



The Hormone Puzzle

- *Fertility Meal Plan* -

By Coach Kela Smith

Hi,

I'm coach Kela, a certified health and wellness coach who specializes in infertility, hormone imbalance and weight loss. I help my clients conquer these issues by teaching the hormone puzzle method. A methodology I created that gives you all the steps you need to put your hormone puzzle back together.



Thank you for downloading your fertility meal plan.

In this plan I have put together some options for breakfast, lunch and dinner to get you started eating foods that will help you to balance your hormones so you boost your fertility naturally.

That is the one complaint I have when talking to clients, is they know they need to be eating healthy but where do they start. There are so many options on the internet and they don't know what is best or what to do first so they just freeze and do nothing.

My hope for you is that you take these recipes and just start here. Learn to cook a few of these and start to implement them into your daily meals.

Once you learn to cook a few of these meals, cook a few more and a few more until you are eating for fertility. It's not about being perfect but about progress.

You can do this! I believe in you!

Are you ready to start the journey of putting your hormone puzzle back together, syncing your cycle and boosting your fertility, FOR GOOD?

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info@coachkela.com

Recipe Guide

Breakfast

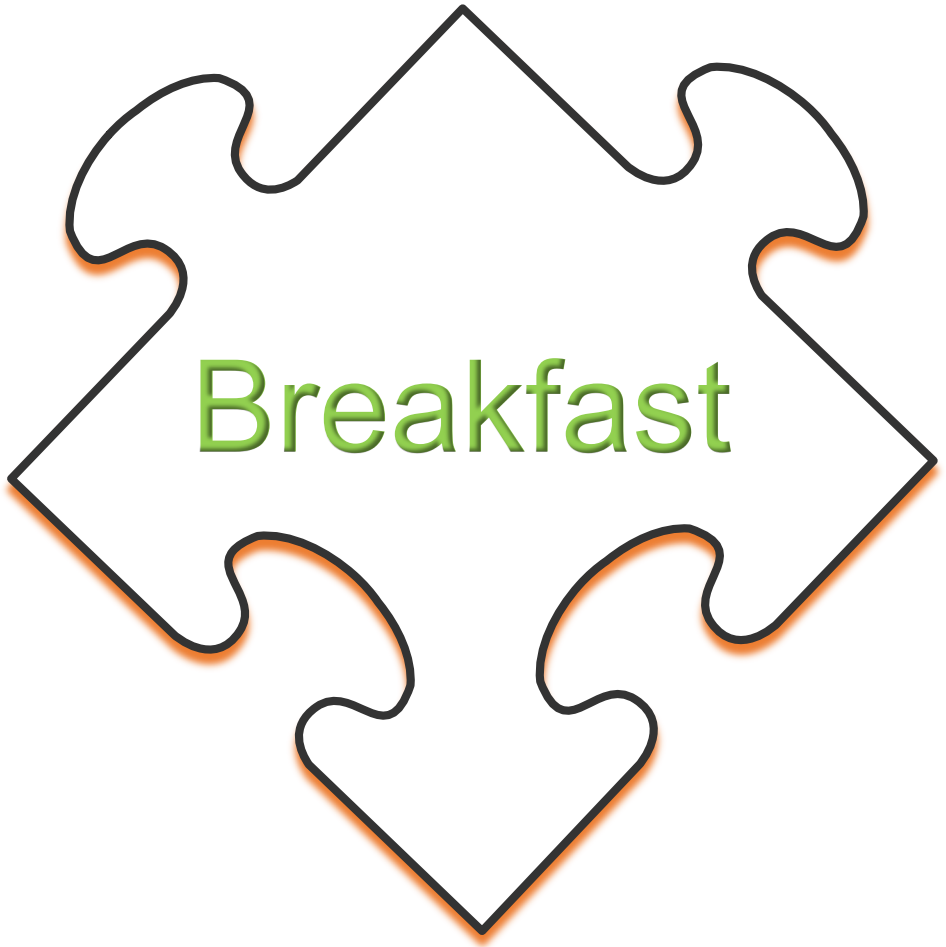
Maca Me Pregnant Smoothie
Almond Flour Pancakes
Overnight Oats
Preggers Egg Cups

Lunch

Grilled Veggie Pizza
Rainbow Salad
Fertility Boosting Soup
Baby in a Bun Sandwich

