chopped

2 cups firmly packed fresh parsley, coarsely chopped

2 tablespoons dried oregano

1 shallot, chopped

Freshly grated zest of 2 lemons

½ cup freshly squeezed lemon juice

2 teaspoons sea salt

1 cup extra-virgin olive oil

EQUIPMENT

High-speed electric blender or food processor

Microplane grater

24-ounce glass jar

INSTRUCTIONS

Place the cilantro and parsley in a high-speed blender and pack them down.

Add the remaining ingredients and, starting on low, begin to puree the sauce. Use the tamper to push the herb to the bottom, if necessary. Increase the speed slightly, but do not go too high, and blend until smooth and creamy, less than 1 minute.

Transfer to a 24-ounce glass jar. Store in the refrigerator for up to 2 weeks, or freeze for up to 3 months. If freezing in a jar, leave a 1-inch headspace, but I suggest freezing the sauce flat in a zip-top bag, with as much air squeezed from the bag as possible, or in ice cube trays. Don't forget to label your container.





PUMPKIN SEED PESTO

This pesto comes together quickly and is a delicious addition to any meal. It is a wonderful sauce for steamed vegetables, perfect for sandwiches, and, of course, with pasta. If you are a pasta lover and want a healthier alternative, try using spaghetti squash, zucchini noodles, or kelp noodles. These are easy and quick options that are more nutritionally dense than grain pastas.

Pumpkin seeds are used instead of the traditional pine nuts in this recipe. This pesto has impressive female-specific superpowers: pumpkin seeds balance estrogen levels, support the immune system, and are rich in magnesium.



PUMPKIN
SEED PESTO

PREP TIME	COOK TIME	MAKES
10 minutes	0	3 cups

INGREDIENTS

- 2 cups firmly packed arugula
- 1 cup firmly packed fresh basil
- 6 garlic cloves, crushed
- Freshly grated zest of 1 lemon
- ¼ cup freshly squeezed lemon juice
- 1 cup raw pumpkin seeds
- ½ cup extra-virgin olive oil
- ¼ cup nutritional yeast
- 1 teaspoon sea salt

EQUIPMENT

- High-speed electric blender or food processor
- Microplane grater
- 24-ounce glass jar

INSTRUCTIONS

Place the arugula and basil into a high-speed blender. Add all the remaining ingredients and blend on low, gradually increase the speed but do not blend on high—you want some texture to remain. Use the tamper to push the ingredients down to the blade and blend until all the ingredients are well incorporated. You may need to stop the blender and scrape down the sides of the blender pitcher with a spatula.

Transfer the pesto to a 24-ounce glass jar, or freeze half for later use. If freezing in a jar, leave a 1-inch headspace, but I suggest freezing flat in a zip-top bag, with as much air squeezed from the bag as possible or in ice cube trays. Store the pesto in the refrigerator for up to 2 weeks, or in the freezer for up to 3 months. Don't forget to label your container.



NUT, SEED & TUBER MILKS

PREP TIME

10 minutes

COOK TIME

0

MAKES

1 quart

TURMERIC GOLDEN PASTE

PREP TIME

15 minutes

COOK TIME

0

MAKES

2 cups

Not a fan of coconut milk? Don't worry, there are other nondairy milks you can use and even make at home. Whipping up your own nondairy milk without the preservatives and additives of store-bought brands is easier than you think and so much healthier. Note that despite its name, tigernut is not a nut or a seed; it's a tuber that can be consumed by people who have nut and seed sensitivities.

Make nut milks from almonds, hazelnuts, macadamia nuts, pecans, walnuts, or shredded coconut. Make seed milks from sunflower seeds, pumpkin seeds, or hemp seeds. Make a tuber milk from tigernuts.

INGREDIENTS

- 4 cups lukewarm filtered water
- 1 cup raw nuts, seeds, or tubers of your choice
- 2 to 3 pitted dates (optional)
- 1 teaspoon pure vanilla extract or powder (optional)
- Pinch of sea salt

EQUIPMENT

- High-speed electric blender
- Nut bag or cheesecloth (100% cotton) folded in multiple layers
- 1-quart mason jar

INSTRUCTIONS

- In a blender, combine the water, your nut, seed, or tuber of choice, dates (if using), vanilla (if using), and salt and puree on high for 1 to 2 minutes. If using tigernuts, puree for 2 to 3 minutes.
- Strain through a nut bag or cheesecloth if using almonds, hazelnuts, coconut, pumpkin seeds, or tigernuts. There is no need to strain walnuts, pecans, macadamia nuts, hemp seeds, or sunflower seeds.
- Transfer the milk to a 1-quart mason jar. Store in the refrigerator for up to 5 days, or in the freezer for up to 6 months. If freezing, leave a 1-inch headspace in the jar.

Turmeric, also known as the Golden Goddess, has been used for thousands of years as a healing herb in Ayurveda and has been known to boost immunity and reduce inflammation. Having a batch of this turmeric paste on hand makes it much easier to incorporate it into your everyday life. Turmeric paste can be used in a variety of recipes, including lattes, smoothies, soups and stews, dressings, and more.

INGREDIENTS

- ½ cup ground turmeric
- 1 teaspoon ground black pepper
- 1½ cups filtered water
- ¼ cup coconut oil or ghee

EQUIPMENT

- 16-ounce glass jar

INSTRUCTIONS

- In a small saucepan over medium heat, combine the turmeric, pepper, and water. Stir frequently, until the mixture begins to thicken into a paste, 3 to 8 minutes, depending on the burner you are using. Turn off the heat.
- Add the coconut oil and stir to combine.
- Transfer the paste to a 16-ounce glass jar and allow to cool for about 20 minutes. Store in the refrigerator for up to 3 weeks.



ARTICHOKE & OLIVE TAPENADE

PREP TIME

15 minutes

COOK TIME

0

MAKES

3 cups

Bursting with flavor, this tapenade will enhance everything you add it to. I keep a jar in the refrigerator and use it often as a condiment; on top of a gluten-free toast, with steamed or roasted vegetables, as a salad dressing, and on top of a steak or salmon. The possibilities are endless. It only takes 5 minutes to make and will last for weeks in the refrigerator. I recommend purchasing pitted olives for easy prep.

INGREDIENTS

- 1 cup olives, pitted
- 1 cup artichoke hearts
- ¼ cup capers, drained
- Freshly grated zest of 1 lemon
- Freshly squeezed juice of 1 lemon

EQUIPMENT

- High-speed electric blender or food processor
- Microplane grater
- 24-ounce glass jar

INSTRUCTIONS

- In a high-speed blender, combine all of the ingredients and blend on low for 1 minute, using the tamper to push all of the ingredients down. I recommend letting the texture remain a little chunky, so take care not to overblend.
- Transfer to a 24-ounce glass jar. Store in the refrigerator for up to 3 weeks.





RUSTIC OLIVE BREAD

Many store-bought gluten-free breads are full of preservatives and stabilizers and are low in fiber. This simple, hearty bread is a wonderful alternative. I use xanthan gum to give the bread a soft and bouncy texture.

However, if you suffer from serious digestive issues, skip it and the bread will still turn out perfectly well.



RUSTIC
OLIVE BREAD

PREP TIME	COOK TIME	MAKES
20 minutes	40 minutes	1 loaf

INGREDIENTS

- 2 tablespoons ground flaxseed
- ⅓ cup hot filtered water
- ¾ cup brown rice flour
- ½ cup white rice flour, plus more for dusting
- ⅔ cup arrowroot or tapioca flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon xanthan gum (optional)
- 1 teaspoon sea salt
- ⅔ cup room temperature filtered water
- 3 tablespoons extra-virgin olive oil, plus more for the baking sheet
- 1 tablespoon Grade B maple syrup or raw honey
- 1 teaspoon freshly squeezed lemon juice
- 12 pitted Kalamata olives, coarsely chopped

EQUIPMENT

- Parchment paper

INSTRUCTIONS

- Preheat the oven to 400°F.
- Line a baking sheet with parchment paper and drizzle with a small amount of olive oil.
- In a small bowl, whisk the flaxseed with the hot water and set aside.
- In a large bowl, combine the brown rice flour, white rice flour, arrowroot flour, baking powder, baking soda, xanthan gum, and salt.
- In a medium bowl, combine the water, olive oil, maple syrup, lemon juice, and olives.
- Mix in the flaxseed slurry. Add the wet ingredients to the dry and stir to combine.
- Heap the dough on the baking sheet and gently mold into a 7-inch-diameter dome. If the dough sticks to your hands, wet your fingers and continue shaping it. Sift a light dusting of rice flour on top of the loaf.

