

The image features three glass jars filled with a thick, purple smoothie, each with a pink and white striped straw. The jars are arranged on a rustic wooden surface. In the background, a cluster of small, vibrant purple flowers adds a decorative touch. The text is overlaid on the right side of the image in a white, serif font.

**3 Days to lose  
weight & shrink  
that belly over the  
holidays....  
despite those hot  
mess hormones**



# WELCOME

Hey girlfriend,

Are you tired of belly bloat, weight gain, moodiness, and crazy hormones? Do you wish you could wake up every day feeling amazing?

The good news? You don't need to live like this. You can improve your hormone health – without medication! Medication does not fix hormone imbalance; it only masks it. And you probably already know that synthetic hormones are not healthy.

What if I told you hormone recovery is possible by merely changing your diet and lifestyle? That's what I believe. More importantly, that's what I experienced. At one time, I had crazy hard periods, chronic belly bloating, hair loss and I could get into some pretty funky moods too!

That all changed when I adopted a healthy lifestyle and diet. Today I am going to teach you exactly what I did to get my hormones back on track. So, if you are ready to step out of the struggle and get back to your bliss – read on.

## CHANGE YOUR MINDSET

It all starts here my friend. You can't just wish your way to hormone recovery! Your internal self-dialogue has a powerful influence over your hormones.

Let's do a quick mindset assessment.

What do you believe about your periods?

Would you be happy if you never had another period?

How frustrated are you with perimenopause or menopause?

How do you feel about your body?

Do you feel worthy?

What you believe will significantly influence your body's biochemistry. It's true! So, the first step in hormone recovery is to change your beliefs about your womanhood, your body image, and your self-worth.



There are lots of ways to shift your mindset; one of the fastest is affirmations. Try practicing some "I AM" affirmations.

"I am happy to be a woman."

"I am thankful for my monthly periods."

"I am thankful for this time in my life."

If the notion of being thankful for your monthly periods made you giggle, remember this - without estrogen, you would not have boobs, curves or a killer butt! Estrogen is what makes you a woman.

## PUT THE BRAKES ON STRESS

Stress messes up your hormones - period! Stress and happy hormones cannot co-exist. When there is prolonged stress, your body raises cortisol levels. High levels of cortisol will rob you of precious progesterone and set you up for estrogen dominance. What is estrogen dominance? Let me put it this way ... painful periods, heavy periods, bloating, breast pain, moodiness, and feeling like you want to slap someone, those are courtesy of estrogen dominance. If you're going to recover your hormone bliss, consider how you can manage your stress (real and perceived).

Here are my favorite stress reducing tips:

Yin Yoga

Meditation

Breathwork

Doing things, you love

Knowing when to say "NO".


Stop spending time with toxic people

To reap the benefits, you must do these things regularly!

## REDUCE EXPOSURE TO TOXINS

Have you heard of endocrine disrupting chemicals? If you answered no, it's time to get empowered as your hormone health depends on it.

Unfortunately, our environment is loaded with these kinds of chemicals. As the name implies, these chemicals disrupt the endocrine system and wreak havoc on your hormones. If you are not familiar with the word endocrine



system, what you need to know is your ovaries are part of the endocrine system (so are the adrenal glands and thyroid).

These nasty chemicals can cause severe dysfunction of the ovaries such as PCOS and infertility.

You have been exposed to these chemicals via your beauty care products, household cleaners, tap water, and diet. While you cannot eliminate your exposure to endocrine disrupting chemicals (because the planet is poisoned), you can significantly reduce it.

As women, are greatest daily exposure comes from our personal and beauty care products.

There are several environmental toxins found in today's standard products including:

- Aluminum Chips(found in anti-perspirants)
- Phthalates (found in skin care items, perfumes, nail polish and hairsprays)
- Furans & Dioxins(found in tampons)
- Chemical Solvents(found in dishwasher detergent & laundry care items)
- Parabens(found in lotions, makeup, shampoos and conditioners)

### **Use these instead:**

- Acure: Use for your shampoos, conditioners, face creams and more.
- LOLA & Honest: Both make affordable organic tampons.
- Schmidt's & Tom's of Maine: Use for great deodorant free of aluminum.
- Dazzle Dry: A healthy, non-toxic brand of nail polish that helps nails grow.
- Ilia and Kosas: Beautiful non-toxic makeup options.
- Seventh Generation: Non-toxic household cleaners, laundry detergents and dishwasher detergents.

