



2021

Hormone Puzzle
**CYCLE
OPTIMIZING**

Meal Plan for Fertility
and Hormones

coach**kela**



The
Hormone Puzzle
Society

© 2021 Coach Kela Smith | The Hormone Puzzle Society

All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law.

For permissions contact:
info@coachkela.com



Hey Ladies,

I'm Coach Kela Smith, CEO and Program Director of [The Hormone Puzzle Society](#). A women's health hub for everything related to hormones, infertility, and weight loss. I work with women and couples who are struggling with infertility and hormone imbalance and I teach them how to get pregnant naturally and eliminate their symptoms holistically. I also teach women how to optimize cycle so they have pleasant periods, no more PMS, hotter sex lives, boosted fertility and look and feel amazing no matter what their age or past struggles.

Thank you for downloading my hormone meal plan. This meal plan was written to help you start to implement cycle optimizing and all of its benefits.

This is the second version of this plan with even more recipes written just for you and just for cycle optimizing.

Feel free to sub or eliminate foods that you don't like, however many of these ingredients are put there to work with your hormones during your different phases of your cycle.

Start implementing these recipes today. Many women see results in as little as 30 days.

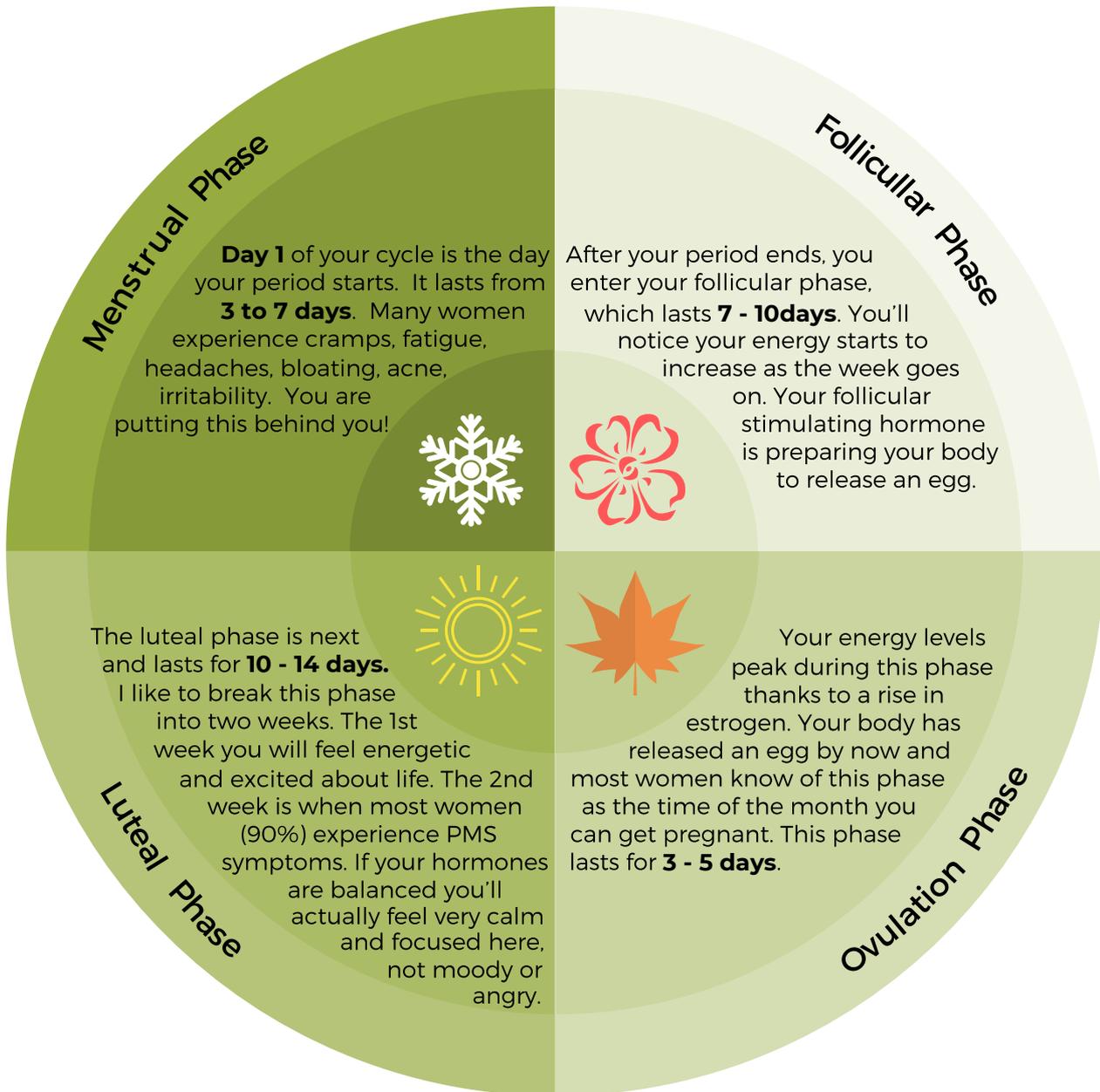
I can't wait to hear your stories and see how cycle optimizing and my hormone puzzle method can be a game changer in your life.

Love and Health,

Coach Kela

Coach Kela

QUICK OVERVIEW OF YOUR MONTHLY CYCLE



Research shows nearly 90% of women struggle with hormone imbalance and about 20% of women struggle to get and stay pregnant and it's largely due to diet, lifestyle and environment.

Menstruation Menu

BREAKFAST

Berry Chia Seed Pudding
Steak and eggs

Tropical smoothie
Sweet Potato smoothie bowl

BERRY CHIA PUDDING

Ingredients:

1 cup almond milk
¼ cup coconut milk (canned)
⅓ cup chia seeds
Toppings-
1 tbsp almond butter
½ teaspoon vanilla blackberries
blueberries raspberries



Direction:

- Mix milks and chia seeds.
- Refrigerate overnight. Top with ½ cup mixed berries and 1 tbsp almond butter or topping of choice.

STEAK AND EGGS

Ingredients:

Chuck eye steak, 6 oz, 1/2-inch thick*
¼ teaspoon Himalayan sea salt
¼ teaspoon freshly
ground black pepper divided
Pinch red pepper flakes
Pinch dried parsley for garnish
Avocado oil spray
2 large eggs



Direction:

- Grill steak on both sides to sear in flavor, cut into strips and saute until done. Cook 2 eggs fried until done to your likeness. Place steak and eggs on the plate and season with salt and both peppers

Menstruation Menu

BREAKFAST

Berry Chia Seed pudding
Steak and eggs

Tropical smoothie
Sweet Potato smoothie bowl

TROPICAL SMOOTHIE

Ingredients:

1 cup spinach ½ cup coconut milk
1 cup romaine lettuce Ice
½ cup cilantro 1 scoop protein
½ avocado powder
½ cup pineapple
1 cup almond milk

Direction:

- Blend everything in a blender until smooth



SWEET POTATO SMOOTHIE BOWL



Ingredients:

1/2 cup sweet potatoes (frozen)
1/2 cup pumpkin (100% pure pumpkin)
½ cup spinach
2 tbsp creamy almond butter
Serving size protein powder
1 tsp ground cinnamon
1 tsp ground nutmeg
1-2 cups almond milk

Direction:

- Blend all ingredients until smooth.
- Can be served warm or cool. Top with desired toppings.