- With a sharp knife, slash a diagonal grid pattern on top of the loaf, making five ½-inch-deep cuts each way. Wipe the knife between cuts.
- Bake until brown and crusty, 35 to 40 minutes. Cool before slicing.
- Keep in an airtight container for up to 3 days. If freezing, slice and wrap each slice in parchment paper. Keep frozen for no longer than 3 months.





ESTROGEN RESET

SOUPS & STEW S

CREAMY CAULIFLOWER SOUP

SEA VEGETABLE SOUP WITH COD

WILD RICE AND BLACK LENTIL DAHL

CARROT GINGER SOUP





CREAMY CAULIFLOWER SOUP

This delicious, creamy, and estrogen-balancing soup can be ready in minutes. This is one of the simplest ways to prepare a soup, but you will be surprised at how delicious and rich it tastes. If you have a handheld immersion blender, your job is made even easier because you do not even have to remove the soup from the pot, but a blender works beautifully too.

Cruciferous vegetables are not only beneficial for balancing estrogen, they also detox the liver and are rich in antioxidants and anti-inflammatory and immune boosting properties.



CREAMY
CAULIFLOWER SOUP

PREP TIME	COOK TIME	SERVES
10 minutes	25 minutes	2

INGREDIENTS

- 4 cups chopped cauliflower
- 1 tablespoon ghee
- 1 white onion, chopped
- 5 garlic cloves, chopped
- 1 tablespoon fresh thyme or 1 teaspoon dried thyme
- 1 cup full-fat coconut milk
- 1½ cups Healing Bone Broth (page 40), or store-bought chicken or vegetable broth
- ¼ cup coconut aminos
- Coconut Yogurt (page 88), for serving
- Raw pumpkin seeds and hemp seeds, for serving (optional)
- Savory Sweet Potato Herb Muffin (page 88), for serving (optional)

EQUIPMENT

- Instant Pot or large, heavy-bottomed pot
- High-speed electric blender or handheld immersion blender

INSTANT POT METHOD

- Place all of the ingredients in the Instant Pot.
- Secure the lid and ensure the pressure release valve is set to sealed.
- Set the pressure to high for 3 minutes.
- Allow the pressure to release naturally, or carefully use the quick release.
- Allow the soup to cool for a few minutes before transferring it to a high-speed blender. Blend for 1 to 2 minutes, until silky smooth. Alternatively, use a handheld immersion blender to puree the soup directly in the pot until smooth.
- Ladle the soup into bowls and serve with dollops of coconut yogurt. Sprinkle with pumpkin seeds and hemp seeds and serve with a simple salad and savory muffins alongside, if desired.

STOVETOP METHOD

- In a medium pot, combine all of the ingredients and bring to a boil.
- Reduce the heat to low, cover, and simmer for 15 minutes. Remove from the heat and allow to cool, uncovered, for 10 to 15 minutes.
- Transfer the soup to a high-speed blender and blend until silky smooth, 1 to 2 minutes. Alternatively, use a handheld immersion blender to puree the soup directly in the pot until smooth.
- Follow the Instant Pot method for serving the soup.





SEA VEGETABLE SOUP WITH COD

Sea vegetables have much to offer our health. They are packed with iodine, calcium, and magnesium. Iodine is essential to thyroid health and a key player in estrogen metabolism. Seaweed also helps with balancing sugar levels. Many women feel highly energized after eating seaweed.

On its own, seaweed may be hard to eat, but this soup offers a delicious way to add this amazing food to your diet, with a very clean and simple approach. I love the buttery and meaty texture of cod in this soup, but feel free to substitute it with any other wild caught white fish.



SEA VEGETABLE
SOUP WITH COD

PREP TIME	COOK TIME	SERVES
10 minutes	15 minutes	2

INGREDIENTS

- 2 tablespoons ghee
- ¾ pound wild cod, cut in two pieces
- ½ cup sliced yellow onion
- ½ cup sliced shiitake mushrooms
- 1 quart seafood stock, Healing Bone Broth (page 40), or vegetable stock
- ¼ cup wakame, soaked for 10 minutes
- ½ cup sliced carrot
- ½ cup sliced daikon radishes
- 2-inch piece fresh unpeeled ginger, grated
- ¼ cup coconut aminos
- 2 strips kombu

FOR SERVING

- ½ cup steamed broccoli
- ½ avocado, sliced
- Fresh cilantro
- Freshly squeezed juice of 1 lemon or lime

EQUIPMENT

- Instant Pot or large, heavy-bottomed pot
- Microplane grater

INSTANT POT METHOD

Place the ghee in an Instant Pot and set it to Sauté. After 1 minute, add the cod and cook for 3 minutes. Flip and cook for 3 minutes more. Transfer the cod to a plate and set aside.

Add the onion, mushrooms, and stock to the pot. Cancel the Sauté mode and stir the vegetables well, scraping the bits from bottom of the pot.

Add the wakame (include the soaking liquid for a more intense "sea vegetable" flavor), carrot, radishes, ginger, coconut aminos, and kombu to the pot.

Secure the lid and set the pressure to high for 1 minute.

Allow to slow release, or carefully use the quick release.

For the broccoli: In a small pot over medium high heat, bring 1 cup water to a boil. Add the broccoli florets, cover, and steam for 2 minutes. Uncover, drain, and set aside.

To serve, ladle the soup into bowls and top each portion with a piece of the cod. Finish with the steamed broccoli, avocado, cilantro, and lemon juice.

STOVETOP METHOD

In a large pot over high eat, melt the ghee. Add the cod and lightly press down with the back of a spatula. Cook for 3 minutes. Flip and cook for 1 minute more. Transfer the fish to a plate and set aside.

Reduce the heat to medium and add the onion and mushrooms to the pot and cook, stirring frequently, for 1 minute.

Add the stock and scrape the bits from bottom of the pot.

Add the wakame (include the soaking liquid for a more intense "sea vegetable" flavor), carrot, radishes, ginger, aminos, and kombu to the pot and cook for 15 minutes.

Follow the Instant Pot method for preparing the broccoli and serving the soup.



WILD RICE AND BLACK LENTIL DAHL

PREP TIME
15 minutes

COOK TIME
30 minutes

SERVES
4

I absolutely love this dish because it has so much flavor and a chewy bite to it. Traditionally, dahl has more of a smooth consistency, often even pureed. Wild rice has a nutty and hearty texture, and the black lentils do not break down. Although it is not mandatory, I do recommend soaking the wild rice and lentils prior to making the dahl. Soaking release enzyme inhibitors from grains, lentils, and legumes, which allows for easier digestion.

The addition of kelp also helps improve digestibility and increases nutrition, too. The Instant Pot makes this recipe very easy to prepare and cook it to perfection. I enjoy this with a dollop of coconut yogurt. If you are not making your own coconut yogurt, there are other plant-based yogurts available at health food stores.

INGREDIENTS

- 1 cup wild rice (soaked for 6 to 8 hours, optional)
- ¾ cup black lentils (soaked for 6 to 8 hours, optional)
- ¾ cup unsweetened coconut flakes, or shredded coconut
- 2 tablespoons ghee or coconut oil
- ½ large white onion, chopped
- 3 cups vegetable broth or Healing Bone Broth (page 40)
- 1 strip kelp
- 2 teaspoons sea salt
- 2 teaspoons ground cardamom
- 1 tablespoon whole cumin seeds

- 1-inch piece fresh unpeeled ginger, grated
- ¼ cup fresh cilantro, chopped, for garnish
- 2 to 4 tablespoons coconut yogurt, for garnish

EQUIPMENT

- Instant Pot or large, heavy-bottomed pot
- Microplane grater

NOTE

Some of my favorite yogurts are:

- Forager—Cashewgurt (my favorite)
- GT's Coconut yogurt
- Kite Hill—Almond yogurt

These brands use high-quality, pure ingredients.

INSTANT POT METHOD

Place all ingredients, except the cilantro and coconut yogurt in an Instant Pot.

Secure the lid and ensure the pressure release valve is set to sealed. Set the pressure to high for 2 minutes.

Allow the pressure to slow release, or carefully use the quick release.