## **IMPROVE YOUR MICROBIOME**

The microbiome is made up of the microbes that live in your gut. Believe it or not, the gut microbiome does more than keep your gut in check. The gut microbiome plays a significant role in hormone balance too.

Your body makes three main types of estrogen estriol, estradiol, and estrone. While your reproductive system produces these estrogens, they are

generated by your gut microbiome as well. Isn't that interesting? When your gut microbiome is not healthy, hormone imbalance can result. Especially estrogen imbalance.

Luckily there are steps you can take to improve your gut microbiome and thus improve your hormone health. Here are some ideas:

- Take a high-quality probiotic (MegaSporeBiotic).

- Add one tbsp. cultured vegetables to your meals (Wild Brine beets or cabbage).

- Drink probiotic drinks like Kevita or Kombucha

- Drink beef bone broth

- Reduce high lectin foods (seeds, nuts, beans, and grains)

- Reduce the use of antacids

- Do not take unnecessary antibiotics

## FIX YOUR DIET

What's on your plate these days girlfriend? Do you need to reel yourself in? First, reduce how often you are eating out. Start eating at home as often as possible. When you eat out, you cannot control the quality of the foods you're eating.

### EAT HEALTHY HORMONE FOODS

There are a lot of foods that support healthy hormone balance. Here are my top five:

- Coconut oil: Your body needs healthy fats to produce hormones.

- Shrimp: Your breasts and your thyroid gland need iodine.

- Kale: Kale offers a unique compound called DIM (Diindolylmethane). DIM supports healthy estrogen metabolism and prevents estrogen dominance.

- Brussel sprouts: Did I say DIM? Yup...you need this!

- Flaxseed: High in omega 3 to help you rock your hormones.

### REDUCE INFLAMMATORY FOODS

It's time to detox your pantry and clean out the refrigerator.

- Processed foods: For obvious reasons!

- Grains: We love pseudo grains like quinoa, which is a top superfood for hormone health plus this awesome food keeps your androgen levels even.



# YOUR AMAZING 3-DAY MENU

## DAY 1

Upon waking, drink warm lemon water.

## BREAKFAST

### SMOOTHIE

#### **Serves 1**

1 HORMONE BERRY SMOOTHIE

Serves 1

1 ½ cups full-fat, unsweetened coconut milk  
1 scoop collagen protein or marine collagen (Vital Proteins)  
½ avocado  
1 cup spinach  
2 Brazil nuts, preferably soaked overnight  
2 tablespoons kelp sprinkles  
1 cup strawberries  
1-inch fresh ginger root

Blend in a high-speed blender and enjoy with love





# LUNCH

## KALE AND SWEET POTATO WITH SIDE SALAD

### **Serves 2**


- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 cups chopped sweet potatoes
- 1 bunch kale, chopped
- 1 15-ounce can black beans, drained and rinsed
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 6 cups vegetable broth

Melt coconut oil in a large pot over medium heat. Add onion and garlic. Stir for about 3 minutes until fragrant. Add sweet potatoes, kale, black beans, paprika, cumin, and vegetable broth. Stir well and cover. Bring to a boil, then reduce heat to a simmer. Continue to cook for about 15 minutes or until the sweet potatoes are tender.

## SIDE SALAD

### **Serves 2**

- 4 cups mixed greens
- 1 handful cherry tomatoes
- 1 cup peeled and chopped cucumber
- ½ cup broccoli slaw
- 1 avocado, diced
- 1 lemon, cut in half
- tahini, for dressing
- balsamic vinegar, to taste
- sea salt and black pepper, to taste



Combine mixed greens, cherry tomatoes, cucumber, and broccoli slaw in a large bowl and top with avocado. Squeeze the juice of the full lemon over the top. Drizzle salad with tahini and toss with balsamic vinegar. Season with salt and pepper, as desired.

## SNACK

green tea with 1 apple and 3 brazil nuts

## DINNER

### BEEF CHILI AND LARGE SALAD


#### **Serves 6**

- 2 tablespoons coconut oil
- 1 medium yellow onion, chopped
- 2 large carrots, chopped
- 2 medium celery ribs, chopped
- 2 medium red bell peppers, chopped
- 1-pound chopped portobello mushrooms
- 1 medium jalapeño pepper, chopped (optional)
- 1½ pounds ground beef
- 3 garlic cloves, chopped
- sea salt and black pepper, to taste
- 2 teaspoons dried oregano
- 1 tablespoon ground cumin
- 2 teaspoons chili powder
- 1 teaspoon cayenne pepper (optional)
- 2 tablespoons tomato paste
- 1 24-ounce can crushed tomatoes, undrained
- 1 cup beef (or chicken) broth, preferably organic

#### **Optional Toppings:**

- 1 large avocado, diced
- ½ cup fresh cilantro leaves, chopped





Heat the coconut oil in a large soup pot over medium-high heat. Add in the onion, carrots, celery, bell peppers, mushrooms, and jalapeño pepper (if desired) and cook, stirring occasionally, until the vegetables are soft and fragrant, approximately 5 to 7 minutes.