Menstruation Menu

LUNCH

Spicy crab and avocado tostadas
Black Bean Soup

Mandarin, pomegranate, spinach salad
Turkey Frittata

SPICY CRAB/ AVOCADO TOSTADAS

Ingredients:

16 ounces cooked lump crabmeat
1 teaspoon lime zest
1 tablespoon lime juice
1 teaspoon paprika
1/8 teaspoon garlic powder
1 teaspoon cilantro
1/2 teaspoon chili flakes
Pink Himalayan Salt
1 can black beans, rinsed and drained
1 teaspoon chili powder
1 large avocado
1 teaspoon ground cumin
1/2 cup fire-roasted salsa
1 cup shredded lettuce



Direction:

- Preheat oven to 350°F.
- Place tortillas on a large baking sheet, and bake for 10 minutes, or until crispy. Let cool.
- Meanwhile, mix together crabmeat, lime zest and juice, paprika, garlic powder, chopped cilantro, chili flakes, and a pinch of salt in a large bowl until combined. Refrigerate until ready to build the tostada.
- Place black beans, chili powder, 2 tablespoons water, and a pinch of salt in a blender.
- Blend until it reaches a smooth, sauce like consistency.
- Mash avocado with cumin and 1/8 teaspoon salt in a medium bowl.

Menstruation Menu

LUNCH

Spicy crab and avocado tostadas
Black Bean Soup

Mandarin, pomegranate, spinach salad
Turkey Frittata

BLACK BEAN SOUP

Ingredients:

2 garlic cloves
1 medium onion
2 medium carrots
1lb dry black beans
1 cup salsa
1 can diced tomatoes
1 bunch kale
1 tbsp chili powder
½ tbsp cumin
1 tsp oregano
4 cups vegetable broth

Toppings:

pumpkin seeds, cilantro, nuts. 1-2 tbsp,
pick 1-2.

Direction:

- Place all ingredients except toppings into the crockpot and cook on low for 8 hours.



Menstruation Menu

LUNCH

Spicy crab and avocado tostadas
Black Bean Soup

Mandarin, pomegranate, spinach salad
Turkey Frittata

MANDARIN, POMEGRANATE, SPINACH SALAD

Ingredients:

1 4-6oz grilled or baked chicken or fish
5 oz baby spinach
3 mandarin oranges
(10 oz), peeled and segmented
3/4 cup pomegranate arils
1 medium avocado, diced
1/4 cup sliced almonds, toasted
1/4 cup chopped walnuts

Dressing:

5 tbsp olive oil	
1/4 cup apple cider vinegar	1/2 tsp garlic
1/8 tsp salt	1 tsp honey
1 tsp Dijon mustard	1 Tbsp non dairy milk



Direction:

- For the dressing: In a small mixing bowl
- Whisk together vinegar, oil, salt until salt has dissolved. Add honey, mustard, and garlic and whisk until combined. Mix in milk to thin if desired. Store in refrigerator until ready to use.
- For the salad: In a salad bowl layer spinach, mandarin oranges, pomegranate arils, avocado, almonds and walnuts.
- Pour desired amount of dressing over top (or alternately just dress each serving). Serve immediately.

Menstruation Menu

LUNCH

Spicy crab and avocado tostadas
Black Bean Soup

Mandarin, pomegranate, spinach salad
Turkey Frittata

TURKEY FRITTATA



Ingredients:

1/2 pound ground turkey
1 medium sweet potato, thinly sliced
1/2 onion, chopped
3 mushrooms, sliced
fine sea salt and freshly ground black pepper
1 cup broccoli florets, steamed until tender
1 roma tomato, chopped OR
1/3 cup julienned, sun dried tomatoes
9 eggs
2 teaspoon Dijon mustard
1/4 cup sliced black olives

Direction:

- Preheat the oven to 400 degrees. Grease a 9×13-inch baking dish with nonstick cooking spray. In a large skillet over medium high heat, cook the ground turkey until no longer pink.
- With a slotted spoon, remove the turkey to the prepared pan and spread it evenly in the pan.
- Add the potato, onion, and mushrooms to the skillet and cook until the onion is clear, the potato is tender, and the mushrooms have browned. Season to taste with salt and pepper.
- Distribute these vegetables over the turkey in the pan. Strew the broccoli and tomatoes evenly throughout the pan.
- In a large mixing bowl, beat the eggs and whisk in the Dijon mustard. Pour this mixture over the vegetables and meat in the pan.
- Sprinkle the olives atop the eggs, and bake for 25 minutes or until set. Serve hot or warm.

Menstruation Menu

DINNER

Fertility Meatballs
Salmon Sushi Bowl

Blackberry glazed duck
Steak and Herbs

FERTILITY MEATBALLS

Ingredients:

2 lbs of organic ground beef
1 cup gluten-free bread crumbs
¼ cup fresh parsley
½ large organic diced onion
3 large farm fresh eggs
2 tsp dry oregano
2 tsp dry basil
½ tsp pepper and salt to taste
1 TBSP coconut oil



Direction:

- Combine all ingredients except oil in a bowl and mix well with hands. Form one, 1½ inch meatballs (I use an ice cream scoop for size).
- Preheat oven to 400 and place meatballs on a cookie sheet lined with foil.
- Drizzle coconut oil over the top. Bake for 20-22 minutes. Watch for browning and pull when light brown.
- Remove and let rest on paper towel. Serve over spaghetti squash, on a bed of lettuce, as a lettuce wraps.

Menstruation Menu

DINNER

Fertility Meatballs

Salmon Sushi Noodle Bowl

Blackberry glazed duck

Steak and Herbs

SALMON SUSHI BOWL

Ingredients:

1-2 lbs salmon
buckwheat soba noodles
shelled edamame
1 orange bell pepper
sliced thinly
1/4 red onion diced
2 cucumbers sliced
3 tablespoons all-natural peanut butter
5 tablespoons rice wine vinegar
juice of 1/2 a lime
1 tablespoons coconut sugar
4 tablespoons toasted sesame oil
1 tablespoon fresh grated ginger
3 1/2 tablespoons bragg's coconut aminos
1/2 tsp red pepper flakes
1 minced garlic clove

Direction:

- Just for Salmon (1 tablespoon bragg's, 1 tablespoon coconut sugar, 1 tablespoon toasted sesame oil)
- On a baking sheet lay salmon out. Drizzle with olive oil and season with salt and pepper.
- In a small bowl whisk 1 tablespoon of soy sauce, sugar and toasted sesame oil. Drizzle over salmon.
- Cook at 400 degrees about 20 minutes depending on size of fish.
- In a large bowl whisk together peanut butter, rice wine vinegar, toasted sesame oil, ginger, bragg's,
- garlic, and red pepper flakes.
- Toss together the soba noodles, bell pepper, edamame, onion, and cucumber and then coat with dressing. Serve with salmon on top and hot sauce if desired.



Menstruation Menu

DINNER

Fertility Meatballs

Salmon Sushi Noodle Bowl

Blackberry glazed duck

Steak and Herbs

BLACKBERRY GLAZED DUCK

Ingredients:

4 duck breasts or 3 if large,
depending on size

Pinch of Himalayan salt

6 oz blackberries

½ cup chicken stock

1 tbsp balsamic vinegar

1 tbsp brandy

1 tbsp coconut sugar

2 cloves



Direction:

- Pat the duck breasts dry and lightly score the skin to break the skin but not cut through to the flesh below. Sprinkle both sides with a little salt. If cooking in a pan, warm a large, heavy-based skillet and add the duck breasts skin-side down and cook for around 7-10min until they start to crisp.
- Turn over and cook around another around 5-8min, depending on thickness and how rare you want it. You can reduce this to just a couple minutes and finish in the oven (around 400F/180C) for 7-15min depending on whether you prefer medium-rare to well done.
- As you start cooking the duck, begin heating the sauce by putting the blackberries, stock, vinegar, brandy, sugar and cloves in a small pan and bringing to a simmer. Continue to simmer as you cook the duck, breaking up the blackberries, and reduce the liquid by around half.
- Once the duck has cooked, set it aside to rest - you can tent it with foil - for a few minutes before slicing and serving with the sauce poured over or on the side (remove the cloves before serving).
- Can pair this with a sweet potato, grilled zucchini and/or squash.

