Recipes Chapter 5

SAMPLE DAY OF FOLLICULAR PHASE

Breakfast

**Protein Smoothie with Avocado, Flaxseed, and Cinnamon**
(makes 1 serving)

- 1 scoop protein powder (rice protein, hemp protein, egg white protein or a non-soy combination such as Garden of Life's RAW Protein, Plant Fusion, or Vega)
- ¼ avocado
- 1 tablespoon ground flaxseed meal
- ½ teaspoon ground cinnamon
- 1 cup unsweetened almond milk or water

*Combine all ingredients together in a blender and mix until smooth.*

**Oatmeal with Cashews, Goji Berries, and Cinnamon**
(makes 1 servings)

- 1/4 cup organic steel cut oats
- 3/4 cup water or unsweetened almond milk
- Small handful of cashews
- Small handful of goji berries
- Dash of ground cinnamon
- Dash of sea salt
- 1 teaspoon apple cider vinegar

*Combine all ingredients in a bowl and cover. Place in refrigerator and let soak overnight. In the morning, transfer to a pot and cook on medium heat until fully heated through. Eat and enjoy!*
Lunch

Spiced Poached Chicken with a Veggie Saute
(makes 2 servings)

- 2 medium-size boneless, skinless organic chicken breasts
- Dash of sea salt
- Dash of pepper
- Rosemary to taste
- Thyme to taste
- 2 tablespoons extra virgin olive oil
- 1 onion, chopped
- 4-5 carrots, sliced into ¼ inch rounds
- Bunch of string beans, ends trimmed and cut into 1 inch pieces
- 1 head of broccoli, sliced into stems and florets
- A few sprigs of parsley

For the chicken:
*Fill a large skillet or pot with about ½ inch of water. Bring to a boil over high heat. Add chicken and spices and let simmer. After 5 minutes, remove pot from heat and cover. Let stand for about 15 minutes, turning chicken over halfway through, until it's cooked thoroughly. Drain poaching liquid.*

For the veggie saute:
*Heat the olive oil in a large pan and saute onion until it starts to become translucent. Add in the carrots, string beans, and broccoli, in that order. Stir in more spices and a dash of salt and pepper, then continue sautéing for another minute or so. Add a splash of water, cover, and let steam for a few minutes until water is absorbed. Continue sautéing, uncovered, for another few minutes until veggies are soft.*

*Plate veggies alongside the chicken, adding a few sprigs of parsley atop each chicken breast for an extra digestive boost.*
Lentil Salad with Chopped Artichoke Hearts  
(makes 2 servings)

*For the salad:*
- ½ cup cooked lentils
- Bowlful of arugula or other mixed baby green
- 5-7 artichoke hearts (from a jar is fine)
- Handful of halved grape tomatoes (optional)

*For the dressing:*
- 2 tablespoons extra virgin olive oil
- 2 teaspoons lemon juice or 2 teaspoons white wine vinegar
- 2 tablespoons Dijon mustard
- Dash of sea salt
- Freshly ground pepper to taste

*Combine dressing ingredients in a shaker bottle or food processor and blend together. Arrange salad ingredients in a bowl and toss with dressing when ready to serve.*
Dinner

Eggs-Two-Ways with Sauteed Zucchini  
(makes 1 serving)

- 1 teaspoon extra virgin olive oil
- ¼ onion, chopped
- ½ zucchini, sliced into rounds
- 2 organic eggs, beaten
- Dash of Herbes de Provence

Omelette-style:
Heat olive oil in a medium sized pan and saute onion and zucchini with Herbes de Provence. Remove zucchini mixture from pan and set aside. Add more olive oil if needed, and pour beaten eggs into the pan. Once the bottom of omelette is mostly cooked, add zucchini mixture to one side. Flip the other side over to cover the mixture. Let omelette cook for about 1 minute on each side.

Frittata-style:
Heat olive oil in a medium sized pan and saute onion and zucchini with Herbes de Provence. Add beaten eggs. Let eggs cook through on bottom, and flip like you would a pancake. Be sure both sides are cooked through before plating.