Dinner

Salmon Over Quinoa with Broccoli
Bean in The Oven Burger
Chicky Chicken
One Pot Easy Veggie and Sausage Meal



Maca Me Pregnant Smoothie

Ingredients: *(all organic)*

- 1 frozen banana, chopped
- ½ cup frozen cherries
- 1 cup frozen spinach
- 1 TBSP almond butter
- 1 TBSP maca root powder
- Visit my dispensary to order –
<https://us.fullscript.com/welcome/coachkela>
- 1 scoop chocolate protein powder (I like sunwarrior) www.sunwarrior.com discount code–kelahealthcoach
- 1 cup Organic Unsweetened Coconut Milk
- ½ cup of Ice

Directions:

Put everything into a high-speed blender and blend until smooth.



Almond Flour Pancakes

Ingredients:

- 1 cup almond flour
- 1 cup coconut milk
- 3 eggs
- ¼ tsp sea salt
- 2 tsp baking powder
- 1 tsp baking soda
- ¼ cup avocado oil

Directions:

Add almond flour and nut milk to blender and blend on high for 3 minutes

Add remaining ingredients and blend until smooth

Cook on a hot griddle for 1-2 minutes on each side or until golden (batter will be thin)

When you see bubble form then flip.

Top with berries and coconut cream whipped topping (recipe in my cookbook- *The Complete Hormone Puzzle*)



Overnight Oats

Ingredients:

- ½ cup of blueberries, fresh or frozen
- 1 cup rolled oats
- 1 tsp raw honey
- 1 pinch sea salt
- 1 scoop protein powder
- 1 cup full fat coconut yogurt
- ¼ scoop KePro Kefir grains (order here <https://simplywholistik.com/> code hormone puzzle)

Directions:

Add the oats and protein powder to a pint-size Mason jar.

Mix together.

Add kefir, honey, and salt.

Mix well to combine.

Top with blueberries.

Cover with a lid and let sit in the fridge overnight – 8 hours is best for optimal texture and taste.

In the morning, remove from the fridge and serve!



Preggers Egg Cups

Ingredients:

- 10 large eggs
- 1tsp sea salt
- ½ tsp garlic powder
- ¾ tsp Italian seasoning
- 1 cup diced tomatoes
- 1 cup chopped spinach
- ¾ cup grated parmesan cheese plus more for topping

Directions:

Preheat oven to 400°F. Line a 12-count muffin pan with silicone liners or coat with non-stick cooking spray. Set aside.

In a large 4 cup measuring cup or mixing bowl, crack in eggs and whisk together with salt and black pepper.

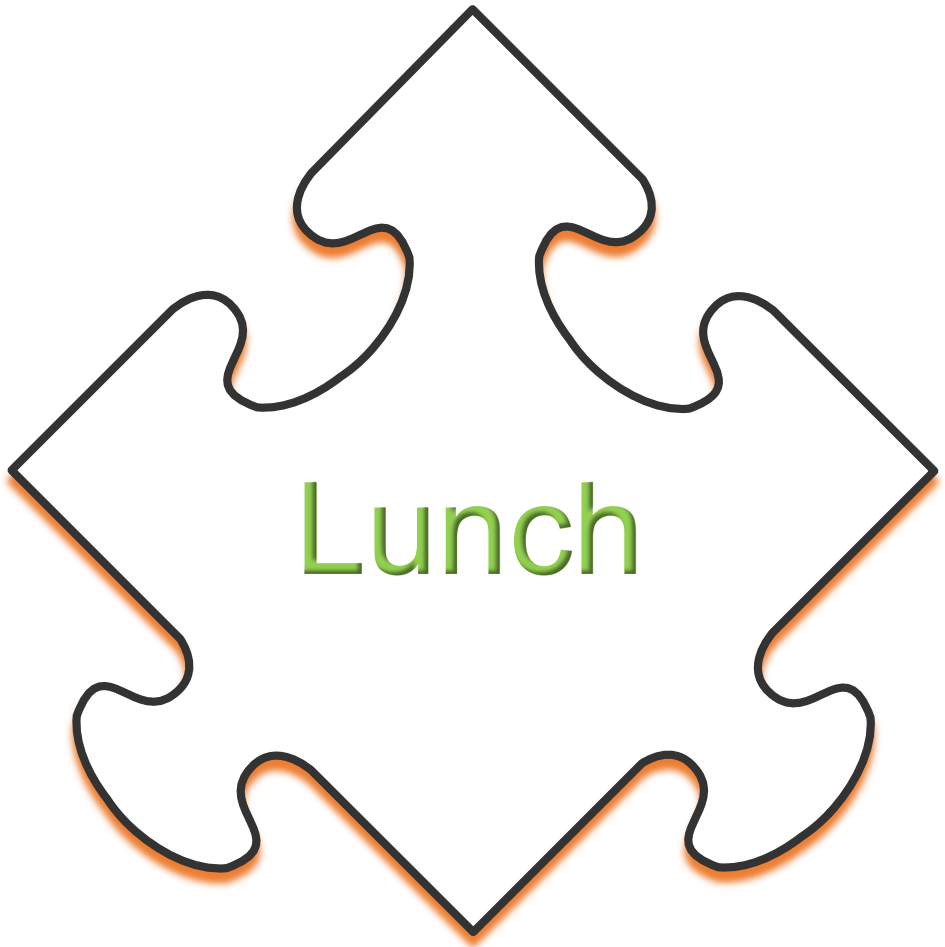
Whisk in garlic powder and Italian seasonings until combined. Stir in tomatoes and spinach. (You can add cheese here if using).