Menstruation Menu

DINNER

Fertility Meatballs

Salmon Sushi Noodle Bowl

Blackberry glazed duck

Steak and herbs

STEAK AND HERBS

Ingredients:

1 1/4 pounds sirloin steak
(I like top sirloin)
Himalayan salt and pepper to taste
1 tablespoon avocado oil
1/2 teaspoon garlic minced
1 tablespoon minced fresh herbs
such as thyme, parsley or chives,
plus more for garnish



Direction:

- Pat each steak dry with a paper towel. Heat a large cast iron skillet or other heavy pan over medium high heat. Pour the olive oil into the pan. Season the steaks on both sides with salt and pepper.
- Place the steaks in a single layer in the pan. Cook for 4-5 minutes per side or until browned. Use a thermometer to cook the steak to your desired level of doneness. I recommend cooking to medium which is 145 degrees F. While the steak is cooking, place the remaining liquid in a bowl along with the garlic, herbs, salt and pepper. Stir to combine.
- Let the steaks rest for at least 5 minutes off the heat. Pour sauce on top of each steak. Slice the steak. Garnish with additional fresh herbs if desired, then serve.
- Team with a root veggie and a green veggie.

Follicular Menu

BREAKFAST

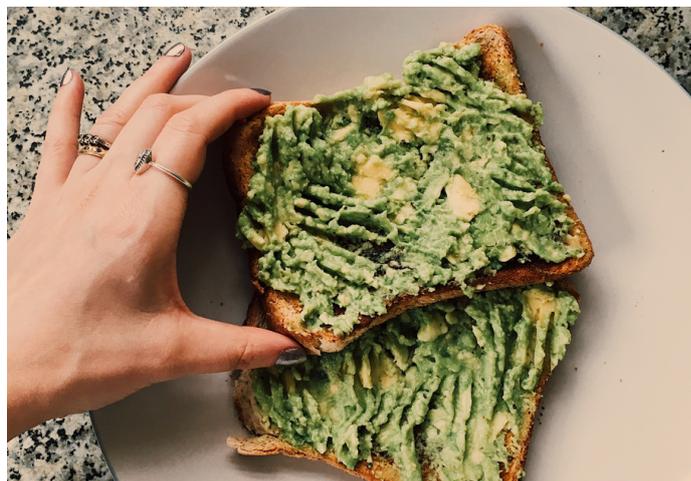
Avocado Toast
Ginger/Cran Muffins

Baby Bump Smoothie
Chorizo Egg Muffins

AVOCADO TOAST

Ingredients:

1 ripe avocado
2 tbsp freshly squeezed lemon or lime juice
2 slices Ezekiel bread ,toasted
2 cups greens, baby spinach or arugula
1 tsp olive oil
Himalayan salt ¼ cup pumpkin seeds
Black pepper 1-2 Eggs



Direction:

- Fry an egg, Halve the avocado and remove pit, Scoop out flesh into a bowl and mash with the back of a fork to your desired consistency. Add lemon or lime juice and olive oil to taste.
- Spread avocado mixture on bread and top with desired toppings plus fried egg for protein or
- eat egg on the side.



GINGER- CRAN MUFFINS

Ingredients:

Bran or similar cereal
1 cup boiling filtered water
1/3 cup chopped dried ginger
¼ cup apple sauce 1 ¼ tsp baking soda
1/4 cup coconut sugar ¼ tsp Himalayan salt
1 cup coconut milk ½ tsp ground ginger
1 ¼ cup almond flour ½ cup dried cranberries
1 large egg ½ cup walnuts
1 tbsp flaxseed ¼ cup hemp hearts

Direction:

- Preheat the oven to 400'. Spray the muffin wells with avocado cooking spray. Place cereal in a small bowl and pour the boiling water over it, do not stir, set aside. Combine the apple sauce and coconut sugar in a large bowl and whisk. Add coconut milk and egg and whisk again. Add flour, baking soda, salt, hemp hearts, flax and ground ginger and whisk until combined. Add the cereal mixture and mix with a spoon, then add the dried cranberries, walnuts, and dried ginger, mix well. This will be thick. Let sit 10 mins. Stir the batter, then divide evenly among muffin wells. Bake until a toothpick inserted into the center comes clean about 20 minutes for regular, 12 for mini.

Follicular Menu

BREAKFAST

Avocado Toast

Ginger/Cran Muffins

Baby Bump Smoothie

Chorizo Egg Muffins

BABY BUMP SMOOTHIE

Ingredients:

1/4 frozen banana	1 tsp ground ginger
1/4 cup pineapple	1 tbsp wheat germ
1/4 cup cantaloupe	2 tbsp almond butter
1/2 navel orange.	1 1/2 cups almond milk
1 celery stalk	1 scoop protein powder
Ice	

Direction:

- Place all in a blender and blend until smooth.



CHORIZO EGG MUFFINS

Ingredients:

- 12 eggs
- 2 scallions, finely chopped
- 5 oz. chopped air-dried chorizo (or salami or bacon)
- 2 tbsp pesto (optional)
- salt and pepper
- 6 oz. shredded cheddar cheese (optional)

Direction:

- Preheat the oven to 350°F (175°C). Line a muffin tin with non-stick, insertable baking cups, or grease a silicone muffin tin with a little coconut oil. Add scallions and chorizo to the bottom of the tin.
- Whisk eggs together with pesto, salt, and pepper. Add the cheese and stir.
- Pour the batter on top of the scallions and chorizo.
- Bake for 15–20 minutes, depending on the size of the muffin tin.

Follicular Menu

LUNCH

Burrito Bowl
Beet- Sweet Potato Salad

Lentil Soup with brown rice and spinach
My favorite Ceasar salad

BURRITO BOWL

Ingredients:

- ½ cup cooked quinoa
- 1 lb cooked lean beef
- ¼ cup chopped carrot
- 1 Tbsp cilantro
- 1 tsp. olive oil
- ½ cup black beans
- 2 Tbsp. finely diced red onion
- ¼ tsp. cumin
- ¼ avocado, sliced
- 1 radish, sliced thin
- 2 Tbsp. pico de gallo
- 1 lime wedge
- 1 cup kale

Direction:

- Cook ground beef and drain fat
- Combine quinoa, cilantro, and ground beef in a bowl, squeeze the lime wedge over it, and mix well.
- Place kale in a serving bowl and top with the cilantro-lime quinoa meat.
- Heat oil in a nonstick skillet over medium heat, add beans, carrots, red onion, cumin, and salt; sauté for 5 to 6 minutes, until just tender.
- Add to the serving bowl with greens, quinoa, and meat.
- Top with avocado, radish, and pico de gallo.