Avocado, Sprout and Mung Bean Salad  
(makes 2 servings)

- 1 head of romaine, chopped
- ½ avocado, sliced
- ½ cup sprouts
- ½ cup cooked mung beans
- 1 tablespoon extra virgin olive oil
- 1 tablespoon apple cider vinegar
- Dash of sea salt
- Dash of pepper

Arrange the romaine in a large bowl. Add avocado, sprouts, and mung beans. In a separate bowl, combine the olive oil, vinegar, salt and pepper. Dress your salad and enjoy!
Recipes Chapter 5

SAMPLE DAY OF OVULATORY PHASE

Breakfast

**Fig and Coconut Protein Smoothie**  
(makes 1 serving)

- 1 scoop protein powder (rice protein, hemp protein, egg white protein or a non-soy combination such as Garden of Life’s RAW Protein, Plant Fusion, or Vega)
- 1 fig, dried or fresh
- 1 tablespoon unsweetened coconut flakes
- 1 cup unsweetened coconut milk or water

*Combine all ingredients together in a blender and mix until smooth.*

**Pumpkin and Goji Quinoa Cereal**  
(makes 1 serving)

1/3 cup dry quinoa flakes  
Small handful of pumpkin seeds  
Small handful of goji berries

**Stovetop directions:**  
Add quinoa flakes to rapidly boiling water. Cook for 1.5 minutes, stirring frequently. Remove from heat and allow to cool (cereal will thicken slightly). Add in the seeds and berries and you’ve got a delicious start to the day.

**Microwave directions:**  
Combine flakes and water in a microwave safe bowl. Microwave on HIGH for 2-2.5 minutes, or until cereal begins to thicken. Stir well and add in the seeds and berries for some extra antioxidants.
Lunch

Ginger Dressed Quinoa Salad with Chopped Greens and Almonds
(makes 2 servings)

For the salad:
• 1/2 cup cooked quinoa
• 1 bunch of dark leafy greens, chopped (e.g. kale, spinach, chard)
• Handful of sliced almonds
• Sea salt to taste

For the ginger dressing:
• 1 tablespoon grated ginger
• 3 tablespoons of extra virgin olive oil
• 1 tablespoon sesame oil
• 2 tablespoons rice vinegar
• 1 tablespoon tamari
• 1 tablespoon raw honey

While quinoa is still hot, add in raw chopped greens and stir together. Toss in sliced almonds, and sea salt. In a small bowl, combine all dressing ingredients. Drizzle ginger dressing over quinoa and voila!

Red Lentil Curry with Turmeric over Swiss Chard
(makes 4 servings)

• 1 head swiss chard
• 1 cup dry red lentils
• 1 tablespoon extra virgin olive oil
• 1 large onion, chopped
• 1 teaspoon minced garlic
• 1 teaspoon minced ginger
• Curry powder to taste
• Turmeric to taste
• 1 teaspoon sea salt
• 1 cup light coconut milk

Separate the chard's leaves from stems. Slice leaves into ribbons and chop stems into ½ inch pieces. Set aside. Place lentils in a pot and cover with water. Bring to a boil, then simmer until lentils are tender. Drain leftover water. In a separate large pan, heat olive oil and add onion, chard stems, garlic, ginger, curry and turmeric and cook until onions become translucent. Add lentils and coconut milk and continue cooking until heated through. Serve over raw chard leaves.
Dinner

Poached Salmon with Asparagus
(makes 2 servings)

- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 small onion, chopped
- ½ lemon, sliced
- Sea salt to taste
- 2 fillets of wild-caught salmon
- Bunch of asparagus
- 1 tablespoon extra virgin olive oil

For the salmon:
Start with a large pot of water and add in celery, carrot, onion, lemon, and sea salt. Bring water to a boil, cover and simmer for about 10 minutes. Gently place salmon in pot so that it is immersed in the seasoned water. Cover and cook for about 5 minutes or until salmon is cooked through. Drain liquid once salmon is to your liking.