Transfer the dahl to a serving bowl, and top with coconut yogurt and fresh cilantro. If you do not like cilantro, use another fresh herb such as parsley. Arugula, watercress, or baby kale work well too. If using these greens, mix them into the soup instead of scattering on top—this will allow them to cook slightly. Store leftover dahl in an airtight container in the refrigerator for up to 1 week.

STOVETOP METHOD

Place all ingredients, except the cilantro and coconut yogurt, into large, heavy- bottomed pot and bring to a boil. Add 1 extra cup of broth or 1 cup water to this method of cooking.

Reduce the heat to medium-low, cover, and simmer for 40 to 50 minutes.

Follow the Instant Pot method for serving the dahl.





CARROT GINGER SOUP

This soup is simple and satisfying. I love the combination of sweet and savory with a little kick of spice from the ginger. Ginger is such an amazing plant. It's been used for thousands of years for its medicinal properties. The benefits are many: from relieving pain, reducing inflammation, relieving nausea, aiding digestion, to helping with anxiety and nervous tension. Some plants just seem to be a "heal-all," and ginger definitely fits into this magical category.

Pair ginger with sweet, earthy carrots and creamy coconut milk and you are a spoonful away from a glowing complexion and improved digestion!



CARROT GINGER SOUP

PREP TIME	COOK TIME	SERVES
10 minutes	15 minutes	4

INGREDIENTS

- 4-inch piece fresh ginger, peeled and roughly chopped
- 2 cups filtered water
- 2 pounds carrots, washed and chopped
- 1 cup full-fat coconut milk
- 1 medium white onion, chopped
- 3 garlic cloves
- 1 tablespoon ghee
- 1 teaspoon sea salt
- ¼ cup coconut aminos

FOR SERVING

- Coconut Yogurt (page 88)
- 2 tablespoons fresh cilantro, chopped
- Raw pumpkin seeds
- Savory Sweet Potato Herb Muffins (page 85)

EQUIPMENT

- Instant Pot or medium, heavy-bottomed pot
- High-speed electric blender or handheld immersion blender

INSTANT POT METHOD

- In a high-speed blender, combine the ginger and water and blend to make a "ginger broth." Transfer the broth to an Instant Pot.
- Add the carrots, milk, onion, garlic, ghee, salt, and coconut aminos and stir to combine.
- Secure the lid and ensure the pressure release valve is set to sealed.
- Set the pressure to high for 3 minutes.
- Allow the pressure to slow release, or carefully use the quick release.
- Allow to cool for 10 minutes before blending.
- Transfer the soup to a blender (see Note). Start blending on low and gradually go to high until the soup is silky smooth. Alternatively, puree the soup directly in the pot with a handheld immersion blender.
- Reheat the soup, if necessary. Transfer half of the soup to a small pot and heat on low for a few minutes.
- Ladle the soup into bowls and serve with a dollop of coconut yogurt, cilantro, and pumpkin seeds. A savory muffin with ghee is a fantastic addition.

STOVETOP METHOD

- In a high-speed blender, combine the ginger and water and blend to make a "ginger broth." Transfer the broth to a medium, heavy-bottomed pot.
- Add the carrots, milk, onion, garlic, ghee, salt, and coconut aminos and stir to combine. Set the heat to high and bring to a boil. Reduce the heat to low, cover, and simmer for 12 minutes, or until the carrots have softened.
- Turn off the heat, uncover, and allow the soup to cool for 10 to 15 minutes.
- Transfer the soup to a blender (see Note). Start blending on low and gradually go to high until the soup is silky smooth. Alternatively, puree the soup directly in the pot with a handheld immersion blender.
- Follow the Instant Pot method for finishing and saving the soup.

NOTE

- If your blender base is small, blend the soup in two or three batches. Do not fill the blender beyond the maximum level, especially with warm-to-hot ingredients because the steam will create pressure and can cause burns. Cover the lid with a kitchen towel and hold it down while blending.





ESTROGEN RESET

TEAS & LATTES

NUTRITIVE TEA

GINGER LEMON TEA

DANDELION TEA

NOURISHING LATTES

TURMERIC GOLDEN MILK LATTE

MUSHROOM CACAO LATTE

SPIRULINA LATTE

CALMING CHAMOMILE MINT LATTE





NUTRITIVE TEA

I learned this recipe from Paul Bergner, a renowned herbalist and the father of "vitalism"—a healing modality that focuses on restoring our own body's vital and healing energy; arming you with fuel to fight off imbalances and disease. This is contrary to modalities that try to fix each symptom, which can be a long, daunting, and unsuccessful process.

Gifting and flooding the body with an abundance of nutritive herbs is the cornerstone of vitalism. This tea offers herbs that are exceptionally high in calcium, magnesium, potassium, and iron, as well as those that have a particular affinity for women's reproductive organs.



NUTRITIVE TEA

PREP TIME

15 minutes

INFUSION TIME

30 minutes

SERVES

4

The tea was formulated to balance the drying/astringent herbs (such as red raspberry leaf or nettles) with moistening herbs (such as licorice). To reap the medicinal benefits of this infusion, I'm using the classical herbal ratio of 1:30 ratio, which means 1 gram of herbs to 30 ml of water. This recipe is therefore using 33 grams of herbs (which I converted to cups and tablespoons for simplicity) to 1 quart of water. Feel free to change the ratio of herbs used as you intuitively feel inclined. Do not feel as if the tea is incomplete if you don't use all the herbs. Please see the precautions listed below for some of the herbs.

INGREDIENTS

- 4 ½ cups filtered water
- ½ cup oatstraw (*Avena sativa*)
- ½ cup stinging nettles (*Urtica dioica*)
- ¼ cup red raspberry leaf (*Rubus idaeus*)
- ¼ cup peppermint (*Mentha piperita*)
- ¼ cup marshmallow leaf (*Althaea officinalis*)
- 1 tablespoon licorice root (*Glycyrrhiza glabra*)
- 1 tablespoon blackstrap molasses

EQUIPMENT

- 8-cup glass Pyrex measuring cup
- Mesh strainer or cheesecloth

INSTRUCTIONS

- In a saucepan, bring the water to a boil.
- Place all the herbs in the Pyrex measuring cup. Pour the boiling water over the herbs, stir, and cover with a silicone or glass lid. Let steep for 2 to 8 hours.
- Use a mesh strainer or cheesecloth (the latter is my preferred method to squeeze all the liquid out) to strain the tea into a pitcher or other glass container. The infusion should produce 1 quart of tea.
- Stir in the molasses and drink 2 cups per day. Store the tea in the refrigerator and drink within 3 days.

PRECAUTIONS

- Oatstraw: omit if you have Celiac or Crohn's disease.
- Marshmallow: omit if you are taking medications throughout the day. It interferes with medicine absorption and can only be taken 2 hours or more before any medication is ingested.
- Licorice: omit if you have hypertension (abnormally high blood pressure)

GINGER LEMON TEA

PREP TIME

5 minutes

STEEP TIME

10 minutes

TOTAL TIME

15 minutes

MAKES

2 servings

This warming tea will also stimulate your gastric juices (and help digestion) and alkalize your blood. Learn to drink it without any sugar—it might take a while to recalibrate your sweetness receptors, but it's well worth it.

INGREDIENTS

- 4-inch piece fresh ginger, unpeeled and crushed or sliced
- ½ organic lemon, unpeeled, sliced
- 3 cups filtered water
- Raw honey (optional)

EQUIPMENT

- Large teapot

INSTRUCTIONS

- In a saucepan, bring the water to a boil.
- Place the ginger and lemon in a large teapot, or divide it evenly between 2 cups. Pour the boiling water over ginger and lemon and let steep for a minimum of 10 minutes.
- Sweeten with a touch of honey, if desired, and serve.



DANDELION TEA

PREP TIME

5 minutes

STEEP TIME

15 minutes

TOTAL TIME

20 minutes

MAKES

2 servings

This pecky weed many people try to exterminate from their gardens is a highly potent detoxifier. The root has more efficacy for the kidney and the leaf for the kidneys. You can use both leaves and the root in one infusion, or one or the other. I drink a lot of dandelion leaf tea. Its bitterness acts as a digestive bitter, stimulating the gastric juices and enzymatic production, making it a wonderful post-meal companion.