Follicular Menu

LUNCH

Burrito Bowl

Beet- Sweet Potato Salad

Lentil Soup with brown rice and spinach

My favorite Ceasar salad

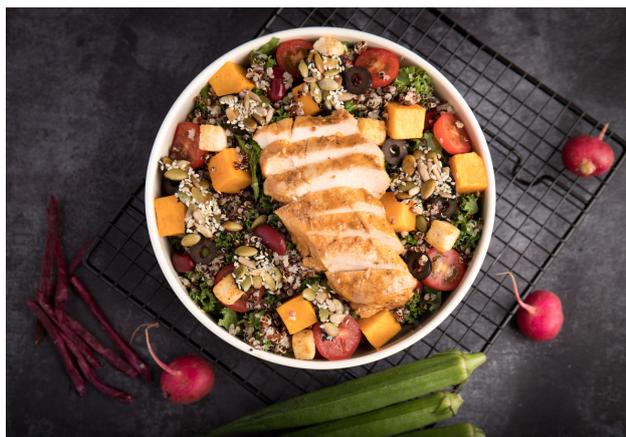
BEET-SWEET POTATO SALAD

Ingredients:

6 cups arugula ½ diced avocado
1 large sweet potato 1/2 cup walnuts
2 medium-sized purple beets
1 small red onion, peeled and diced
1 small bunch of broccoli florets.
1/2 cup dried cranberries or raisins

Dressing:

2 1/2 TBS apple cider vinegar
1 TBS extra virgin olive oil
1/2 TBS pure maple syrup
2 tsp dijon mustard 1/4 cup extra virgin olive oil
1 large shallot, minced (plus more if need be) 1/4 tsp sea salt



Direction:

- Prepare the dressing by combining all the ingredients together with an immersion blender and processing until smooth. Slicing your beets and sweet potato into thin matchsticks, Cook until fork-tender. In a large salad bowl combine arugula with cooked beets, sweet potato, broccoli, cranberries, and walnuts. Drizzle with dressing. Season to taste with salt and pepper. Top with avocado!

LENTIL SOUP WITH BROWN RICE AND SPINACH



Ingredients:

1 medium onion, chopped 1 sweet potato, chopped
2 garlic cloves, chopped 4 carrots, diced
1 5oz bag baby spinach 2 bay leaves
8 cups veggie or chicken stock 1 tbsp dried thyme
2 cups dried green lentils, rinsed
½ cup uncooked brown rice, buckwheat or quinoa
Himalayan salt and black pepper, to taste

Direction:

- Place all ingredients except spinach and rice/quinoa/buckwheat in a crockpot and cook on low for 8 hours.
- During the last 20 minutes add spinach and rice/quinoa. Salt and pepper to taste.

Follicular Menu

LUNCH

Burrito Bowl

Beet- Sweet Potato Salad

Lentil Soup with brown rice and spinach

My favorite Ceasar salad

MY FAVORITE CAESAR SALAD

Ingredients: Dressing

1/3 cup mashed avocado
2 cloves garlic, minced
3 Tablespoons lemon juice
2 anchovy fillets (or 1 teaspoon anchovy paste, if you prefer)
1 Tablespoon olive oil
2 teaspoons Worcestershire sauce
1/2 teaspoon Dijon mustard
3/4 teaspoon Himalayan salt
1/4 teaspoon ground pepper
2 Tablespoons water
2 Tablespoons unsweetened almond milk

Ingredients: Salad

1 chicken breast baked/grilled and sliced
8 cups romaine lettuce, cut into bite-sized pieces
1 cup chickpeas
1/4 cup sunflower seeds
1 handful bite sized tomatoes
1/4 cup fresh or dried pomegranate seeds

Direction:

- For dressing- Add all ingredients into a high powered blender or food processor and blend until smooth. Taste and add additional salt and pepper if needed.
- For Salad- Combine all the salad ingredients in a large bowl and 1-2 tbsp dressing, stir to combine.



Follicular Menu

DINNER

Zucchini Lasagna

Bun in the oven meatloaf

Teriyaki Salmon and broccoliSteak stir fry

Turkey Vegetable Frittata

ZUCCHINI LASAGNA

Ingredients: meat filling

- 1 Tbsp olive oil
- 1/2 Small onion diced
- 1 lb ground turkey
- 1/2 tsp salt and 1/4 tsp pepper
- 18 large basil leaves chopped

For marinara sauce:

- 1/4 Cup olive oil
- 1 Small onion diced
- 1 tsp garlic minced
- 1 tsp salt
- 7 Cups tomatoes diced
- 1/2 tsp raw honey

For cheese sauce:

- 1/2 tsp olive oil
- 1/2 Cup coconut milk divided
- 1/4 tsp salt
- 4 medium zucchini thinly sliced lengthwise
- 1 egg
- 1/4 Small onion chopped
- 1/2 tsp garlic minced
- 1/2 yellow summer squash, chopped



Direction:

- Heat the olive oil in a large saucepan on medium/high heat. Add the onion and salt and sauté for 2 minutes. Add the garlic and sauté for 30 seconds more. Add the tomatoes and honey and reduce heat to medium. Let it cook for about 20 minutes, or until slightly thick.
- Check seasonings and add more salt, if needed. For the meat filling, Heat the oil in a sauté pan over medium/high heat. Add the turkey cook for 2 mins. then add the onion, salt and pepper.
- Continue cooking until the turkey is cooked and the onion is soft. Remove from heat and toss with the fresh basil.
- For the “cheese” sauce, heat some olive oil to medium in a saucepan. Add onion, squash, salt, and garlic. Sauté until the onion is translucent. Add 1/4 c. of the coconut milk and bring to a boil.
- Simmer for 2 minutes, or until more than half of the liquid is absorbed. Place the mixture in a blender with the remaining coconut milk and puree until very smooth. Add the egg and puree until well blended.
- To assemble the lasagna, lightly grease the crock pot.
 - Cover the bottom of the crockpot with appx. 3/4 c., marinara sauce.
 - Layer maranara, cheese sauce and zucchini noodles until you have 5 layers.
- Cover and cook on high for 1 1/2 hours, remove lid. Using a ladle, remove all excess liquid and place it in a shallow frying pan. Bring to a boil and simmer for 5-7 mins., or until it’s thick, creamy sauce.
- Pour the sauce over the top of the lasagna in the crockpot and serve.

Follicular Menu

DINNER

Zucchini Lasagna

Bun in the oven meatloaf

Teriyaki Salmon and broccoli

Turkey Vegetable Frittata

BUN IN THE OVEN, MEATLOAF

Ingredients:

2 pounds lean ground beef

2 large eggs

2/3 cups chopped scallions

1/4 cup chopped parsley

1/4 cup chopped dill

1 tsp oregano

1 tbsp Worcestershire

2 tsp Dijon mustard

1 cup gluten free bread crumbs

1 1/2 tsp Himalayan salt

1/2 tsp ground black pepper

1/2 cup coconut or almond milk

Glaze-

1/3 cup Ketchup 1 tsp rice

1 tbsp molasses vinegar



Direction:

- Glaze-
 - Preheat oven to 350.
 - Line a large baking pan with parchment paper or foil and lightly grease with cooking spray.
 - Mix all glaze ingredients together and set aside.
- Meatloaf-
 - Combine all the ingredients in a large bowl and mix with a fork or with your hands until well blended.
 - Form the mixture into a large ball and transfer to the baking pan. Using your hands, form it into an oval-shaped loaf, about 10 inches long and 2 1/3 inches high. Using the back of a spoon evenly “frost” the meatloaf with the glaze (if using).
 - Bake for 1 hour 25-30 minutes or until completely cooked. Internal temp 160’ and the juices should run clear.
 - Remove from oven and let stand 15 minutes to rest.
 - Pair with a green salad with olive oil/balsamic dressing.