Divide evenly into muffin cups filling each about 2/3 full.

Bake in preheated oven for 12-16 minutes, or until set.



During menstruation add in warming and comfort foods like soups and stews as well as watermelon and pumpkin seeds.



Veggie Pizza with Cauliflower Crust

Ingredients:

Crust:

- 1-2 heads of cauliflower
- 2 cups of mozzarella cheese divided
- 2 eggs
- $\frac{3}{4}$ tsp garlic powder
- 1 tsp dried basil
- salt to taste
- $\frac{1}{4}$ tsp black pepper

- 1 TBSP olive oil

Toppings:

- $\frac{1}{3}$ cup marinara sauce
- 4 oz mozzarella ball, sliced
- fresh basil leaves
- red pepper flakes (optional)

Directions:

Remove cauliflower florets from the stem.

Grate them using a food processor or box grater.

Sauté the cauliflower rice in a pan on medium heat on the stove for 8-10 minutes. Then let it cool to the touch.

Transfer the cauliflower rice into a nut milk bag or thin kitchen towel. Drain the cauliflower by squeezing it until all the excess moisture is out. Squeeze as hard as you can! You want all the moisture out.

Place the drained cauliflower rice in a large mixing bowl.

Add the cheese, egg and seasonings. Use your hands to mix everything together to form the pizza dough.

On a parchment lined baking sheet, press the dough down into an even circle. The diameter should be around 9 inches. If you have a pizza stone, that's even better and will produce a crispier crust.

Bake for 25 minutes, or until slightly golden. You could also bake for 20 minutes and flip the crust over, then bake an additional 5-10 minutes for an even crispier crust. Add the toppings and bake for an additional 10 minutes.



Additional toppings I like, cheese, spinach, turkey pepperoni, onion, mushrooms, green peppers.

Rainbow Salad

Ingredients:

- 1 carrot, shredded
- 1 cup purple cabbage, shredded
- 1 small ripe avocado, cut into small chunks
- 1 zucchini, thinly sliced
- 1-2 celery stalks, diced
- ½ cup pumpkin seeds

Directions:

Place all ingredients into a small bowl and toss lightly. Dress with 1-2 TBSP oil and vinegar dressing or dressing of choice.



Fertility Boosting Soup

Ingredients:

- 2 TBSP grass fed butter
- 1 bunch leeks, chopped
- 6 carrots, chopped
- 3 organic sweet potatoes, cubed
- 3 packs butternut squash, cubed
- 32 oz veggie broth
- 1 cup apple juice
- Sea salt and pepper to taste

Directions:

Put all ingredients into a crock pot and cook on low for 6 to 8 hours until veggies are soft. Use a hand blender to puree the soup and season with sea salt and organic pepper to taste. Top with desired toppings, my favorites are pumpkin seeds, walnuts, or pecans.