For the asparagus:
Preheat oven to 375 degrees. Trim off the ends of the asparagus and spread remaining asparagus on a baking sheet. Brush with olive oil and sea salt. Bake for about 30 minutes, or until asparagus is a bit browned. Plate the salmon alongside the asparagus for a truly wholesome meal.
Dinner CONT.

Endive and Spinach Salad with Grilled Shrimp
(makes 1 serving)

- 4 large sustainably sourced shrimp, peeled
- 1 tablespoon extra virgin olive oil, plus extra for dressing
- 1 clove garlic, minced
- 1 teaspoon fresh or dried rosemary
- Juice from ½ lemon
- Sea salt to taste
- Pepper to taste
- 1 bulb endive, leaves peeled apart
- 1 cup baby spinach
- Balsamic vinegar to taste

For grilled shrimp:
In a bowl toss shrimp with olive oil, garlic, rosemary, lemon, salt and pepper. Place shrimp on a heated grill pan and grill for about 1 minute on each side, until cooked through.

To assemble salad:
Mix endive leaves and spinach in a large bowl with olive oil and balsamic vinegar to taste. Arrange shrimp on top and you've got yourself a salad.
Recipes Chapter 5

SAMPLE DAY OF LUTEAL PHASE

Breakfast

Date and Mint Protein Smoothie
(makes 1 serving)

- 1 scoop protein powder (rice protein, hemp protein, egg white protein or a non-soy combination such as Garden of Life’s RAW Protein, Plant Fusion, or Vega)
- 1 large, or 2 small, dates
- 1 tablespoon unsweetened almond butter
- Couple of fresh mint leaves
- 1 cup unsweetened almond milk or water

*Combine all ingredients together in a blender and mix until smooth.*

Sweet Potato Mash with Toasted Walnuts
(makes 1 serving)

- 1 medium sized sweet potato
- Small handful of walnuts
- Sea salt to taste

Wash, peel and slice the sweet potato. Place in a steamer and cook for about 7 minutes or until soft. In a small bowl, mash sweet potato with a fork. In a small pan, toast the walnuts on medium heat, taking care not to burn them. Sprinkle the toasted walnuts atop your mash and dig in.
Lunch

**Chickpeas Sautéed with Onion and Cauliflower**  
(makes 3 servings)

- 2 tablespoons extra virgin olive oil
- ½ onion, sliced
- Pinch of turmeric
- Pinch of paprika
- ½ head of cauliflower, cut into florets
- Dash of sea salt
- 1 cup cooked chickpeas (a BPA-free, low sodium, canned variety is fine)

*In a large pan, heat olive oil and add in onions, turmeric and paprika. When the onions start to turn translucent, add in cauliflower, sea salt and a splash of water. Cover and cook for about 10 minutes, stirring frequently. Add in chickpeas and continue cooking uncovered until cauliflower is soft.*

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**Veggie Brown Rice with a Sunflower Seed Crunch**  
(makes 4 servings)

- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 medium daikon radish, chopped
- 2 tablespoons of extra virgin olive oil
- Sea salt to taste
- Pepper to taste
- Cumin to taste
- Cardamom to taste
- 1 bag frozen organic peas
- 1 cup cooked brown rice
- Handful of sunflower seeds

*In a large pan, sauté onion, carrots, celery, and daikon in olive oil and spices. When carrots and daikon begin to soften, add bag of frozen peas with a splash of water. Cover and cook until all veggies are soft. Mix in brown rice and season with sunflower seeds. Serve warm.*
Dinner

**Halibut and Leek “En Papillote”**  
(makes 1 serving)

- Extra virgin olive oil, for wetting parchment paper
- 1 sustainably sourced halibut fillet
- 1 leek, sliced
- Juice of 1 lemon
- Thyme to taste
- Dill to taste
- Sea salt to taste

*To cook fish “en papillote“:*  
Preheat oven (or toaster oven) to 400 degrees. Create an envelope pouch with a sheet of parchment paper. Lightly oil the paper and put fish fillet inside. Add leek, lemon juice, thyme, dill and salt. Fold the paper close, then wrap the whole package in aluminum foil. Place in oven and cook for 10 minutes. Be careful – it will be steamy when opened!