Follicular Menu

DINNER

Zucchini Lasagna

Bun in the oven meatloaf

Teriyaki Salmon and broccoli

Turkey Vegetable Frittata

TERIYAKI SALMON AND BROCCOLI

Ingredients:

1 1/2 - 2 pounds salmon fillets
1/2 cup braggs coconut aminos
1/8 cup coconut sugar
1/2 tsp minced ginger
2 cloves garlic,, minced
1/2 Tablespoon rice wine vinegar
3 oz. pineapple juice
1 Tablespoon cornstarch
2 Tablespoons water
sliced green onions,for garnish
sesame seeds, for garnish
broccoli florets



Direction:

- Preheat oven to 400 degrees. Spray baking pan with olive or avocado cooking spray. Set aside.
- In a small saucepan, combine Braggs, coconut sugar, ginger, garlic, and rice wine vinegar and bring to a simmer over medium-low heat. Stir and cook for five minutes.
- In a small bowl, combine the cornstarch and water, mixing well. Add to the pan along with the pineapple juice, and allow the mixture to return to a simmer. Continue cooking for 5-10 more minutes until the mixture thickens and coats the back of a spoon. Remove from heat and allow to cool slightly.
- Pat salmon fillets dry with a paper towel and place them on the prepared cookie sheet.
- Spoon glaze generously over the tops of each fillet. You will have some leftovers!
- Place pan in the upper half of the oven and cook for 10-12 minutes. Remove pan from oven and add a small amount of leftover glaze to the top of each fillet.
- Turn oven broiler to high and broil the salmon for an additional 2-3 minutes. Garnish with sliced green onions and sesame seeds.
- Add a side of roasted broccoli or your favorite green veggie and ½ cup cooked quinoa, brown rice, or buckwheat.

Follicular Menu

DINNER

Zucchini Lasagna

Bun in the oven meatloaf

Teriyaki Salmon and broccoli

Turkey Vegetable Frittata

TURKEY VEGETABLE FRITTATA

Ingredients:

1/2 pound ground turkey

1 medium potato, thinly sliced

1/2 onion, chopped

3 mushrooms, sliced

fine sea salt and freshly ground

black pepper

1 cup broccoli florets, steamed

until tender

1 roma tomato, chopped OR 1/3

cup julienned, sundried tomatoes

9 eggs

2 teaspoon Dijon mustard

1/4 cup sliced black olives



Direction:

- Preheat the oven to 400 degrees. Grease a 9x13-inch baking dish with nonstick cooking spray.
- In a large skillet over medium-high heat, cook the ground turkey until no longer pink.
- With a slotted spoon, remove the turkey to the prepared pan and spread it evenly in the pan.
- Add the potato, onion, and mushrooms to the skillet and cook until the onion is clear, the potato is tender, and the mushrooms have browned. Season to taste with salt and pepper.
- Distribute these vegetables over the turkey in the pan. Strew the broccoli and tomatoes evenly throughout the pan.
- In a large mixing bowl, beat the eggs and whisk in the Dijon mustard. Pour this mixture over the vegetables and meat in the pan.
- Sprinkle the olives atop the eggs, and bake for 25 minutes or until set. Serve hot or warm.

Ovulation Menu

BREAKFAST

Berry Smoothie

Instapot blackberry oatmeal

Ovulation Antioxidant Smoothie

Super fluffy omelette

BERRY SMOOTHIE

Ingredients:

- ½ frozen banana
- ½ cup steamed and frozen cauliflower
- 1 inch, ginger root
- ½ cup goji berries
- ½ cup blueberries
- 1 cup kale
- ½ avocado
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 cup coconut or almond milk

Direction:

- Put all in blender and blend until smooth.



OVULATION ANTIOXIDANT SMOOTHIE

Ingredients:

- 2 cups frozen wild blueberries
- 1 cup spinach
- ½ cups frozen peaches
- ½ cup coconut water
- 1-2 tbsp avocado oil
- 3 drops liquid stevia drops - optional
- 2 scoops of protein powder
- ½ tsp vanilla extract - optional
- ¼ tsp Himalayan salt



Direction:

Put all ingredients in a high-powered blender and blend until smooth

Ovulation Menu

BREAKFAST

Berry Smoothie

Instapot blackberry oatmeal

Ovulation Antioxidant Smoothie

Super fluffy omelet

INSTAPOT BLACKBERRY OATMEAL



Ingredients:

- 1 cup gluten-free steel cut oats
- 1 – 2 scoops of clean protein powder
- 1/2 cup canned coconut milk
- 1/2 teaspoon ground cinnamon
- 2-1/2 cups water
- 1 cup almond milk
- 2 tbsp coconut, shredded
- 1 tbsp sunflower seeds
- 1/4 teaspoon salt
- 1/2 cup apple butter
- 1/2 cup blackberries

Direction:

- Add the oats, water, coconut milk, and salt to the pressure cooker pot and stir.
- Close the pressure valve on the pressure cooker and set to Porridge on Instant Pot for 10 minutes. Let natural release for 10 minutes.
- If using stove cook per package directions and then do this next step. Stir in the apple butter, cinnamon, coconut, Stevia drops (if using), and blackberries. Remove the pressure cooker insert (with the oatmeal still inside) and set it on a cooling rack and allow the oatmeal to cool for about 10 minutes before serving. Stir again and serve topped with a bit of coconut milk, apple butter and blackberries.

Ovulation Menu

BREAKFAST

Berry Smoothie

Instapot blackberry oatmeal

Ovulation Antioxidant Smoothie

Super fluffy omelet

SUPER FLUFFY OMELETTE

Ingredients:

2 Tbsp extra virgin olive oil
1 cup cremini mushrooms, thinly sliced
1 cup yellow onion, diced
1 cup fresh baby spinach
1/2 tsp Himalayan salt, divided
4 large eggs
1/2 tsp black pepper, divided
2 tbsp coconut oil
minced fresh parsley, for garnish
additional black pepper, for garnish



Direction:

- Heat olive oil in a large skillet over MED-HIGH heat. Add mushrooms and onion, cooking about 5 minutes, until golden and soft. Season with 1/4 tsp salt and pepper, then stir in baby spinach until wilted. Transfer mushroom mixture to plate and wipe out skillet.
- Crack eggs into the small mixing bowl with 1 Tbsp water and remaining salt and pepper, and beat with a small whisk or fork until blended and a little frothy. Add 1 Tbsp of coconut oil to skillet and heat over MED to MED-LOW. Add half of the beaten egg mixture and stir them around the pan with a rubber spatula, pulling the sides in towards the middle, swirling the pan slightly so the runny egg mixture on top hits the pan and cooks. Cook about 2 minutes, until eggs are just slightly shiny on top. Add half of the mushroom mixture to one side of the omelet.
- Carefully lift up the edge of the omelet and check to see if the eggs are lightly golden on the bottom. Once they are, gently fold it over the filling. Slide omelet out of the skillet and onto a plate to serve. Repeat steps 3 and 4 with remaining oil, egg mixture, and mushroom mixture.
- Serve garnished with minced parsley and extra black pepper if desired.