INGREDIENTS

- 4 cups filtered water
- 2 tablespoons dandelion root, roasted or unroasted
- 2 tablespoons dandelion leaf (optional)
- Raw honey (optional)

EQUIPMENT

- Large teapot

INSTRUCTIONS

- In a saucepan, bring the water to a boil.
- Place the dandelion root and leaves (if using) in a large teapot, or divide evenly between 2 cups. Pour the boiling water over the dandelion and let steep for a minimum of 10 minutes.
- Sweeten with a touch of honey, if desired, and serve.

NOURISHING LATTES

PREP TIME

10 minutes

SERVES

2

MAKES

2 (8 oz.) lattes

These lattes are perfect for an afternoon snack or evening ritual. The combination of healing herbs and superfoods with a little nut milk and a touch of sweetness leaves you feeling satisfied and nourished.

LATTE BASE

- 2 cups any Nut, Seed, or Tuber Milk (page 46), warmed
- 4 pitted dates or 1 to 2 tablespoons raw honey
- 1 scoop of Hormones Balance Collagen Powder

EQUIPMENT

- High-speed electric blender

INSTRUCTIONS

- In a small saucepan over medium-high heat, warm the milk.
- In a high-speed electric blender, combine the milk, dates, and collagen powder. Choose the type of latte you wish you make and add those ingredients to the blender.
- Blend for 1 minute until a thick foam forms on top. Serve immediately.



TURMERIC GOLDEN LATTE

This anti-inflammatory superfood has recently become one of the most popular items in local cafés everywhere . . . and for good reason. It is full of antioxidants and immune-boosting properties, and has a lovely warming effect on the body.

INGREDIENTS

2 tablespoons Turmeric Golden Paste (page 47)
½ teaspoon ground cinnamon
½ teaspoon freshly grated ginger
2 cups Latte Base (page 77)

INSTRUCTIONS

Prepare as directed in the Latte Base procedure.

MUSHROOM CACAO LATTE

This combination of reishi mushroom and cacao is energizing and balancing. Reishi creates a sense of calm, while cacao is known for its uplifting properties. This is a warm cup of happiness, and the healthiest way to enjoy a nice cup of hot chocolate.

INGREDIENTS

2 tablespoons raw cacao powder
2 teaspoons reishi powder
1 teaspoon ground cinnamon
2 cups Latte Base (page 77)

INSTRUCTIONS

Prepare as directed in the Latte Base procedure.

SPIRULINA LATTE

Spirulina is a great source of protein, iodine, iron, and chlorophyll, making it a nutrient-dense powerhouse. Don't let the green color scare you away, because this latte is truly delicious. It will leave you feeling bright and energized. Don't consume spirulina if you have Hashimoto's elevated antibodies.

INGREDIENTS

2 tablespoons raw cacao powder
2 teaspoons reishi powder
1 teaspoon ground cinnamon
2 cups Latte Base (page 77)

INSTRUCTIONS

Prepare as directed in the Latte Base procedure.

CALMING CHAMOMILE MINT LATTE

A perfect bedtime ritual that will help you fall right into sweet dreams. The combination of sweet floral chamomile and refreshing mint is perfect to soothe both your mind and digestive system.

INGREDIENTS

1 cup filtered water
2 tablespoons loose-leaf chamomile tea, or two tea bags
2 tablespoons loose-leaf mint tea, or two tea bags
1 cup Latte Base (page 77)

INSTRUCTIONS

In a small saucepan, bring the water to a boil. Add the loose tea or tea bags. Reduce the heat to low and simmer for 5 minutes.

Turn off heat and steep for 15 minutes.

Strain tea and discard the leaves or tea bags.

Add Latte Base and serve immediately.





ESTROGEN RESET

BREAKFAST

FISHERMAN'S BREAKFAST

SAVORY SWEET POTATO HERB MUFFINS

TWO-INGREDIENT COCONUT YOGURT

SWEET POTATO WITH PUMPKIN SEED HALVAH DRIZZLE

ANTI-INFLAMMATORY GREEN SMOOTHIE

SPICED YOGURT BOWL





FISHERMAN'S BREAKFAST

PREP TIME	COOK TIME	SERVES
15 minutes	35 minutes	4

I absolutely love the combination of avocado and smoked salmon in this delightful savory breakfast that is bursting with flavor and packed with protein. If you are not a fan of smoked salmon, use cooked salmon instead.

Be sure to use bread that is truly whole grain- and gluten-free. Think breads that contain millet, quinoa, buckwheat flours, and a variety of seeds. Steer clear of breads containing a list of white flours such as tapioca, rice, potato starch, and gums like xanthan gum, which can be irritating to sensitive digestion. There are also many different varieties of sprouts available. My preference is broccoli sprouts for its content of sulforaphane and support in estrogen detoxification.

INGREDIENTS

- 4 slices Rustic Olive Bread, or store-bought gluten-free bread
- 4 tablespoons Chimichurri Sauce
- 4 tablespoons Olive Tapenade
- 4 to 6 ounces smoked salmon
- 1 avocado, sliced
- ½ cup broccoli sprouts
- ½ cup sauerkraut

EQUIPMENT

- Microplane grater

INSTRUCTIONS

- Toast the bread. Spread a layer of the chimichurri sauce onto each piece of toast followed by a layer of olive tapenade.
- Evenly distribute the salmon and avocado among the toast and top each piece with sprouts and sauerkraut.
- Serve immediately.





SAVORY SWEET POTATO HERB MUFFINS

These savory muffins are absolutely delightful. High in protein and fiber with a lovely balance of savory and earthy flavors, they are moist with just a little crumb on the top. A great choice for breakfast or to enjoy with a warm cup of soup or stew, a bit of ghee on these muffins is just heavenly.

Cook 6 large sweet potatoes in an Instant Pot (recipe on page 35) to use throughout the week. Use 2 sweet potatoes for the puree in this muffin recipe. You will have some leftover puree, but it's great to add to any meal, especially soups and as a spread on sandwiches.



SAVORY SWEET
POTATO HERB MUFFINS

PREP TIME	COOK TIME	MAKES
10 minutes	30 minutes	12 muffins

INGREDIENTS

- 1 cup sweet potato puree, homemade (recipe follows) or store-bought
- ⅔ cup chickpea flour
- 1 cup millet flour
- 2 tablespoons arrowroot powder
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup Nut, Seed, or Tuber Milk (page 46) or store-bought
- Freshly grated zest of 1 lemon
- Freshly squeezed juice of 1 lemon
- ⅓ cup Chimichurri Sauce (page 41)
- 2 tablespoons fresh thyme, chopped
- ⅔ cup chopped nuts and seeds, such as pecans, raw pumpkin seeds, and sesame seeds, plus 2 tablespoons for topping (optional but recommended)
- Coconut oil or ghee, for greasing
- 2 tablespoons extra-virgin olive oil for topping (optional, but recommended)
- Sea salt for topping

EQUIPMENT

- 12-cup standard muffin tin

INSTRUCTIONS

- Preheat oven to 350°F.
- To make the sweet potato puree, cut 6 sweet potatoes into cubes and cook in an Instant Pot for 4 minutes. Alternatively, place the cubed sweet potatoes in a pot with enough water to cover. Cook on medium-high for 20 minutes, or until tender. In a high-speed electric blender or a food processor, puree the sweet potatoes until smooth. Use 1 cup of the puree.
- In a medium bowl, combine the puree, both flours, arrowroot, baking powder, baking soda, salt, milk, lemon zest and juice, chimichurri, and thyme. Stir well, but do not overmix. Gently fold in the nuts and seeds.
- Prepare the muffin tin with liners, or rub with some coconut oil or ghee. Alternatively, use a silicone muffin pan with no oil or liners.

- Fill each muffin cup with ¾ cup of batter. These will not rise much so no need to worry about baking over. Brush the top of muffins with extra-virgin olive oil (if using) and sprinkle with sea salt and nut crumbs (if using).
- Bake for 30 minutes, rotating halfway through to ensure even baking.
- Allow to cool for 10 minutes in the tin. Remove the muffins from the tin and let to cool completely on a wire rack. Store in an airtight container at room temperature for up to 5 days. The muffins will keep stored in a zip-top bag in the freezer for up to 2 months. Allow 10 minutes to defrost. Reheat in a low oven for 10 minutes, if desired.



