



Hormone Balance 3-Day Sample Meal Plan

Welcome to the hormone balance nutrient-based eating meal plan. All of the foods this week include hormone balance promoting nutrients. You can substitute any ingredient or meals as necessary with other hormone optimizing foods found in the Nutrevo Body food shopping list. Each meal is designed to be cooked in 30 minutes or less! The recipes are designed to cook 2 servings - one for dinner, one for lunch the next day. The goal is to always have your lunch prepped and ready to go from the night before! If you are cooking for others, you can simply double or triple the ingredients as needed per serving added. You can add mid-morning and mid-afternoon snacks to your meal plan as needed - you can pick items from the foods list for healthy options. You can increase or decrease your portion sizes based on your lifestyle and wellness condition needs. Here's to starting your journey!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Breakfast</p>  Sweet Potato and Blueberry Hash	<p>Breakfast</p>  Sweet Potato and Blueberry Hash (leftover)	<p>Breakfast</p>  Soft Scrambled Eggs  Scrumptious Strawberries	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>
<p>Lunch</p>  Grilled Salmon  Sautéed Purple Cabbage	<p>Lunch</p>  Chicken Zucchini Fritters (leftover)  Avocado (Side) (leftover)	<p>Lunch</p>  Orange Rosemary Pork Chops (leftover)  Roasted Broccoli (leftover)	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>
<p>Dinner</p>  Chicken Zucchini Fritters  Avocado (Side)	<p>Dinner</p>  Orange Rosemary Pork Chops  Roasted Broccoli	<p>Dinner</p>  Seared Flank Steak (DF)  Rosemary Grilled Asparagus	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>

Meal Plan Summary

Monday

Breakfast

Sweet Potato and Blueberry Hash (p.5)

Lunch

Grilled Salmon (p.5) , Sauteed Purple Cabbage (p.6)

Dinner

Chicken Zucchini Fritters (p.6) , Avocado (Side) (p.6)

Tuesday

Breakfast

Sweet Potato and Blueberry Hash (leftover) (p.5)

Lunch

Chicken Zucchini Fritters (leftover) (p.6) , Avocado (Side) (leftover) (p.6)

Dinner

Orange Rosemary Pork Chops (p.7) , Roasted Broccoli (p.7)

Wednesday

Breakfast

Soft Scrambled Eggs (p.7) , Scrumptious Strawberries (p.8)

Lunch

Orange Rosemary Pork Chops (leftover) (p.7) , Roasted Broccoli (leftover) (p.7)

Dinner

Seared Flank Steak (DF) (p.8) , Rosemary Grilled Asparagus (p.9)

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 pound asparagus
- 1 head broccoli
- 1 3/4 teaspoons fresh rosemary
- 1 cup strawberries

Non-refrigerated

- 1 avocado
- 1/3 lemon
- 1/2 shallot
- 1/8 white onion

Meat/Seafood

- 3/4 pound boneless pork chops
- 1 pound ground chicken

Eggs & Dairy

- 2 egg

Spices

- 2 teaspoons cinnamon
- 1 teaspoon cumin
- 1/4 teaspoon ground black pepper
- 1 tablespoon onion powder

Vinegar and Oils

- 1 tablespoon avocado oil
- 3 tablespoons extra virgin olive oil

Canned/Jarred Goods

- 1/4 cup beef broth

Drinks

- 1/4 cup orange juice

- 1/2 cup blueberries
- 1 bunch cilantro
- 1/4 head purple cabbage
- 1 zucchini

- 2 Granny Smith apple
- 1 teaspoon minced garlic
- 2 sweet potato

- 1/2 pound flank steak
- 1/4 pound salmon

- 1 1/4 teaspoons coarse sea salt
- 1 tablespoon garlic powder
- 1 teaspoon ground ginger
- 1/8 teaspoon sea salt

- 3 tablespoons coconut oil
- 1 tablespoon refined coconut oil

- 1/3 cup water

Sweet Potato and Blueberry Hash

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

2 sweet potatoes
2 Granny Smith apples
2 teaspoons cinnamon
2 tablespoons coconut oil
1/4 cup water
1 teaspoon ground ginger
1/2 cup blueberries

Publisher's note

This recipe was contributed by Lisa McLeod of MadebyMcLeod.com - @lisamcleod on Instagram.

How to prepare

1. Peel and dice sweet potatoes and apples.
2. Toss sweet potato in cinnamon in a mixing bowl.
3. Heat coconut oil in a large skillet over medium heat. Add the sweet potato to the skillet, and simmer and stir for about a minute or two. Add water to skillet, and cover for about 5 minutes.
4. Meanwhile, toss the diced apple in ground ginger.
5. Remove skillet lid and add the apple. Simmer and stir for about a minute, and then toss in the blueberries. Give it all another big stir, then cover again for another 4 minutes. You may need a little more water to continue steaming.
6. When the potatoes are soft, and the apples still slightly crisp, it is done! The blueberries are going to bleed their sweet flavor, and turn this dish purple. It's like painting with food!

Grilled Salmon

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

1/4 pound salmon
coarse sea salt
ground black pepper
1 1/2 teaspoons extra virgin olive oil
1/4 lemon

How to prepare

1. On the Stove: Generously salt and pepper the skinless side of the salmon.
2. Heat skillet on medium-high. Add oil.
3. When oil is hot, place salmon filets in pan, skin side up.
4. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
5. Remove salmon from pan.
6. Cut lemon into wedges and serve alongside the salmon.
7. On the Grill: Heat a grill to medium-high (you can hold your hand about 1 inch above the grill grate).
8. Brush grill grate with oil. Place salmon, skin-side-down, on the grill and cover. Cook, undisturbed, until salmon just starts to release its fat and/or flesh flakes easily, 10-15 minutes for most 1 inch thick fillets.
9. Allow another 10 minutes for each extra inch of thickness. Use a spatula to remove fish from grill and serve.