Ovulation Menu

LUNCH

Chicken with orange and fennel salad

Fish tacos N' mango salsa

Chicken/vegetable with pomegranate

Red Borscht Soup

CHICKEN W/ ORANGE-FENNEL SALAD

Ingredients:

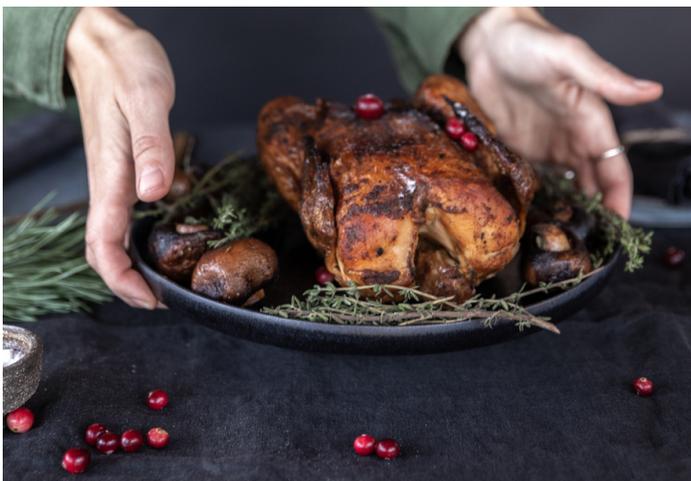
- 1 chicken breast or salmon fillet, grilled or baked.
- 1 large fennel bulb, trimmed and thinly sliced
- 2 medium oranges, peeled
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper

Direction:

- Place the sliced fennel in a salad bowl.
- Slice oranges to divide flesh sections and add to bowl.
- Place meat on top. Drizzle with olive oil, red wine vinegar, and salt and pepper.



CHICKEN VEGETABLE - POMEGRANATE



Ingredients:

- ¼ of cooked chicken, torn into strips
- ½ leftover roasted vegetables
- 1 cup rinsed quinoa
- ½ cup pomegranate
- 1 cup home-made chicken or vegetable stock
- 2 tbsp extra virgin olive oil
- 1 tsp fresh parsley
- ½ tsp cumin
- Sea salt and pepper to taste
- 4 crispy outer leaves of an iceberg lettuce

Direction:

- Cook the quinoa in a saucepan of simmering water until tender, about 15 minutes. Fluff up with a fork and set aside. Place olive oil in a large frying pan and turn to medium heat. Add chopped cooked vegetables and chicken to the pan and stir, allowing to heat through for 3 to 4 minutes. Add stock along with quinoa, parsley and cumin, stirring regularly for a further 5 minutes or until liquid has reduced. Add pomegranates and salt and pepper to taste and serve. Let the mixture cool and spoon into lettuce cups and serve.

Ovulation Menu

LUNCH

Chicken with orange and fennel salad
Chicken/vegetable with pomegranate

Fish tacos N' mango salsa
Red Borscht Soup

FISH TACOS N' MANGO SALSA

Ingredients:

8 12 oz firm white fish (halibut or cod)
½ cup canned coconut milk, stirred
¾ cup unsweetened coconut
1 tbsp curry powder
1 tsp sea salt
4 large romaine lettuce leaves

Mango Salsa

1-2 ripe mangos peeled and
diced ¼ inch thick
Add cilantro to taste
2 tsp grated ginger root, peeled
Fresh squeezed lime to taste



Direction:

- Skin the fish and cut it into ½ inch thick slices.
- Dunk each piece in the coconut milk, then into the curry- coconut mixture. Coat on all sides.
- Cook each fish in coconut oil over medium heat until both sides are brown.
- Make the mango salsa by combining all ingredients.
- The serving size is 2 tacos and ¼ cup of mango salsa.

Ovulation Menu

LUNCH

Chicken with orange and fennel salad
Chicken/vegetable with pomegranate

Fish tacos N' mango salsa
Red Borscht Soup

RED BORSCHT SOUP

Ingredients:

- 1 (16 ounce) package pork sausage
- 3 medium beets, peeled and shredded
- 3 carrots, peeled and shredded
- 3 medium sweet potatoes, peeled and cubed
- 1 tablespoon coconut oil
- 1 medium onion, chopped
- 1 (6 ounce) can tomato paste
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ medium head cabbage, cored and shredded
- 1 (8 ounce) can diced tomatoes, drained
- 3 cloves garlic, minced
- salt and pepper to taste
- 1 tablespoon chopped fresh parsley for garnish



Direction:

- Crumble the sausage (if using) into a skillet over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.
- Fill a large pot halfway with water (about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage and the can of diced tomatoes.
- Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover, and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper. Ladle into serving bowls, and garnish with fresh parsley.

Ovulation Menu

DINNER

Preggers rice and stuff
Knocked up stew

Chicken and roasted radishes
Crockpot chicken and fennel

PREGGERS RICE N'STUFF

Ingredients:

1 cup uncooked wild rice
¾ cup uncooked brown rice
3 ¾ cups unsalted vegetable stock
1 cup chopped yellow onions (from 1 onion)
1 5 oz package frozen shelled edamame
1 teaspoon kosher salt
½ cup dried cherries (about 2 1/2 ounces), chopped
½ cup hopped pecans, toasted
1 tablespoon red wine vinegar
1 small bunch fresh flat-leaf parsley leaves



Direction:

- Stir rice in a slow cooker, Stir in beans, stock, onions, edamame, and 3/4 teaspoon of the salt, cover and cook on high until the rice is tender, 3 hours and 30 minutes to 4 hours. Stir in the cherries; turn off the heat, cover, and let stand 15 minutes, Stir the pecans, vinegar, and remaining 1/4 teaspoon salt into the rice just before serving. Garnish with the parsley.



Direction:

- In a slow cooker combine the broth, tomatoes, sweet potato, farro, leeks, celery, garlic, salt, and crushed red pepper. Cover and cook on high 2 hours or until farro is tender but still chewy. Stir in greens, beans, and shredded pork. Cover and cook 30 to 60 minutes more or until greens are tender. Stir in lemon juice. Sprinkle servings with basil.

KNOCKED UP STEW

Ingredients:

3 cups chicken or vegetable broth
1 (14.5 ounce) can fire-roasted diced tomatoes, undrained
¾ cups bite-size pieces peeled sweet potato
1 cup farro
1 cup chopped leeks
1 cup coarsely chopped celery
4 cloves garlic, minced
½ teaspoon salt
½ teaspoon crushed red pepper
4 cups coarsely chopped fresh collard greens, green cabbage, green kale or Swiss chard
1 (15 ounce) can no-salt-added pinto beans, rinsed and drained
8 ounces shredded, cooked pork shoulder
3 tablespoons lemon juice
⅓ cup snipped fresh basil

Ovulation Menu

DINNER

Preggers rice and stuff

Knocked up stew

Chicken and roasted radishes

Crockpot chicken and fennel

CHICKEN AND ROASTED RADISHES

Ingredients:

2 tbsp coconut oil
1.5 lb boneless skinless chicken thighs, fat trimmed, cut into 1" cubes
1 large shallot, thinly sliced
2 cloves garlic, minced
1 tbsp grated ginger
1 tsp cumin
1/2 tsp cardamom
1/2 tsp cinnamon
1/2 tsp salt
1/2 tsp cracked black pepper
1/2 c chopped walnuts
1 c pomegranate juice
1/2 c coconut milk
1 tbsp honey
1/2 c pomegranate seeds
2 tbsp chopped fresh parsley



Direction:

- Preheat oven to 375'
- Toss the quartered Brussels and halved radishes in a bowl with oil, garlic salt, salt, and pepper and set aside
- Spread the Brussels and radishes out in an even layer on the sheet tray
- Bake 20-30 minutes, until veggies are tender on the inside and crispy on the outside.
- Can broil a few minutes at the end if they need a little more crisping.
- Bake, broil, or grill chicken breast and slice over the top of a bowl or Brussels and radishes.
- Top with crumbled feta

Ovulation Menu

DINNER

Preggers rice and stuff

Knocked up stew

Chicken and roasted radishes

Crockpot chicken and fennel

CROCKPOT CHICKEN AND FENNEL

Ingredients:

- 1 large orange
- 1 cup low-sodium chicken broth
- 2 Tbs. whole-grain mustard
- Sea salt
- 6 large bone-in chicken thighs, skinned, about 2 1/2 lb
- 2 Tbs. unsalted butter
- 1 Tbs. coconut oil
- 2 small fennel bulbs, about 1 1/2 lb. total weight, stalks and fronds removed and bulbs cut lengthwise into thin wedges
- 1/3 cup chopped pitted Kalamata olives



Direction:

- Juice the orange, add the broth, mustard and 1 tsp. salt to the juice and whisk to combine. Season the chicken with 2 tsp. salt.
- Add the butter and oil to a skillet and warm until hot. Working in batches to avoid crowding, add the chicken, bone side up, and cook until nicely browned on the underside, about 5 minutes. Transfer to a plate.
- Transfer to the slow cooker, add the fennel and orange juice mixture, and toss and stir to mix well. Nestle the chicken pieces, bone side down, in the fennel mixture. Scatter the olives over the chicken. Cover and cook on low for 4 1/2 hours. The chicken and fennel should be very tender and the chicken should be clear throughout.
- Transfer the chicken to a plate and cover to keep warm. Using a large spoon, skim off and discard as much fat as possible from the surface of the cooking liquid.
- Transfer the chicken and fennel to individual plates and spoon the cooking liquid over the top. Serve immediately.

Luteal Menu

BREAKFAST

Pumpkin Porridge

Green Elixir

Blackberry Avocado smoothie Bowl

Apple Pie Porridge

PUMPKIN PORRIDGE

Ingredients:

- 1 cup Gluten-free rolled oats
- 1/2 cup water
- 1/2 cup coconut milk
- 1/2 cup Pure pumpkin puree
- 1-2 tsp pumpkin spice
- 1 tbsp maple syrup (optional)

Direction:

- Add oats to a saucepan over low heat. Mix in the pumpkin puree and add the coconut milk stir to combine until no pumpkin puree lumps are left.
- Sprinkle in your spices Cook for a few minutes whilst stirring regularly until the oats have softened and soaked up the majority of the liquid.
- Stir in your maple syrup. transfer your porridge to a breakfast bowl and add toppings. banana slices, nut butter (such as almond), cacao nibs, and flaked almonds.



BLACKBERRY AVOCADO SMOOTHIE BOWL



Ingredients:

- 1/2 cup frozen or fresh blackberries
- 1/2 banana
- 1 small avocado
- 1 tablespoon almond butter
- 2 pieces of fresh ginger
- 1 cup almond or coconut milk

Direction:

- Put all in the blender and blend until smooth.

Luteal Menu

BREAKFAST

Pumpkin Porridge

Blackberry Avocado Smoothie Bowl

Green Elixir

Apple Pie Porridge

GREEN ELIXIR

Ingredients:

- 2 cups spinach or greens of choice
- 1 cup fresh zucchini
- 1/2 cup frozen cauliflower
- 1/2 cup fresh pineapple
- 1 scoop vegan protein powder optional
- 1 tablespoon cashew butter or nut butter of choice
- 3/4 cup coconut water

Direction:

- Layer ingredients from top to bottom and blend until smooth.



GRAIN DETOX BOWL

Ingredients:

- | | |
|-----------------------|-----------------------|
| Homemade Chai Mix: | Base- |
| 1 tsp cinnamon | 1 cup cooked quinoa |
| 1 tsp cardamon | cup gluten free quick |
| 1 tsp ground cloves | oats |
| 1/2 tsp ground ginger | 2 tbsps almonds |
| 1/2 tsp ground white | 1/4 cup maple syrup |
| pepper | 14 oz non dairy milk |
| pinch of sea salt | |

Direction:

- Mix all your chi ingredients and set aside. Arrange your oats, quinoa, and almonds in a large bowl. Stir in your chai mix and maple syrup. Set aside. Heat up 12-14 ounces of non-dairy milk. Pour 10 ounces of the milk over the oats. Place bowl in the fridge for 2 hrs or up to 24 hrs overnight. Scoop 1/2 cup to 2/3 cup into bowls. Reheat the bowl if desired or keep cold. Add a scoop of coconut cream (the thickened portion from the can of coconut milk) on top of each bowl. Pour 1-ounce additional milk on top of each bowl to make it a “dirty chai.” Pour the brew hot or cold depending on personal choice. Both ways taste great! Sprinkle with coconut flakes, cacao nibs (or dark chocolate), and any additional almonds, spices, etc.

Luteal Menu

LUNCH

Cherry Chicken and Pecans

Red Bean and Quinoa Chili

Chili Lime Steak Bites

Avocado Chicken Salad

CHERRY CHICKEN AND PECANS

Ingredients:

- 1 cup uncooked wild rice
- ¾ cup uncooked brown rice
- 3 ¾ cups unsalted vegetable stock
- 1 cup chopped yellow onions
- 1 (8 ounce) package frozen shelled edamame
- 1 teaspoon Hymalain salt
- ½ cup dried cherries
- ½ cup chopped pecans, toasted
- 1 tablespoon red wine vinegar
- 1 small bunch Fresh flat-leaf parsley leaves



Direction:

- Prepare the chicken (remove fat) Mix chicken, shallots, garlic, ginger, and walnuts and set aside.
- Heat a Dutch oven over medium high heat. Add the coconut oil, and heat until it shimmers.
- Add the diced chicken sprinkle with a pinch of salt, and sauté, stirring frequently, until browned and no longer pink.
- Add the shallot, toss to with the chicken, and sauté until soft, stirring frequently, about 5 minutes. Make a small clearing in the center of the oven and add the garlic and ginger. Sautee, stirring continuously, until very fragrant, about 1 minute.
- Add the spices, salt, and pepper, stirring thoroughly into the chicken, and sauté until toasted and fragrant. Add the walnuts and stir into the chicken. Add the pomegranate juice, continuously scraping up any browned bits from the bottom of the oven until the juice stops bubbling. Add the coconut milk and honey, then once again stir all ingredients together.
- Allow the liquid to come to a boil, then reduce the heat to medium-low, cover, and simmer for 20 minutes.
- Crack the lid and simmer an additional 10 minutes, or until the sauce is thick and the chicken is starting to fall apart. Stir occasionally throughout these 30 minutes to prevent scorching.
- Ladle the chicken over steamed rice, couscous, cauliflower rice, or your base of choice. Garnish with pomegranate seeds and chopped parsley.

Luteal Menu

LUNCH

Cherry Chicken and Pecans

Red Bean and Quinoa Chili

Chili Lime Steak Bites

Avocado Chicken Salad

CHILI LIME STEAK BITES

Ingredients:

1-pound top sirloin steak
½ teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon garlic powder
2 tablespoons chili paste
1 tablespoon honey
2 tablespoons extra virgin olive oil
2 limes, zested and juiced



Direction:

- Cut the steak into 1-inch strips. Then cut again into ½-inch pieces.
- Place the steak in a small bowl and sprinkle it with salt, pepper, and garlic powder.
- Stir until the steak is completely coated.
- Add the chili paste and honey. Stir again until all the steak bites are coated in the mixture.
- Place a 10-inch cast-iron skillet over medium-high heat.
- Once you can feel the heat as you hold your hand 6 inches above the pan, add the oil. Swirl the oil around the pan and immediately add the steak bites in a single layer. The pan will sizzle and hiss when you add the steak. If it doesn't make a big sizzle, the pan isn't hot enough yet. Allow the steak to sear for 1 minute before touching it. Flip the steak bites over. You can use tongs, or a spatula works great to flip a whole bunch at once.
- Allow the steak to sear on the second side for 1 minute. Remove the steak from the pan and place it on a plate. Add the lime zest and lime juice to the hot pan. Stir to combine and pour the chili lime sauce over the steak bites. Serve with baked sweet potato and sautéed spinach with garlic and onions.