TWO-INGREDIENT COCONUT YOGURT

PREP TIME

10 minutes

FERMENTATION TIME

30 minutes

SET TIME

6 hours refrigerated

MAKES

4 cups, or 32 ounces

Making your own yogurt may seem scary, but I promise you, it is one of the most simple things to make and homemade yogurt will always be superior to store-bought. With only 2 ingredients, coconut milk and a culture starter, it is more wholesome, pure (no additives or thickeners here), and richer in probiotics (store-bought needs to be pasteurized). Coconut yogurt is great for a healthy, probiotic-rich breakfast and is marvelous dollopped onto soups and stews.

When you first make the yogurt it will seem thin, but it will thicken once refrigerated.

Always make sure to properly sterilize your jars prior to fermentation. Pour boiling water in a clean jar, allow to sit for a minute, and pour out the water. Allow the jar to cool completely. If you have a dishwasher, you may sterilize the jars in there as well. Do not use antibacterial soaps.

EQUIPMENT

Blender

32-ounce mason jar (or 2 16-ounce mason jars)

Cheesecloth

INGREDIENTS

2 BPA-free cans full-fat coconut milk

1 packet Culture for Health Vegan Yogurt Starter

INSTRUCTIONS

Pour the coconut milk into a blender and blend for 30 seconds, until smooth and lump-free.

Add the yogurt starter and blend on low for 30 seconds.

Transfer the mixture to a clean glass jar, cover with a piece of double-folded cheesecloth, secure with a rubber band, and set it aside on the kitchen counter

You may test the yogurt after 30 to 34 hours—the tartness will tell you if it's ready. When testing, use a wooden or silicone spoon. No metal, as this can affect the fermentation process.

Once the fermentation process is complete, remove and discard the cheesecloth. Stir the yogurt well, cover with a lid, and refrigerate for at least 6 hours. I usually refrigerate it overnight before eating it.

WHEN SHOULD I FERMENT?

I recommend making this in the morning or evening, as these are the times you are most likely to be home and in the kitchen.

HOW LONG SHOULD I FERMENT?

Fermentation times varies from one climate and temperature to another. If you are at a temperature of 60°F to 65°F, then fermentation should take the full 48 hours. If you are in a warmer climate, at about 70°F to 75°F, it will most likely take less time, around 30 to 34 hours. Another variable is how tangy you like your yogurt. I find that 34 hours is the least amount of time it takes to make this yogurt as tangy as I like it, with 48 hours being the max. For example: If you start the yogurt at 8:00 a.m., taste it the following evening at 6:00 p.m. If you find it could be a little more tangy, check it the following morning at 8:00 a.m.





SWEET POTATO WITH PUMPKIN SEED HALVAH DRIZZLE

PREP TIME
10 minutes

COOK TIME
35 minutes

SERVES
2

It may seem a little strange to have sweet potatoes for breakfast, but they are a highly filling and energizing way to start the day. Smothered with the Pumpkin Seed Halvah Drizzle, freshly ground flax, and multi-seed sprinkle, this will keep you going and glowing all through the morning. I love to sprinkle a little extra cinnamon on top because the sweet aromatic brings this breakfast to the next level. The sweet potatoes should be cooked in advance for an easy morning breakfast. You may also make the Pumpkin Seed Halvah Drizzle (page 126) in advance for an even quicker breakfast.

INGREDIENTS

- 2 large cooked sweet potatoes
- 4 tablespoons freshly ground flaxseed
- 4 tablespoons Pumpkin Seed Halvah Drizzle (page 126)
- 4 tablespoons Super Seed Mix (recipe follows)
- Ground cinnamon (optional)

SUPER SEED MIX

- $\frac{2}{3}$ cup raw pumpkin seeds
- $\frac{2}{3}$ cup hemp seeds
- $\frac{2}{3}$ cup sesame seeds

INSTRUCTIONS

- Slice the sweet potatoes down the center about three-quarters of the way through.
- Sprinkle 2 tablespoons of the flaxseed on each sweet potato.
- Drizzle 2 tablespoons of the halvah drizzle on each sweet potato.
- Top each sweet potato with 2 tablespoons of the super seed mix and a sprinkle of cinnamon (if using).

SUPER SEED MIX INSTRUCTIONS

In a medium bowl, combine the seeds. Store the mix in a glass jar in the refrigerator for up to 4 weeks. Use as a topping for salads and other breakfast dishes.



ANTI-INFLAMMATORY GREEN SMOOTHIE

PREP TIME	COOK TIME	SERVES
15 minutes	0	2

SPICED YOGURT BOWL

PREP TIME	COOK TIME	SERVES
15 minutes	0	2

This smoothie reminds me of a Key lime piña colada. Pineapple contains bromelain, an enzyme that aids digestion and lowers inflammation. This sustaining and thick smoothie will keep you happy for hours. Alternatively, eat it as breakfast bowl topped with some fresh berries and extra shredded coconut.

INGREDIENTS

- 2 cups Coconut Yogurt (page 88) or store-bought
- 1 avocado, cubed
- 1½ cups fresh or frozen pineapple
- 1 cup filtered water or nut milk of choice (page 46)
- 1 bunch cilantro, roughly chopped
- 2 scoops collagen powder (I use Hormone Balance Nutritionals)
- 2 tablespoons flaxseed
- 2 tablespoons unsweetened shredded coconut
- Freshly squeezed juice of 2 limes
- 1 tablespoon raw honey or ¼ teaspoon stevia (optional)

EQUIPMENT

High-speed electric blender

INSTRUCTIONS

In a high-speed blender, combine all of the ingredients and blend until smooth and creamy. This is a fairly thick smoothie. Add water or nut milk to thin it to your desired consistency.

Divide between 2 glasses and serve immediately.

I know it may seem strange to add spices like cumin to a yogurt breakfast bowl, but it's something I have learned in India and it works. Spices offer a multitude of benefits, from better digestion, reduced inflammation, and blood sugar stabilization. This recipe is inspired by a traditional Ayurvedic drink that is used for restoring better health, particularly in the gut.

INGREDIENTS

- 2 cups Coconut Yogurt (page 88) or store-bought
- 2 scoops collagen powder (I use Hormone Balance Nutritionals)
- ½ teaspoon ground cardamom
- ⅛ teaspoon ground cumin
- 1 tablespoons ground cinnamon, plus more for garnish
- 2 cups fresh berries, such as blueberries, raspberries, or blackberries
- 2 tablespoons ground flaxseed
- ¼ cup mixed seeds, such as pumpkin, sunflower, and hemp seeds
- 2 teaspoons raw honey or ⅛ teaspoon stevia

INSTRUCTIONS

In a large bowl, combine the coconut yogurt, collagen powder, cardamom, cumin, and cinnamon.

Divide between 2 bowls and top with the berries, flaxseed, and seed mix.

Drizzle the honey on top and sprinkle with cinnamon. Serve immediately.





ESTROGEN RESET

MAIN DISHES

SALMON SALAD NORI WRAPS

COCONUT CARDAMOM BEEF & LENTIL STEW

CHICKEN WITH FENNEL & RED CABBAGE

LEMONY QUINOA & VEGETABLE STIR-FRY

SWEET POTATO, AVOCADO, & PESTO SANDWICH

SURF 'N' TURF

PORTABELLA MUSHROOM SANDWICH

AVOCADO CITRUS SALAD
WITH PUMPKIN SEED HALVAH DRIZZLE

FORBIDDEN RICE BOWL



SALMON SALAD NORI WRAPS

PREP TIME	COOK TIME	MAKES
10 minutes	0 minutes	2 nori wraps

High in protein, omega-3s, and healthy fats, this super-quick salad will fill you up and keep you satisfied. Nori is a great way to make a simple, nourishing wrap. Use freshly cooked salmon or wild salmon from a jar or BPA-free can. Aside from many health benefits, the dill and fresh lemon zest really make this dish burst with flavor.

SALMON SALAD

- 12 ounces cooked salmon
- 1 medium avocado, pitted and peeled
- ¼ cup fresh dill, finely chopped, plus more as needed
- ¼ teaspoon sea salt
- 2 teaspoons mustard
- Freshly grated zest of 1 lemon
- 2 tablespoons freshly squeezed lemon juice, plus more as needed

NORI WRAPS

- 2 sheets of nori*
- 2 cups broccoli or alfalfa sprouts
- 2 large dill pickles, sliced lengthwise
- Sesame or hemp seeds (optional)
- Sauerkraut, for serving

EQUIPMENT

- Microplane grater

INSTRUCTIONS

In a medium bowl, combine all of the salad ingredients. Mix well and adjust the amount of dill and lemon as you like. The ingredients are highly healing, so try to do more than less!