Baby in a Bun Sandwich

Ingredients:

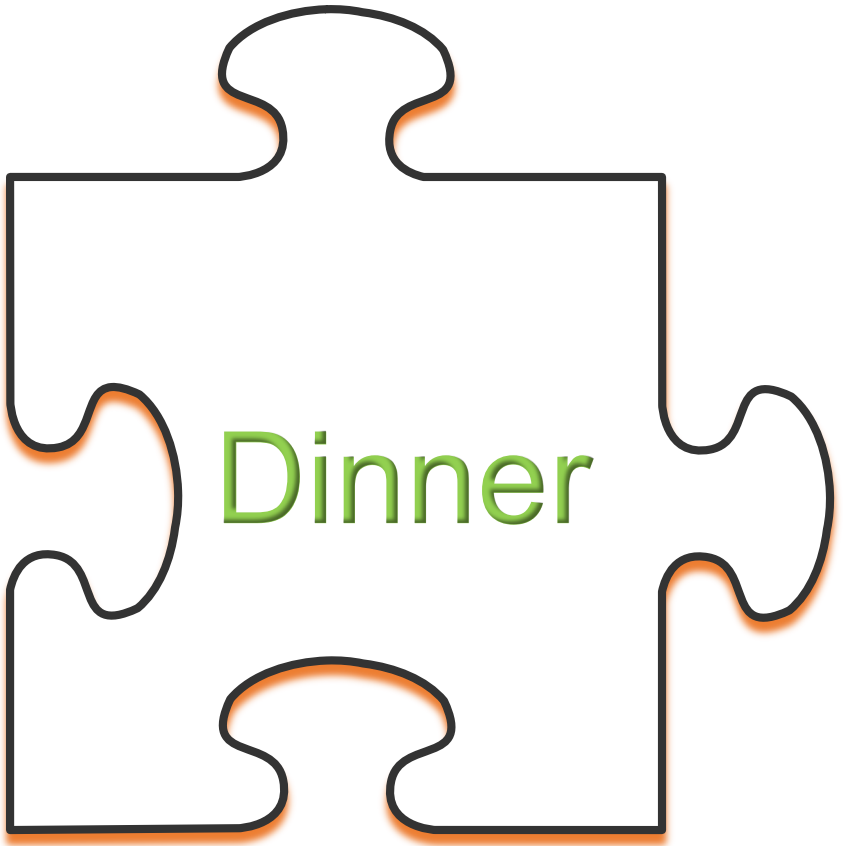
- 2 eggs, scrambled
- 2 slices of Ezekiel bread
- 1 TBSP avocado mayo homemade or store bought
- 1 cucumber sliced
- 1 avocado sliced
- 1 tomato, sliced
- 1 bunch spinach
- 1 handful broccoli or bean sprouts
- 1 slice goat cheese
- 1-2 slices red onion

Directions:

Toast bread, scramble eggs, assemble sandwich.



Eating lots of fresh vegetables and fruits during the follicular phase will give your body what it needs to process the extra hormones that are beginning to surge in preparation for ovulation. Think of this phase as your spring phase with light, fresh food loaded with prebiotics. Some great choices are sauerkraut, kimchi, kefir and sprouts.



Salmon Over Quinoa with Broccoli

Ingredients:

- 1 cup quinoa
- 1 cup bone or chicken broth
- 1 cup steamed broccoli seasoned with sea salt and pepper to taste
- 1-2 wild caught salmon filets
- 1-2 TBSP ghee or grass-fed butter
- Sea salt and pepper to taste
- 1 TBSP chopped rosemary
- 1 TBSP chili powder

Directions:

Cook quinoa per package directions but instead of water use broth.

Steam broccoli in water until soft and season with salt and pepper.

Preheat oven to 375°F.

Melt the remaining 1 TBSP ghee and use a pastry brush to brush over the surface of the salmon pieces. Sprinkle the fish with sea salt and black pepper and 1 TBSP chopped rosemary.

Place in 375°F oven for about 15 minutes, or until salmon is flaky and opaque in the center.

Serve fish over quinoa with broccoli on the side.



Bean in the Oven Burger

Ingredients:

- | | |
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| ○ 2 (14 ounce) cans black beans, drained, rinsed | ○ 1 tsp chili powder |
| ○ 1 TBSP extra virgin olive oil | ○ ½ tsp garlic powder |
| ○ ¾ cup finely chopped red pepper | ○ ¼ tsp smoked paprika |
| ○ 1 cup finely chopped red onion | ○ ½ cup gluten-free bread crumbs |
| ○ 1 TBSP minced garlic | ○ ½ cup feta cheese |
| ○ 1½ tsp ground cumin | ○ 2 large eggs |
| | ○ 1 TBSP Worcestershire sauce |
| | ○ 2 TBSP ketchup, mayo, or BBQ sauce |
| | ○ pinch salt + pepper |

Directions:

Preheat oven to 325°F. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out. Sauté olive oil, pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients. Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans. Form into patties using about 1/3 cup of mixture in each. *To bake:* Place patties on a parchment paper lined baking sheet and bake at 375°F for 10 minutes on each side, 20 minutes total. *To grill:* Place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 350°F– 400°F. Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.