Add in the ground beef and garlic and season with salt and black pepper to taste. Cook, breaking up the meat with a wooden spoon, until the beef is browned, around 5 to 6 minutes.

Add the oregano, cumin, chili powder, cayenne pepper (if desired), and tomato paste. Stir everything together and cook for another minute or two, or until the spices become fragrant.

Add the crushed tomatoes and the broth and bring to a boil. Once boiling, reduce heat to medium and simmer for 15 to 20 minutes, stirring occasionally.

Remove from heat and adjust seasonings, if necessary. Top with avocado and cilantro, if desired, and serve immediately.

## LARGE SALAD

### **Serves 4**

- 2 cups mixed greens
- 2 cups spinach
- 1 handful cherry tomatoes
- 1 cup carrots, shredded
- 1 cup peeled and chopped cucumber
- 2 tablespoons extra virgin olive oil
- 1 avocado, diced
- 1 lemon, juiced
- ¼ cup extra virgin olive oil
- sea salt and black pepper, to taste

Combine all ingredients in a large mixing bowl and serve.



# Day 2

Upon waking, drink warm lemon water.

## BREAKFAST

### SCRAMBLED EGGS WITH AVOCADO

**Serves 1**

1 teaspoon coconut oil  
½ red pepper, chopped  
½ cup spinach  
2 eggs  
sea salt and black pepper, to taste  
½ avocado, sliced


Crack eggs into a small bowl and whisk well with a fork. Season with salt and pepper. Melt coconut oil in a hot pan over medium heat. Add red pepper and spinach. Sauté for 2 minutes. Pour eggs into the hot pan and cook for about 1 minute. Use fork to swirl the eggs around the pan until curdles start to form. Continue to do this for about 2 to 3 minutes until you get your desired consistency. For firmer eggs, cook about a minute or two longer. Top with avocado.

## LUNCH

### KALE AND QUINOA BOWL

**Serves 2**

1 cup quinoa, uncooked  
2 cups vegetable broth  
1 cup chopped celery  
1 tablespoon coconut oil  
1 bunch of kale, torn  
1 red bell pepper, chopped  
1 15-ounce can lentils, drained and rinsed  
1 avocado, diced  
1 red onion, sliced  
4 tablespoons balsamic vinegar  
1 lemon, juiced



Add the quinoa, broth, and celery to a medium pot. Cover and boil for 20 minutes until all the water is absorbed. Remove from heat and set to the side.

Place a large sauté pan over medium heat. Add coconut oil. Once the oil has melted, add kale and bell pepper. Sauté until wilted.

Once the quinoa has cooled, lightly fluff with a fork. Spoon the quinoa into a large salad bowl and add sautéed vegetables, lentils, avocado, and red onion. Add balsamic vinegar and lemon juice. Toss to combine and serve.

## SNACK:

¼ cup hummus and chopped vegetables

## DINNER

### CAULIFLOWER RICE AND CASHEW CURRY

**Serves 4**

**Curry Ingredients:**

- 2 tablespoons coconut oil
- 4 garlic cloves, minced
- 4 chicken breasts, cut into cubes
- 1½ cups canned coconut milk
- ½ cup puréed pumpkin
- 2 small red onions, sliced
- 2 tablespoons curry powder
- 2 teaspoons ground cumin
- 1 teaspoon cinnamon
- sea salt and black pepper, to taste
- ¾ cup cashews
- 1 tablespoon cilantro leaves, to garnish



### Rice Ingredients:

- 1 tablespoon coconut oil
- 2 cups raw cauliflower rice\*
- $\frac{3}{4}$  cup canned coconut milk
- $\frac{1}{4}$  cup unsweetened shredded coconut
- 1 teaspoon raw honey
- sea salt, to taste

\*NOTE: Cauliflower rice can be purchased at Whole Foods Market, Trader Joe's, and other specialty grocery stores.