Lay each nori sheet out on a clean, dry surface.

Divide the sprouts and salad between the two sheets. Add a few slices of pickle to each wrap and sprinkle some sesame or hemp seeds (if using) over top.

Slightly dampen the edge of the nori and roll them up like a burrito. Slice each wrap in half down the center and serve with a side of sauerkraut.

NOTE

If you plan to pack your wrap to eat later, double the nori or use a dark leafy green, such as collards, as a second wrapper. Simply roll and slice the wrap as directed above. Take one large collard and slice down the stem on each side so you have two strips. Wrap one strip around each half.

*If you are not a fan of nori, use collards or dinosaur kale. Many stores also sell paleo wraps, too, which can be a great alternative.





COCONUT CARDAMOM BEEF & LENTIL STEW

This hearty stew incorporates some very healing spices that help to nourish the body from the inside out. In countries like India, Iran, China, or Korea, there is a blurred line between where spices play a medicinal and culinary role. Historically, in many countries, spices were used to combat inflammation and digestion issues, and also employed to boost immunity.

The lentils break down to create a thick broth, without the use of flour. Adding the greens at the end of the cooking process allows for many nutrients to remain, while slightly cooking them for better digestion. This stew is delicious on its own, but a warm Sweet Potato and Herb Muffin (page 85) on the side with some ghee is a wonderful accompaniment. Most soups and stews taste better the next day, therefore this is a double-batch recipe.



COCONUT CARDAMOM BEEF & LENTIL STEW

PREP TIME	COOK TIME	MAKES
15 minutes	35 minutes + 10 minutes to pressure release	4 servings

INGREDIENTS

- ¼ cup ghee or coconut oil
- 2 pounds beef stew meat, cut into 2-inch cubes
- 1 medium yellow onion, diced
- 1 tablespoon whole cumin seeds
- 1 tablespoon ground cardamom
- 1 cup red lentils
- ¼ cup Turmeric Golden Paste (page 47)
- 2 teaspoons sea salt, plus more to taste
- 2 cups Healing Bone Broth (page 40) or store-bought organic bone broth
- 1 BPA-free can full-fat coconut milk
- 2 cups tightly packed baby kale or arugula
- 2 tablespoons coconut yogurt, for garnish
- 2 tablespoons chopped fresh parsley, for garnish

EQUIPMENT

Instant Pot or large, heavy-bottomed pot

INSTANT POT

Set the Instant Pot to Sauté. Add half of the ghee or coconut oil and half of the beef. Sauté for 8 minutes, or until the beef is browned on all sides. Transfer the beef to a plate and set aside, leaving the brown bits in the pot. Repeat with the remaining half of the beef.

Add a splash of the bone broth to the pot and scrape the browned bits. This will infuse the stew with flavor. Add the onions and sauté for a few minutes, stirring frequently. Add the cumin and cardamom and stir, cooking for 1 minute. Turn off the Sauté mode.

Add the lentils, turmeric paste, remaining bone broth, coconut milk, and salt. Stir well. Return the beef to the pot.

Lock the lid in place, making sure the valve is sealed. Set the Instant Pot to Pressure and cook for 20 minutes on high.

Once the stew has cooked you can allow the pressure to release naturally, or carefully use the quick release. Open the lid and stir in the kale; it will wilt in the heat of the stew.

To serve, ladle the stew into bowls and garnish each portion with a dollop of coconut yogurt and a sprinkle of parsley.

STOVETOP

In a large, heavy-bottomed pot, heat half the ghee or coconut oil over medium-high heat. Add half of the beef. Sauté for about 8 minutes, until the beef is browned on all sides. Transfer the beef to a plate and set aside, leaving the browned bits in the pot. Repeat with the remaining beef.

Add a splash of the bone broth to the pot and scrape the browned bits. This will infuse the stew with flavor. Add the onions and sauté for a few minutes, stirring frequently. Add the cumin and cardamom and stir, cooking for 1 minute. Stir in the turmeric paste.

Stir in the lentils, bone broth, and coconut milk.

Add the beef back into the pot. Stir and reduce the heat to low. Cover and simmer for 30 minutes.

Turn off heat and add the kale. You may need to add a little more broth or water to thin it out, ½ to 1 cup.

Follow the Instant Pot Method for serving the stew.





CHICKEN WITH FENNEL AND RED CABBAGE

The Instant Pot has become my new best friend, and I still can't believe it took me so long to get onboard. I don't even want to think of the hours I spent at the stove monitoring my creations. With this contraption, a meal is ready in 30 unsupervised minutes.

After browning the chicken, it's just a matter of adding everything else to the pot, setting it, and walking away! I prefer to use bone-in, skin-on chicken thighs for their flavor and juicy texture. Fennel adds a nice sweetness to the dish and is known to help with digestion. If you are not a fan of fennel, feel free to use the whole red cabbage instead, and substitute the ground fennel with another herb such as oregano or cumin.



CHICKEN WITH FENNEL AND RED CABBAGE

PREP TIME	COOK TIME	SERVES
15 minutes	35 minutes	4

INGREDIENTS

- 2 tablespoons ghee
- 2 tablespoons extra-virgin olive oil
- 2 pounds chicken thighs, bone and skin on
- 2 teaspoons sea salt
- 2 tablespoons fennel seeds, coarsely ground
- ¼ cup apple cider vinegar
- 1 large fennel bulb, sliced
- ½ medium red cabbage, sliced
- 2 tablespoons coconut aminos
- ½ cup Healing Bone Broth (page 40), store-bought organic broth or water
- 2 tablespoons coconut aminos
- Coconut Yogurt (page 88), for serving (optional)
- Chimichurri Sauce (page 41), for serving (optional)

EQUIPMENT

- Dutch oven, or large, heavy-bottomed pot
- Spice grinder

INSTANT POT METHOD

Season the chicken thighs with ½ teaspoon salt and 1 teaspoon ground fennel.

Set the Instant Pot to Sauté. Add the ghee and olive oil. After 1 minute, add the chicken, skin side down and cook for 8 minutes, until browned. Flip and cook for 1 minute more. Transfer the chicken to a plate.

Slowly pour the cider vinegar into the Instant Pot and stir, scraping the browned bits from the bottom. Add the fennel, cabbage, and remaining salt and ground fennel. Pour in the broth and coconut aminos and arrange the chicken on top of the cabbage.

Lock the lid in place, making sure the valve is sealed. Set the Instant Pot to Pressure-cook for 10 minutes on high.

Allow the pressure to release naturally, or carefully use the quick release. Serve the chicken and cabbage with coconut yogurt and Chimichurri Sauce, if desired.

STOVETOP METHOD

Season the chicken thighs with ½ teaspoon of salt and 1 teaspoon of ground fennel. In a large, heavy-bottomed pot set on high heat, heat the ghee and olive oil for 1 minute, until the oil begins to sizzle. Add the chicken, skin side down and cook for 6 to 7 minutes, until the skin is golden brown. Flip and cook for 2 minutes more.

Transfer the chicken to a plate. Turn off the heat, but do not rinse the pot.

To the pot, add the broth, cider vinegar, coconut aminos, and remaining salt and ground fennel and set the heat to medium. Stir, scraping the browned bits from the bottom of the pot.

Add the fennel and cabbage and stir again. Arrange the chicken on top of the cabbage, cover the pot, and reduce the heat to medium-low. Simmer for 25 minutes.

Serve the chicken and cabbage with coconut yogurt and Chimichurri Sauce, if desired.





LEMONY QUINOA & VEGETABLE STIR-FRY

PREP TIME

15 minutes

COOK TIME

35 minutes

SERVES

4

INGREDIENTS

2 tablespoons coconut oil or sesame oil

½ yellow onion, sliced

5 garlic cloves, sliced

½ cup shiitake mushrooms, sliced

½ medium head broccoli, chopped into bite-size pieces

1 carrot, sliced diagonally

½ medium daikon radish, sliced diagonally

½ cup snow peas

½ cup cabbage, chopped

¼ cup coconut aminos

1-inch piece fresh ginger, peeled or un-peeled, grated

Cooked protein of choice, such as sardines, chicken, or shrimp (optional)

Zest and juice of 1 lemon

2 cups Lemony Quinoa (page 34)

Sesame seeds (optional)

EQUIPMENT

Microplane grater

INSTRUCTIONS

In a large sauté pan, heat the oil over medium-high heat. Add the onion and sauté for 1 to 2 minutes. Add the garlic, mushrooms, and broccoli. Sauté for 5 minutes, stirring occasionally.