*“En papillote“ is a French-style of cooking in which food is baked in a pouch or parcel to keep it from drying out.*

**Turkey Meatballs with Sautéed Cabbage and Green Apple**  
(makes 2 servings)

- ½ pound organic ground turkey meat
- Sea salt to taste
- Pepper to taste
- Herbes de Provence to taste
- 2 tablespoons extra virgin olive, more if needed
- 2 leeks, sliced
- ½ head green cabbage, sliced
- 1 green apple, sliced thinly
- Ground coriander to taste

*For the meatballs:*  
Mix ground turkey meat with a few pinches of salt, pepper, and Herbes de Provence. Form into small balls. Heat 1 tablespoon olive oil on a skillet and cook meatballs until slightly browned.

*For the veggies:*  
In a large pan, heat 1 tablespoon of olive oil and add leeks, cabbage, and apple slices. Sprinkle with coriander and a pinch of sea salt and sauté for about 10 minutes until veggies are cooked through.

Serve meatballs atop the cabbage.
Recipes Chapter 5
SAMPLE DAY OF MENSTRUAL PHASE

Breakfast

Dark Berry Protein Smoothie (makes 1 serving)

- 1 scoop protein powder (rice protein, hemp protein, egg white protein or a non-soy combination such as Garden of Life's RAW Protein, Plant Fusion, or Vega)
- Handful of fresh or frozen wild blueberries or acai
- 1 tablespoon unsweetened nut butter or ¼ avocado
- 1 cup unsweetened almond milk or water

Combine all ingredients together in a blender and mix until smooth.

Kasha with Sunflower Seeds and Hijiki (makes 4 servings)

- Large handful of hijiki seaweed
- 1 cup kasha
- Handful of sunflower seeds
- Drizzle of toasted sesame oil
- Sea salt or tamari to taste

Soak hijiki in water for a few minutes, until softened. Boil 2 cups of water, add 1 cup kasha, and let simmer for about 20 minutes or until water is absorbed. Mix in sunflower seeds and drained hijiki. Separate into four bowls and top each one off with a drizzle of toasted sesame oil and a dash of sea salt or a splash of tamari before serving.
Lunch

Miso Soup and Brown Rice Sushi

We could give you a recipe for this one, but this wholesome combo is easy to find at any Whole Foods or Japanese restaurant. Try to steer clear of anything fried or made with spicy mayo. It’s the perfect phase of your cycle to take a break from cooking and treat yourself!

Sardines and Kale on Toasted Black Rice Bread
(makes 1 serving)

- 2 slices of gluten-free black rice bread (we recommend Food For Life brand but another gluten-free or sprouted grain bread works too)
- 1 can of sustainably sourced sardines in water, drained
- 1.5 tablespoons Dijon mustard
- ½ head of kale, stripped from stems and chopped into pieces

Toast your bread. While bread is toasting, in a small bowl mash your sardines with a fork and mix in Dijon mustard. Once bread is toasted, divide your spread evenly atop each piece. Finish off each slice with a chopped kale topping for a nutritious crunch.
Dinner

Beet Salad over Steamed Kale with Water Chestnuts, Hijiki, and Shitake Mushrooms
(makes 2 servings)

- 4 beets, peeled, with stems chopped off
- 1 head kale, cut into pieces
- 1 can water chestnuts, drained and rinsed
- Handful hijiki seaweed, soaked in water then drained
- 1 cup shitake mushrooms (fresh or dried – if dried, be sure to soak them for about 15 minutes and then drain before cooking)
- Toasted sesame oil to taste
- Tamari to taste

Chop beets into chunks and steam for 7-8 minutes, until fully cooked. Set aside. In a pot bring 1 inch of water to a boil. Add kale and turn off heat. Stir until bright green and drain leftover water. Toss water chestnuts, hijiki, and shitake mushrooms with the beets and kale in a large bowl, adding in a touch of toasted sesame oil and tamari to finish it off.

