



3 Day Women's Hormone Balancing Diet WLMD

Created by Weighless MD and Wellness



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Our Women's Hormone Balancing Diet contains key ingredients to promote healthy sex hormone production and detoxification, adrenal health, and thyroid function.

DAIRYFREE
GLUTENFREE
SOYFREE

3 Day Women's Hormone Balancing Diet WLMD

3 days

	Mon	Tue	Wed
Breakfast	Chocolate Cauliflower Shake	Berry Beet Smoothie Bowl	Avocado Toast with a Poached Egg
Snack 1	Grapefruit	Protein Packed Deviled Eggs	Bloat-Fighting Tropical Smoothie
Lunch	Roasted Sweet Potato & Brussels Sprouts Salad	Egg Roll in a Bowl	Roasted Sweet Potato & Brussels Sprouts Salad
Dinner	Egg Roll in a Bowl	Kale Caesar Salad with Blackened Chicken	15 Minute Halibut with Dill Pesto

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61 items

Fruits

- 2 Avocado
- 2 Banana
- 2 Grapefruit
- 3/4 Lemon
- 1 cup Papaya
- 1 cup Pineapple

Breakfast

- 2 tbsps Almond Butter
- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1/2 tsp Cumin
- 2 tbsps Paprika
- 2 tbsps Pumpkin Seeds
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Slivered Almonds

Frozen

- 2 cups Frozen Cauliflower
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries

Vegetables

- 9 cups Baby Spinach
- 2 cups Bean Sprouts
- 1 Beet
- 4 cups Brussels Sprouts
- 1/4 cup Cherry Tomatoes
- 6 cups Coleslaw Mix
- 2 Cucumber
- 2 tbsps Fresh Dill
- 5 Garlic
- 1 tbsp Ginger
- 7 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Mint Leaves
- 4 cups Mixed Greens
- 1/2 cup Parsley
- 1/4 cup Radishes
- 2 Sweet Potato
- 1 1/2 tpsps Thyme
- 1 Yellow Onion

Boxed & Canned

- 2 cups Lentils
- 2 cans Tuna

Baking

- 1/4 cup Cacao Powder
- 1 tbsp Pitted Dates

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 10 ozs Halibut Fillet
- 1 lb Lean Ground Pork
- 2 slices Organic Bread

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1/4 cup Coconut Aminos
- 3/4 tsp Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

Cold

- 10 Egg
- 3 cups Unsweetened Almond Milk

Other

- 1/2 cup Chocolate Protein Powder
- 5 Ice Cubes
- 1 tbsp Maca Powder
- 1 tsp Schisandra Berry Powder
- 1 1/4 cups Water

Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

- 2 cups** Frozen Cauliflower
- 2** Banana (frozen)
- 2 tbsps** Almond Butter
- 1/4 cup** Cacao Powder
- 1/2 cup** Chocolate Protein Powder
- 2 cups** Unsweetened Almond Milk
- 1 tbsp** Maca Powder

Berry Beet Smoothie Bowl

6 ingredients · 10 minutes · 2 servings



Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

No Schisandra Berry Powder

Leave it out, or use acai powder instead.

Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 2 servings



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

- 2 slices** Organic Bread
- 1** Avocado
- Sea Salt & Black Pepper (to taste)
- 2** Egg
- 2 tbsps** Apple Cider Vinegar
- 1/4 tsp** Sea Salt

Grapefruit

1 ingredient · 5 minutes · 2 servings



Directions

1. Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour

Sprinkle with a pinch of sea salt.

Ingredients

- 2 Grapefruit

Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 4 servings



Directions

1. Hard boil your eggs.
2. Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Ingredients

- 8 Egg (hard boiled)
- 2 cans Tuna (drained)
- 1 Avocado
- 2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1 Cucumber (sliced)

Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add raw honey.

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

No Papaya

Use extra pineapple or other fruit like mango or oranges.

Ingredients

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

- 2 Sweet Potato (medium, sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Egg Roll in a Bowl

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos

Use tamari or soy sauce instead.

Meat-Free

Replace the ground meat with scrambled eggs or tofu.

Ingredients

- 2 tbsps** Avocado Oil
- 1** Yellow Onion (medium, diced)
- 5 stalks** Green Onion (diced)
- 4** Garlic (cloves, minced)
- 1 tbsp** Ginger (peeled and grated)
- 1 lb** Lean Ground Pork
- 6 cups** Coleslaw Mix
- 2 cups** Bean Sprouts
- 1/4 cup** Coconut Aminos

Kale Caesar Salad with Blackened Chicken

15 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
2. Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
3. In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
4. Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
5. Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
6. Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
7. Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

Notes

Vegetarian

Swap the chicken for roasted chickpeas.

Ingredients

- 1/2 Garlic (entire bulb)
- 8 ozs Chicken Breast
- 1 tsp Paprika
- 1/4 tsp Sea Salt
- 1/4 tsp Cayenne Pepper
- 1/2 tsp Cumin
- 1 1/2 tsps Thyme
- 1/2 tsp Black Pepper
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 1 tbsp Dijon Mustard
- 2 cups Kale Leaves
- 1/4 cup Radishes (thinly sliced)
- 1/4 cup Cherry Tomatoes (halved)
- 2 tbsps Pumpkin Seeds

15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 2 servings



Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free

Use pumpkin seeds or sunflower seeds instead.

Save Time

Blend up the pesto in advance.

More Carbs

Serve it with rice, quinoa or roasted mini potatoes.

Ingredients

- 1/2 cup Parsley (packed)
- 2 tbsps Fresh Dill (packed)
- 2 2/3 tbsps Slivered Almonds
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/2 Garlic (clove)
- Sea Salt & Black Pepper
- 10 ozs Halibut Fillet
- 3/4 tsp Coconut Oil
- 4 cups Mixed Greens (or Arugula)