Add the carrot, radish, snow peas, cabbage, coconut aminos, ginger, and protein (if using). Sauté for 3 minutes, stirring occasionally. Cover and cook for 3 minutes more.

Remove the pan from the heat and add the lemon zest and juice. Stir to combine and serve with 1 cup Lemony Quinoa per serving and garnish with sesame seeds, if desired.





SWEET POTATO, AVOCADO & PESTO SANDWICH

PREP TIME

5

COOK TIME

0 minutes

MAKES

2 sandwiches

This takes the ordinary sandwich to a whole new level. Sweet potato lends a beautiful creamy texture and naturally sweet flavor that is surprisingly filling. The combination of sweet potato with avocado and pesto will completely satisfy all of your senses, leaving you full and not craving a snack. This is a great way to balance your blood sugar levels.

Make our Rustic Olive Bread (page 51) or pick one from a health food store. If you go with a store-bought bread, choose one that offers more whole grains. Avoid the white, starchy options. Choose breads that have higher protein and fiber content, such as millet, quinoa, and a variety of seeds. Preparing the sweet potatoes in a large batch ahead of time makes this a super-quick lunch option.

INGREDIENTS

4 slices Rustic Olive Bread, toasted
(page 51)

¼ cup Pumpkin Seed Pesto (page 43)

1 large cooked sweet potato,
sliced into 4 (1-inch) rounds

1 avocado, sliced

1 cup sprouts, broccoli or alfalfa

Pickles or sauerkraut, for serving

INSTRUCTIONS

Toast the bread and evenly spread the pesto onto each slice.

On 2 of the slices, place 2 of the sweet potato rounds and divide the avocado and sprouts between them. Top with the 2 remaining sweet potato rounds.

Close up the sandwiches with the 2 remaining slices of toast and press down gently. Cut in half and serve with a side of pickles and or sauerkraut.





SURF 'N' TURF

CAULIFLOWER STEAK WITH SALMON & ASPARAGUS

This is a delicious twist on a classic surf 'n' turf. Cauliflower replaces the steak. It may sound strange to think of cauliflower as a steak, but it works and it's delicious.

Choose the largest head of cauliflower you can find. If only small ones are available, get 2. You want the slices to come from the very center, therefore do not slice too much off the core. This helps keep the steaks from breaking apart. There will always be a few pieces that fall off, and that is OK. You can use the leftover cauliflower for another recipe in the meal plan.



SURF 'N' TURF CAULIFLOWER STEAK WITH SALMON & ASPARAGUS

PREP TIME	COOK TIME	SERVES
10 minutes	30 minutes	2

INGREDIENTS

- 1 tablespoon ghee
- 1 tablespoon coconut aminos
- 1 large head cauliflower, sliced from the center into two 1½-inch-thick pieces
- Sea salt
- 1 bunch asparagus (about 16 spears)
- 2 tablespoons extra-virgin olive oil, plus or more as needed for cooking the salmon
- Freshly grated zest of 1 lemon
- 2 raw or smoked wild salmon fillets, 6 to 8 ounces each
- 2 tablespoons Chimichurri Sauce (page 41)
- 1 tablespoon freshly squeezed lemon juice

EQUIPMENT

- 2 rimmed baking sheets
- Parchment paper
- Microplane grater

CAULIFLOWER STEAKS

- Preheat oven to 400°F. Line 2 rimmed baking sheets with parchment paper.
- In a large skillet set over medium-high heat, melt the ghee.
- In a small bowl, combine the melted ghee and the coconut aminos.
- Place the cauliflower steaks on 1 of the prepared baking sheets and generously brush both sides with the ghee mixture.
- Sprinkle with some sea salt and bake for 15 minutes, flip, and bake 15 minutes more, or until lightly golden.

ROASTED ASPARAGUS

- Cut the woody ends off of asparagus and slice each spear down the center lengthwise. You may leave them whole, if desired.
- Transfer to the other prepared baking sheet and sprinkle with sea salt and drizzle with olive oil. Sprinkle half of the lemon zest over the asparagus and gently toss.

Roast for 7 to 10 minutes. I suggest putting them in when you flip the cauliflower steaks, and removing them just before your timer for the steaks goes off.

IF USING RAW SALMON

- Rinse and pat dry the salmon. Sprinkle with sea salt and sprinkle the remaining lemon zest over top.
- In a large skillet over medium-high heat, heat 1 tablespoon extra-virgin olive oil and 1 tablespoon water. When hot, add the salmon, skin side down, and cook, uncovered, for 4 minutes. Flip the salmon and cook for 6 minutes more.
- To serve, place a cauliflower steak on each plate and arrange the asparagus on top, followed by a piece of salmon. Top each salmon portion with 1 tablespoon of Chimichurri Sauce and a sprinkle of lemon juice.

NOTES ON COOKING THE SALMON

- Wild salmon and organically farmed salmon will cook differently than farmed salmon (which I don't recommend eating). Wild salmon tends to have less fat, which means it won't take as long to cook as the farmed variety, and you may need to use an additional tablespoon of oil.
- Cook the salmon to your doneness preference. If you prefer more well-done salmon, cook it covered for a little longer than advised in the salmon procedure. For medium, sauté it, uncovered (that's how I prefer it). Most people overcook fish, which causes it to become dry and flavorless. If you are buying high-quality fresh fish, you do not have to worry about it being "undercooked."





PORTABELLA MUSHROOM SANDWICH

Sandwiches are a great way to layer lots of healthy ingredients with loads of flavor in each and every bite. Use more or less of the sauces and spreads as you please. You may use roasted beets or lacto-fermented beets (there are some really good brands available in health food stores)—feel free to experiment. One of my favorite parts about this recipe is the simple marinade for the mushrooms. It has a wonderful balance of sweet and salty flavor, and plays beautifully with the meatiness of the mushroom.



PORTABELLA
MUSHROOM SANDWICH

PREP TIME	COOK TIME	MAKES
10 minutes	15 minutes	2 sandwiches

QUICK MARINATED MUSHROOMS

- 2 tablespoons whole-grain mustard
- 2 tablespoons coconut aminos
- 2 tablespoons extra-virgin olive oil
- 2 large portabella mushrooms, stems removed

SANDWICHES

- 4 slices Rustic Olive Bread (page 51)
- 2 to 4 tablespoons Artichoke Olive Tapenade (page 48)
- 2 to 4 tablespoons hummus
- 1 avocado, sliced
- 1 cup shredded beets (raw, lacto-fermented, or roasted)
- 1 cup broccoli sprouts
- Sauerkraut or dill pickles (optional)

EQUIPMENT

- Rimmed baking sheet

INSTRUCTIONS

Preheat oven to 400°F.

For the marinade: In small bowl, combine the mustard, coconut aminos, and olive oil. Toss the mushrooms with the marinade, making sure they are evenly coated.

Place the mushrooms on a rimmed baking sheet and roast for 15 minutes. Remove from the oven and set aside to cool slightly.

While the mushrooms are cooling, toast the bread.

To assemble, spread the olive tapenade and hummus on each slice of toast. Place 1 mushroom, gill side down, on 1 slice of toast. Top with ½ of the avocado, ½ cup beets, and ½ cup sprouts. Top with another slice of toast, pressing down light. Repeat to make the second sandwich.

Slice the 2 sandwiches in half and serve with dill pickles or sauerkraut, if desired.

AVOCADO CITRUS SALAD
WITH PUMPKIN SEED
HALVAH DRIZZLE

PREP TIME	COOK TIME	SERVES
10 minutes	0 minutes	2

Sweet, juicy oranges, creamy avocado, and Pumpkin Seed Halvah Drizzle. This salad is simply a taste of heaven. Oranges are known to be very uplifting, so this is the perfect snack for that extra little boost we all need sometimes.

INGREDIENTS

- 2 oranges, peeled and sectioned
- 1 avocado, cubed
- ¼ cup Pumpkin Seed Halvah Drizzle (page 126)
- 2 tablespoons raw pumpkin seeds

INSTRUCTIONS

In a medium bowl, combine the oranges and avocado. Drizzle with the pumpkin halvah and toss.