Sauteed Purple Cabbage

Active time: 8 minutes Total time: 16 minutes Servings: 1



Ingredients

1/4 head purple cabbage
1/8 large white onion
1 teaspoon minced garlic
3/4 teaspoon coconut oil, or other cooking fat
sea salt, to taste

How to prepare

1. Slice the cabbage and onion.
2. Melt the coconut oil in a large skillet over medium heat. Add sliced cabbage and onion to skillet. Cook until just crisp and tender, approximately 5 minutes. Add garlic and salt, then stir. Cook 3 minutes. Serve and enjoy!

Publisher's note

If tolerated, add pepper to taste when adding salt. Photo: Toni Snelling

Chicken Zucchini Fritters

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

1 zucchini
1/3 bunch cilantro
1 pound ground chicken
1 tablespoon garlic powder
1 tablespoon onion powder
sea salt, to taste
ground black pepper, to taste
1 teaspoon cumin
1 tablespoon avocado oil, or oil of your choice

How to prepare

1. Spiralize or shred zucchini. Chop cilantro.
2. Mix all ingredients, except oil, well. It will be moist, not to worry!
3. Add avocado oil to your pan. Scoop about 1 1/2 inch sized balls to the pan, (I used a small scooper) and cook about 3-4 minutes on medium heat. Turn and press down cooking the other side.
4. Enjoy!

Publisher's note

This recipe was contributed by Annabelle - @epicureannie on Instagram.

Avocado (Side)

Active time: 5 minutes Total time: 5 minutes Servings: 2



Ingredients

1 avocado

How to prepare

1. Peel, pit and slice avocados.
2. Serve as a side dish.

Orange Rosemary Pork Chops

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

1 1/2 teaspoons fresh rosemary
1/2 shallot
3/4 pound boneless pork chops
1/8 teaspoon coarse sea salt
1/8 teaspoon ground black pepper
1 tablespoon extra virgin olive oil
1/4 cup beef broth
1/4 cup orange juice

How to prepare

1. Chop rosemary. Peel and mince shallot.
2. Season pork chops with rosemary, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove pork chops to a serving platter and cover to keep warm.
3. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes.
4. Pour sauce over pork chops and serve garnished with extra rosemary.

Roasted Broccoli

Active time: 5 minutes Total time: 20 minutes Servings: 2



Ingredients

1 head broccoli
1 tablespoon extra virgin olive oil
sea salt, to taste
ground black pepper, to taste

How to prepare

1. Preheat oven to 400F.
2. Remove broccoli florets from stems and discard stems. In an oven-safe dish, spread florets in a single layer and drizzle with olive oil, salt, and pepper.
3. Roast for 15-20 minutes, or until desired level of crispness.

Soft Scrambled Eggs

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

2 eggs
1/8 cup water
1/4 teaspoon coarse sea salt
ground black pepper, to taste
3/4 teaspoon coconut oil

How to prepare

1. Whisk eggs, water, salt and pepper in bowl until uniform.
2. Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
4. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Scrumptious Strawberries

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1 cup strawberries

How to prepare

1. Slice, dice, or leave strawberries whole. Enjoy!

Seared Flank Steak (DF)

Active time: 10 minutes Total time: 20 minutes Servings: 1



Ingredients

1/2 pound flank steak
3/4 teaspoon coarse sea salt, plus more to coat
1/8 teaspoon ground black pepper
1 tablespoon refined coconut oil, or tallow

How to prepare

1. Allow the flank steak to come to room temperature, then pat dry surface moisture with paper towels.
2. Coat both sides of the steak liberally with unrefined sea salt and coarse ground black pepper. Be generous. You are creating a crust.
3. While the meat comes to room temperature, heat a charcoal or gas grill to high heat. You should be able to hold your hand about an inch over the grill grate for only 1 second before it feels too hot.
4. If using the stove, add tallow and/or coconut oil to a cast iron skillet and get the skillet searing hot. Just as the oil seems it will begin to smoke, lay the steak in the pan and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire.
5. Otherwise, set the steaks on the grill and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire.
6. Use a meat thermometer to measure the center temperature: (Rare = 120F Medium Rare = 125F Medium = 130F).
7. NOTE: Do not take a flank steak past medium as it will continue to cook when taken off the heat source.
8. Place the flank steak on a wooden board or serving platter and leave undisturbed for 10 minutes. This will allow the juices to run back through the meat instead of escaping.
9. Slice in thin strips across the grain.

Rosemary Grilled Asparagus

Active time: 10 minutes Total time: 20 minutes Servings: 1



Ingredients

1/2 pound asparagus
1 1/2 teaspoons coconut oil, or other solid cooking fat
1/3 teaspoon fresh rosemary
1/8 teaspoon sea salt
1/8 lemon, for finishing

How to prepare

1. Preheat your grill or grill pan.
2. Trim the ends, rinse and dry the asparagus. Melt the fat. Mince the rosemary. Juice the lemon.
3. Coat the asparagus evenly with the cooking fat, rosemary, and salt.
4. Grill for 10 minutes or until soft, turning occasionally, removing some of the thinner spears as they cook. Serve warm with a squeeze of fresh lemon juice.

Publisher's note

Photo: Kyle Johnson