Place a large skillet over medium heat. Add coconut oil. Once the oil has melted, add minced garlic and chicken. Once the chicken begins to become

white on all sides, add coconut milk and puréed pumpkin to the chicken. Stir well, then add sliced onions, curry powder, cumin, cinnamon, salt, and pepper. Continue to stir for about 5 to 7 minutes to allow the mixture to thicken. Turn off the heat and set to the side to cool.

To cook the cauliflower rice, add coconut oil to a medium pan. Once the oil has melted, add the cauliflower rice and coconut milk. Continue to stir for about 3 minutes, then add remaining ingredients. Stir well until the liquid begins to evaporate and the rice becomes sticky.

Stir the cashews into the chicken and garnish with cilantro before serving.



# DAY 3

## BREAKFAST

### QUINOA BREAKFAST BOWL

#### Serves 1

½ cup cooked quinoa  
¼ cup pumpkin seeds  
1 tablespoon ground flax seeds  
½ cup almond milk  
1 scoop protein powder  
stevia, to taste

Tip: Cook quinoa ahead of time according to package instructions to make assembling this bowl a breeze.  
Combine all ingredients in a bowl. Serve warm.

## LUNCH

### HORMONE SALAD

#### Serves 2

3 cups mixed greens 1 cup broccoli slaw  
1 cucumber, chopped  
¼ red onion, chopped  
1 avocado, diced  
¼ cup dried cranberries, unsulfured  
2 tablespoons chia seeds  
1 orange, juiced for the dressing  
2 tablespoons flax oil  
balsamic vinegar, to taste  
sea salt and black pepper, to taste

Place the mixed greens, slaw, cucumber, and onion in a large bowl. Top with avocado and cranberries. Squeeze the juice of 1 orange over the salad. Next, top with flax oil and balsamic vinegar. Season with sea salt and black pepper to taste. Mix well and serve.



# SNACK:

1 green apple and 2 tablespoons almond butter

# DINNER

## BISON BURGER WITH SALAD

**Serves 4**

### **Burger Ingredients:**

2 pounds ground bison  
sea salt and black pepper, to taste  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 tablespoon coconut oil

### **Dressing Ingredients:**

$\frac{1}{4}$  cup tahini  
1 lemon, juiced  
1 garlic clove, chopped  
1 teaspoon dulse flakes  
sea salt and black pepper, to taste

### **Salad Ingredients:**

4 cups spinach  
1 BPA-free can garbanzo beans, drained and rinsed  
1 cucumber, chopped  
 $\frac{1}{4}$  red onion, sliced





# SNACKS

## SESAME KALE CHIPS

### Serves 2

- 1 bunch kale
- 1 heaping tablespoon coconut oil
- 1 teaspoon garlic powder
- 1 teaspoon ginger powder
- ½ teaspoon sea salt
- 1 tablespoon sesame seeds

Preheat your oven to 350 degrees Fahrenheit. Wash and dry the kale. Strip the kale leaves from the stem and tear the leaves into a large mixing bowl. Add coconut oil, garlic powder, ginger powder, salt, and sesame seeds. Mix well and spread on to a baking sheet. Bake for 10 to 12 minutes until crisp.

## DATE WITH ALMOND BUTTER

### Serves 1

- 1 date
- ½ teaspoon almond butter

Split the date in half, lengthwise. Spoon in almond butter and enjoy.

## AVOCADO WITH SEA SALT


### Serves 1

- 1 avocado, diced

Place bison in a mixing bowl. Add salt, pepper, garlic powder, and onion powder and mix well to combine. Form into 4 patties. Melt coconut oil in a hot pan; add patties. Fry on each side for about 5 minutes until the center is no longer red. Set to the side to cool.

To make the salad dressing, combine all the dressing ingredients in a small mixing bowl and mix with a fork.

Place spinach in a large salad bowl. Top with garbanzo beans, cucumber, onion, and avocado. Pour the dressing over top and mix well before serving.



½ avocado  
1 dash garlic powder  
1 dash sea salt  
1 tsp dulse flakes

Sprinkle half an avocado with garlic powder, salt, and dulse.

## ALMOND SESAME PROTEIN BALLS

### **Serves 2**

½ cup almonds  
½ cup sesame seeds  
6 pitted dates  
1 tablespoon coconut oil  
½ cup almond butter  
2 tablespoons chia seeds

Combine first five ingredients in a high-speed blender. Blend until the almonds are finely chopped. Scoop into 1-inch balls and lightly roll the balls in the chia seeds. Place the balls in a covered container. Refrigerate at least 1 hour before serving. Store refrigerated for up to 1 week.



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