Luteal Menu

LUNCH

Cherry Chicken and Pecans

Red Bean and Quinoa Chili

Chili Lime Steak Bites

Avocado Chicken Salad

RED BEAN AND QUINOA CHILI

Ingredients:

1 cup dried red kidney/black beans, soaked and drained
3 cups water
2 tsp ground cumin
1 T olive oil
1 medium onion, chopped
2 tsp sea salt
2 cloves garlic, minced
1 large green pepper, chopped
1 tsp dried oregano
1 tsp ground cinnamon
1 tsp cayenne pepper
1 cup quinoa, rinsed and drained
1 cup fresh or frozen organic corn
1 can organic stewed tomatoes
1 avocado, sliced (for garnish)



Direction:

- Place beans in a large pot with 2 cups of water and 1 tsp. cumin. Bring to a boil. Simmer over low heat while covered until tender, about 50-60 minutes. Heat oil in a separate pot on medium heat.
- Add onion, 1 tsp. salt, garlic, green pepper, cumin, and the rest of the spices.
- Sauté for 5 to 10 minutes. Add quinoa and stir in. Add corn, stewed tomatoes, and 1 cup of water to mixture. Simmer for 20 minutes.
- Add cooked beans and 1 tsp. salt. Simmer for another 10 minutes.
- Garnish with avocado.

Luteal Menu

LUNCH

Cherry Chicken and Pecans
Chili Lime Steak Bites

Red Bean and Quinoa Chili
Avocado Chicken Salad

AVOCADO CHICKEN SALAD

Ingredients:

2-3 skinless, boneless chicken breasts
1/4 cup chopped red onion
2-4 tbsp chopped, cilantro
1 avocado, chopped
1-2 tbsp avocado mayo
1-2 tbsp Dijon mustard
1/2 lime, juiced
Himalayan salt and pepper to taste



Direction:

- Cook chicken and chop up into bite-sized pieces.
- Add other ingredients.
- Mix.
- Serve on a bed of lettuce.

Luteal Menu

DINNER

Detox Chicken No Noodle Soup

Detox Lentil Soup

Yummy Salmon and Zucchini Noodles

Blackened Chicken Salad

DETOX CHICKEN NO NOODLE SOUP

Ingredients:

1 1/2 pounds boneless skinless chicken breast
2 quarts chicken broth
1 large onion, peeled and chopped
3 cups broccoli florets
2 1/2 cups sliced carrots
2 cups chopped celery
1 1/2 cups frozen peas
1/4 cup chopped parsley
3 tablespoons fresh ginger, shredded or grated
4 garlic cloves minced
2 tablespoons olive oil
1 tablespoon apple cider vinegar
1/4 - 1/2 teaspoon crushed red pepper
1/4 teaspoon ground turmeric
salt and pepper



Direction:

- Add all ingredients to the crockpot
- Cook on low for 8 hours
- When ready to eat, shred the chicken
- Top with nuts, seeds, and desired toppings.

Luteal Menu

DINNER

Detox Chicken No Noodle Soup

Detox Lentil Soup

Yummy Salmon and Zucchini Noodles

Blackened Chicken Salad

YUMMY SALMON AND ZUCCHINI NOODLES

Ingredients:

- 1 salmon fillet, cut in 3 or 4 chunks
- 4 zucchini spiralized
- 3 tablespoons butter, divided
- 3 – 4 clove garlic, minced
- 1 cup fresh chopped parsley, divided
- juice of 1/2 lemon
- 1/2 teaspoon red crushed chili pepper flakes, optional
- 1 tablespoon hot sauce of your choice (we used Sriracha)
- Fresh chopped scallion, for garnish



Direction:

- Thoroughly season salmon fillets on all sides with salt and pepper.
- Heat butter in a large cast-iron skillet.
- Add the pieces of salmon to the skillet, skin side first, and cook for 2-4 minutes on each side – depending on thickness.
- Remove from the skillet and set aside.
- In the same skillet, melt the remaining 2 tablespoons of butter.
- Add lemon juice, hot sauce, minced garlic, half the parsley, and red pepper flakes (if you want).
- Add the zucchini noodles and cook for 3 or 4 minutes, stirring regularly to coat in the butter sauce, until zucchini noodles are done but still crisp and juices have reduced a bit. Adjust seasoning with salt and pepper and garnish with more parsley.
- Push zucchini noodles on the side and add salmon fillets back to the pan. Reheat for a couple of minutes. Serve immediately lemon garlic butter Salmon garnished with chopped scallion and a lemon slice on the side.

Luteal Menu

DINNER

Detox Chicken No Noodle Soup

Detox Lentil Soup

Yummy Salmon and Zucchini Noodles

Blackened Chicken Salad

DETOX LENTIL SOUP

Ingredients:

2 teaspoons coconut oil
2 carrots, chopped
2 celery, chopped
1/2 of a large onion, chopped
2 teaspoons sal
1/2 teaspoon pepper
6 cloves garlic, grated
8 cups vegetable broth
2 cups dry green or brown lentils, rinsed
3 bay leaves
4 large springs thyme
1/4 cup chopped parsley



Direction:

- Add all ingredients to a crockpot.
- Cook on low for 8 hours
- Top with toppings of choice.

Luteal Menu

DINNER

Detox Chicken No Noodle Soup

Yummy Salmon and Zucchini Noodles

Detox Lentil Soup

Blackened Chicken Salad

BLACKENED CHICKEN SALAD

Ingredients:

- 1 tbsp Chili Powder
- 2 tsp paprika
- 1 tsp onion powder
- 1 tsp cumin
- ½ tsp garlic powder
- 1 tsp Italian Seasoning
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4 chicken breasts thinly sliced
- 4 tbsp olive oil divided
- 2 cups broccoli florets
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- 1 15 ounce can chickpeas
- 1 cup red cabbage chopped
- 1 avocado chopped



Direction:

- Prepare the chicken: In a small bowl add the chili powder, paprika, onion powder, cumin, garlic powder, Italian seasoning, and salt and pepper. Use about 1 tablespoon of the oil on the chicken. Rub the spice rub evenly on the front and back of the chicken.
- In a medium-sized skillet over medium-high heat add 1 tablespoon of the oil. Add the chicken and cook on each side for about 2-3 minutes or until cooked through.
- To roast the veggies: Preheat oven to 425 degrees. On a baking sheet add the broccoli, pepper, and chickpeas. Salt and pepper and drizzle with remaining olive oil.
- Roast for 15 minutes or until tender.
- To assemble the power bowls: Divide the chicken evenly with the broccoli, peppers, chickpeas, avocado, and red cabbage.



Thank you.

Confused on what to do next... book a call with me.

www.coachkela.com/discovery-calls or visit my website at www.coachkela.com

The content in the cycle optimizing meal plan is intended for information purposes only and does not equal medical or nutritional advice. Recipes and food guidelines are made to share and promote healthy lifestyle choices. This is not a diet plan. Kela Smith is not a doctor or nutritionist. Any and all health information is not intended to diagnose, treat, cure, or prevent any disease or illness. Please consult with your physician, especially if you are on medication, have a medical condition, are pregnant, breastfeeding, or suspect you could be pregnant.