Mussels, Squid, and Scallops in Tomato Sauce
(makes 2 servings)

- 2 tablespoons extra virgin olive oil, more if needed.
- 4 oz sustainably sourced mussels
- 4 oz sustainably sourced squid, chopped into rounds
- 4 oz sustainably sourced scallops, de-shelled
- ½ jar organic, low sodium, unsweetened tomato sauce, more if needed

In a large saute pan heat oil and add mussels. Add about ¼ cup water and cover. Cook until mussels open. Remove mussels from pan and set aside. Add more olive oil if needed, and saute squid and scallops until a bit browned. Add mussels back to the mix and pour ½ jar of tomato sauce over seafood. Cook until warmed through.
Recipes Chapter 5

BASIC RECIPES

Brown Rice Recipe
(makes 4 servings)

Rinse 1 cup of uncooked brown rice in colander. Heat 1 tablespoon of olive oil in pot and sauté rice for about 5 minutes or until the rice gives off a nutty aroma. Add 2 cups of water and bring to a boil. Once boiling, reduce heat to the lowest gas mark and cover with a tightly fitting lid. Let rice cook for about 45 minutes or until all water is absorbed.

Quinoa Recipe
(makes 4 servings)

Rinse 1 cup of uncooked quinoa and combine with 2 cups of water in a pot. Bring to a boil and then reduce heat to the lowest gas mark and cover with a tightly fitting lid. Let quinoa cook for about 15-20 minutes or until all water is absorbed.

Kasha Recipe
(makes 4 servings)

Bring 2 cups of water to a boil in a pot. Add 1 cup of rinsed kasha, reduce to a simmer, cover, and cook for 15 – 20 minutes or until all water is absorbed.

Excellent Escarole Recipe
(makes 1-2 servings)

Saute 1/2 bunch of chopped scallions in 1 tablespoon of olive oil in a large pan. Finely chop 1 head of escarole and add to pan with a few splashes of water. Cover, and cook until greens are wilted.
Recipes Chapter 5

BASIC RECIPES

Creative Collards Recipe  
(makes 1-2 servings)

Chop ½ onion and 1 red bell pepper. Saute in 1 tablespoon of olive oil until pepper begins to soften. De-stem and slice 1 head of collards into thin strips and add to saute. Season with sea salt, pepper, and nutmeg to taste. Add a splash of water, cover, and cook until greens are tender.

Basic Steamed and Sautéed Greens Recipe  
(1 bunch of greens serves 1-2)

Wash your greens, slice off the stems/stalks, and tear the leaves by hand. Heat 1 tablespoon of olive oil in a saucepan and toss in the greens. Heat through and sprinkle with sea salt. Wait 1 minute, then add ½ cup of cold water.

Cover with a tight fitting lid and in 5 minutes the greens will be perfect. Add preferred condiments (e.g. toasted sesame oil, tamari, herbs, spices) and stir through before serving.

Lively Lentils Recipe  
(makes 1 serving)

Place ¼ cup uncooked lentils, 1/4 cup chopped onion, and ½ cup chopped wakame (or other sea vegetable) in a saucepan. Cover with water. Bring to a boil, and then simmer until lentils get soft. Drain whatever liquid is left and season with parsley before serving.
Recipes Chapter 5

BASIC RECIPES

**Magnificent Mung Bean Recipe**  
(makes 1 serving)

_In a large pot, add ½ cup water to ¼ cup dry mung beans and a strip of kombu. Bring to a boil, then cover and simmer until beans are fully cooked. Great for cleansing!_

**Easy Beans Recipe**  
(¼ cup dry beans makes 1 serving)

_For those of you without the time or desire to cook beans from scratch, we recommend using BPA-free canned varieties. Eden Organic brand is our favorite. Always buy low sodium when possible. Simply pop open the can, pour into a colander, and rinse. Enjoy beans as is, add spices and oils, or saute them. Try adding chopped scallions or onions to give them a little flavor boost._

*In general, if you are making your beans and grains from scratch we recommend soaking them overnight. Just be sure to use fresh water when cooking. If you forgot to soak overnight, simply pour boiling water over your beans or grains and let sit for 15 minutes. Drain the water, rinse, and you’ll be ready to go.*