Chicky Chicken

Ingredients:

- 1-2 lbs boneless skinless chicken breasts

Marinade:

- 2 garlic cloves, minced
- 2 TBSP extra virgin olive oil
- ¼ cup cilantro, chopped
- Juice of 1 lime
- ½ tsp cumin
- ½ tsp paprika

- ½ tsp sea salt and black pepper to taste

Avocado Salsa:

- 2 avocados, diced
- 2 tomatoes, chopped
- ¼ cup red onion chopped
- 1 jalapeno de-seeded and chopped
- ¼ cup cilantro, chopped fine
- Juice of 1 lime
- Fresh cracked pepper and sea salt to taste

Directions:

In a large bowl, whisk all the ingredients for the marinade and set aside.

Pound the breasts to even thickness or slice in half horizontally to get evenly sized breasts and add to the bowl of marinade. Mix through until the chicken is fully coated in the marinade. Use right away.

Grill chicken over medium heat or in a large heavy-duty skillet on the stovetop for 5-6 minutes per side or until the inside is cooked through and the outside is charred. Top with fresh avocado salsa and serve immediately.

To Make Avocado Salsa –

Combine all the ingredients for the salsa in a small bowl. Cover with plastic wrap and place in fridge until ready to serve. Once ready to serve, top chicken.



One Pot Easy Veggie and Sausage Meal

Ingredients:

- | | |
|---------------------------------------|---|
| ○ 2 carrots, chopped | ○ ½ tsp each basil, oregano, |
| ○ 2 sweet potatoes, sliced | parsley and garlic powder |
| ○ 1 zucchini, sliced | ○ ½ tsp each onion powder and dried thyme |
| ○ 2 red peppers, diced | ○ ⅛ tsp red pepper flakes (optional) |
| ○ 1 head broccoli, chopped | ○ ⅓ cup parmesan cheese, fresh grated |
| ○ 16 oz apple chicken sausage, sliced | ○ 4 ½ TBSP olive oil |

Directions:

Preheat the oven to 400°F. Line a large sheet pan with parchment paper or foil and set aside.

Prep the veggies: *It is important to prep the veggies according to directions to ensure they all cook at the same time* Peel and very thinly slice the carrots. Wash and chop the sweet potatoes. You want the pieces quite small here. (I halve the potatoes and then cut each half into 10-12 pieces) Half the zucchini and then cut *thick* coins of zucchini. Coarsely chop the broccoli. Remove the stems and seeds from the peppers and chop into medium-sized pieces.

Chop the sausage into thick coins.

Put all the veggies, sausage, seasonings and oil in a large zip lock bag and shake to coat. Place ingredients from the Ziplock on a large sheet pan. Place in the heated oven for 15 minutes. Remove, toss around the veggies and sausage, and return to the oven for another 10-20 minutes, until veggies are crisp and tender.

Remove and top, if desired, with freshly grated Parmesan cheese and fresh parsley.

Serve on top of rice or quinoa if desired.



HP Quick Tip –

Did you know that during ovulation your hormones are surging so it is a great idea to eat foods with lots of antioxidants and fiber this will help detox these hormones out of your body so they don't recycle and cause all sorts of debilitating symptoms.

HP Quick Tip –

During your luteal phase you will want to focus on consuming at least 1 detox juice full of fresh vegetables and fruits and make sure any remaining hormones are moved out and your body is ready once menstruation starts in the next few weeks.

Thanks for reading *the Hormone Puzzle Fertility Meal Plan*. I hope you are able to take these recipes and either start or continue on your journey to balanced hormones, optimized fertility, hotter self, and killing it in life and business.

If you want to be a part of my tribe the hormone puzzle society, please join my group here –

<https://www.facebook.com/groups/hormonepuzzle/>

Love and Health,
Coach Kela

A handwritten signature in black ink that reads "Coach Kela". The script is fluid and cursive, with the "C" being particularly large and the "K" having a distinctive shape.

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