Divide between 2 bowls and sprinkle with the pumpkin seeds.





FORBIDDEN RICE BOWL

Forbidden rice, aka black rice, is superior to many other rices. The deep, black and purple color is an indication of high antioxidant levels. It is also higher in protein and rich in fiber. The color is beautiful mixed with the fresh herbs and pumpkin seeds. If you are new to this rice, you are in for a special treat. Your heart will thank you for this nutritious bowl of goodness.

Adding kelp, a type of sea vegetable, to the cooking process helps for better digestion of grains and adds iodine (an estrogen metabolizer), vital minerals, and nutrients to the dish. Cook it whole and then chop it up once it is softened from the cooking process.



FORBIDDEN RICE BOWL

PREP TIME	COOK TIME	SERVES
10 minutes	30 minutes	2

INGREDIENTS

- 1½ cups forbidden rice (or brown rice; see Note)
- 3 cups filtered water
- 1 strip kelp
- ¼ cup extra-virgin olive oil
- 2 teaspoons sea salt, plus more as needed
- 2 teaspoons ground cumin
- ½ cup raw pumpkin seeds
- ½ cup raw sunflower seeds
- Zest and juice of 2 lemons
- 1 cup packed cilantro, finely chopped
- 1 cup packed parsley, finely chopped
- ½ red onion, chopped

FOR SERVING

- Steamed broccoli or asparagus
- Sliced avocado
- Sauerkraut
- Simple Tahini Sauce (page 38)

EQUIPMENT

- 2 rimmed baking sheets
- Parchment paper
- Microplane grater

STOVE TOP

In a medium pot over medium-high heat, combine the rice, water, kelp, 2 tablespoons of the oil, salt, and cumin and bring to a boil. Reduce the heat to medium-low, cover, and simmer for 40 minutes.

Turn off heat and keep the pot on the stove to rest for 10 to 15 minutes. This allows the rice to absorb the last bit of liquid and cooks the rice perfectly.

You may discard the kelp, but consider chopping and adding it to the salad because of its nutritional density.

Transfer the rice to a large bowl. Add the seeds, lemon zest and juice, herbs, and onion. Toss to combine and season with salt.

Serve with steamed broccoli or asparagus, avocado, sauerkraut, and a drizzle of tahini sauce.

INSTANT POT

In the Instant Pot, combine the rice, water, kelp, oil, salt, and cumin.

Secure the lid and ensure the pressure release valve is set to sealed.

Set the pressure to high for 22 minutes.

Allow the pressure to slow release, or carefully use the quick release.

If you have the time, allow the rice to rest for 10 to 20 minutes. This is not mandatory, although the rice absorbs the liquid more as it cools. I also prefer to add the herbs to cooled rice, to keep them fresh and vibrant.

Follow the Instant Pot method for finishing and serving the rice bowl.

NOTE

If you are using an alternative rice, please adjust the cooking time according to package directions.





ESTROGEN RESET

DESSERTS & TREATS

HEMP HALVAH BITES

PUMPKIN SEED HALVAH DRIZZLE

CHOCOLATE-COVERED BRAZIL NUTS





HEMP HALVAH BITES

PREP TIME	COOK TIME	MAKES
10 minutes	20 minutes	24 squares

A sweet treat does not have to be unhealthy, and these are the perfect example of a truly healthy dessert! They are packed with vitamin E and can support progesterone production. They're also full of healthy fats, pure sweetness from raw honey, and blood sugar stabilizing cinnamon . . . this is a dessert that will treat you well.

INGREDIENTS

- 2 cups walnuts, finely chopped
- 1 cup tahini (sesame paste)
- ½ cup hemp seeds
- ½ cup raw honey
- ½ cup sesame seeds
- 2 tablespoons ground cinnamon
- 2 teaspoon pure vanilla extract
- ½ teaspoon sea salt

EQUIPMENT

- Parchment paper
- 8 x 12-inch baking pan

INSTRUCTIONS

- Line an 8 x 12-inch baking pan with parchment paper.
- In a medium bowl, combine all of the ingredients and stir well with a wooden spoon, or use your hands.
- Transfer the mixture to the prepared baking sheet and chill in the freezer for 1 hour.
- To remove, gently tug the sides of the parchment paper and lift the halvah out of the pan and onto a cutting board.
- Cut into 24 squares. Store in the refrigerator in an airtight container for up to 3 weeks, or in the freezer for up to 2 months.



PUMPKIN SEED HALVAH DRIZZLE

PREP TIME

10 minutes

COOK TIME

0

MAKES

2 cups

Delicious, nutrient-dense, and sweet, this dressing is full of immune-boosting magnesium and zinc. The cinnamon and honey make this healthy twist on the classic sesame halvah a perfect topping for breakfast bowls and simple snacks, such as berries and oranges. Make it ahead so it's ready to dress your dish.

If you do not have or can't find pumpkin seed butter and do not wish to make it, use tahini (sesame paste) instead. I find that all seed and nut butters vary in their consistency, so adjust accordingly. If the drizzle is too thin, add a little more pumpkin butter, and if it is too thick, add a splash of water. The dressing will thicken slightly once refrigerated.

INGREDIENTS

- 1½ cups pumpkin seed butter or tahini
- ¾ cup filtered water
- ¼ cup raw honey
- 1 tablespoon ground cinnamon
- 1 teaspoon pure vanilla extract
- ½ teaspoon sea salt

EQUIPMENT

- High-speed electric blender
- 16-ounce glass jar

INSTRUCTIONS

- In a high-speed blender, combine all of the ingredients and puree until smooth.
- Transfer the dressing to a 16-ounce glass jar. Store it in the refrigerator for up to 10 days.



CHOCOLATE-COVERED BRAZIL NUTS

PREP TIME

20 minutes

FREEZE TIME

8 hours

CHILL TIME

20 minutes

MAKES

2 cups

INGREDIENTS

- 2 cups Brazil nuts
- 6 ounces 70% or higher dark chocolate
- 1 tablespoon coconut oil

EQUIPMENT

- Heatproof glass bowl
- Rimmed baking sheet
- Parchment paper

INSTRUCTIONS

- Place the nuts in an airtight container and freeze overnight.
- Break the chocolate into small pieces and place it in a heatproof bowl, such as a Pyrex bowl, or a double boiler. For a make-shift double boiler: In a small saucepan over medium-high heat, heat 2 cups water. Set the heatproof bowl inside the saucepan, uncovered, making sure the bottom of the bowl does not touch the water.
- Add the coconut oil to the chocolate, stirring occasionally, until the chocolate has completely melted, 5 to 10 minutes.
- Remove the chocolate mixture from the heat and set aside to cool for 10 minutes.
- Remove the nuts from the freezer and add them to the chocolate sauce. Chilling the nuts allows for a thicker coating of chocolate. Pour the nuts and chocolate onto a baking sheet lined with parchment paper. Use a spatula to spread the mixture into a single layer.
- Chill the coated nuts in the refrigerator for about 20 minutes. Remove and break the chocolate into pieces. Store in an airtight container in the refrigerator or freezer for up to 2 months.

ESTROGEN RESET

F M P JOURNAL

GETTING STARTED

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)
May 10th 8:00 AM	1 bowl of whole grain cereal with low fat milk		Constipation, Type #1. Brown. Feels like there is more left.
9:30 AM		Feel tired and moody, slight headache, already hungry again	
11:30 AM	Water, turkey sandwich on whole wheat bread, potato chips, apple		
12:00 PM		Feel slightly better: less moody, headache gone, still tired	
3:00 PM	Roast chicken, 1 bowl of veg-etable soup, salad (lettuce, cucumber, to-mato, carrot, Italian dressing)		Got diarrhea.

MY FMP JOURNAL DAY 1

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)



MY FMP JOURNAL
DAY 2

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)

MY FMP JOURNAL
DAY 3

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)



MY FMP JOURNAL
DAY 4

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)

MY FMP JOURNAL
DAY 5

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)



MY FMP JOURNAL
DAY 6

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)

MY FMP JOURNAL
DAY 7

DATE & TIME	FOOD & DRINK CONSUMED	HOW I FEEL (MOOD & ENERGY)	POOP (BRIEFLY DESCRIBE)





