























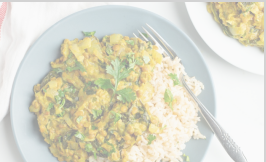







cannelle
NUTRITION

Women's Hormone Balancing Plan - Week 1 & 2

Uta Boellinger

<https://www.cannelle.co.uk/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Linseed & Blueberry Overnight Oats	 Linseed & Blueberry Overnight Oats	 Linseed & Blueberry Overnight Oats	 Chocolate Shake	 Chocolate Shake	 Poached Egg & Avocado on Toast	 Poached Egg & Avocado on Toast
Lunch	 Spinach & Sweet Potato Frittata	 Spinach & Sweet Potato Frittata	 Roasted Tomato & Lentil Bowl with Feta	 Roasted Tomato & Lentil Bowl with Feta	 Roasted Tomato & Lentil Bowl with Feta	 Chicken Caesar Salad Wraps	 Chicken Caesar Salad Wraps
Snack 2	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Apple with Peanut Butter	 Apple with Peanut Butter	 Apple with Peanut Butter	 Apple with Peanut Butter
Dinner	 Easy Lentil Curry	 Easy Lentil Curry	 Baked Salmon with Broccoli & Quinoa	 Baked Salmon with Broccoli & Quinoa	 Cauliflower, Kale & Lentil Detox Soup	 Cauliflower, Kale & Lentil Detox Soup	 Cauliflower, Kale & Lentil Detox Soup



Linseed & Blueberry Overnight Oats

3 servings

10 minutes

Ingredients

450 milliliters Unsweetened Almond Milk
120 grams Oats (rolled)
3 tbsps Ground Flax Seed
3 tbsps Chia Seeds
200 grams Frozen Blueberries

Directions

- 1 In a bowl, combine the oats, seeds and almond milk. Stir well and let sit for 5 minutes. Stir again then divide amongst 3 jars. Top with blueberries. Cover and let sit for at least three hours or overnight.
- 2 When ready to eat top with cinnamon, nut butter and or cacao nibs. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 3 days.

More Flavor: Add a pinch of cinnamon.

Milk: Instead of almond you can use organic soy or coconut milk (make sure it's unsweetened).



Chocolate Shake

1 serving

5 minutes

Ingredients

45 grams Oats
1 tbsp Almond Butter
2 tbsps Cacao Powder
250 milliliters Unsweetened Almond Milk
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds

Directions

1

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

2

Optional: add a few ice cubes

Notes

Likes it Sweeter: Add 1 pitted medjool date.

More flavour: Add some cinnamon



Poached Egg & Avocado on Toast

1 serving

15 minutes

Ingredients

1 slice Rye Bread
1/2 Avocado
Sea Salt & Black Pepper (to taste)
2 Egg
1 tbsp Apple Cider Vinegar
1/8 tsp Sea Salt
1 tsp Parsley (fresh parsley, chopped finely)

Directions

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



Spinach & Sweet Potato Frittata

2 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Sweet Potato (medium, peeled and cut into small cubes)
45 grams Baby Spinach (chopped)
6 Egg (whisked)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 200°C.
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



Roasted Tomato & Lentil Bowl with Feta

3 servings

40 minutes

Ingredients

1 1/2 Red Onion (sliced)
225 grams Cherry Tomatoes
1 1/2 Green Bell Pepper (chopped)
3 tbsps Extra Virgin Olive Oil
75 grams Kale Leaves (chopped)
300 grams Green Lentils (cooked, drained and rinsed)
1 1/2 Avocado (sliced)
150 grams Feta Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
3 tbsps Balsamic Vinegar
3 tbsps Parsley (chooped, fresh parsley)

Directions

- 1 Preheat oven to 200°C. Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20-30 minutes.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. On a separate lined tray add kale to the oven for the last 10 minutes of baking time
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils. Mix in the balsamic vinegar to taste.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Sprinkle fresh parsley on top. Enjoy!

Notes

Storage: Store in the fridge covered for up to 2 days.

Prep Ahead: Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.



Chicken Caesar Salad Wraps

2 servings

15 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
(divided)
2 tbsps Tahini
1 1/2 tbsps Lemon Juice
1/2 tsp Dijon Mustard
1 1/2 tbsps Nutritional Yeast
Sea Salt & Black Pepper (divided)
15 milliliters Water
1/2 head Romaine Hearts
2 Corn Tortilla
1/2 Tomato (chopped, seeds removed)
225 grams Chicken Breast, Cooked
(chopped into cubes or slices OR use
veggie chicken replacement)

Directions

1

Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.

2

Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

Notes

Leftovers: All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

Additional Toppings: Add sliced or cubed avocado.

More Flavor: Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.



Yogurt & Berries

1 serving

5 minutes

Ingredients

250 grams Plain Greek Yogurt
150 grams Frozen Berries (thawed)
1 tsp Cacao Nibs

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit and cacao nibs. You can also add chopped nuts and seeds and any other fruit you like! Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Apple with Peanut Butter

1 serving

3 minutes

Ingredients

1 Apple
32 grams All Natural Peanut Butter

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Easy Lentil Curry

2 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
2/3 Yellow Onion (large, chopped)
2 Garlic (clove, minced)
2 tsps Ginger (peeled and grated)
1/2 tsp Cumin
2/3 tsp Turmeric
Sea Salt & Black Pepper
2/3 Lime (juiced)
233 milliliters Vegetable Broth
167 grams Dry Red Lentils
2 grams Coriander (optional, roughly chopped)
167 grams Baby Spinach

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the cumin, salt peppers and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Add the rinsed lentils.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes or until lentils are completely softened. Meanwhile, cook your rice according to the instructions on the package.
- 5 Add the washed and chopped spinach (and cilantro/coriander if using). Turn off the heat, stir well and leave for another minute. Serve and sprinkle with extra cilantro if desired. ENJOY!

Notes

No Rice: Serve alone or with quinoa, couscous or potatoes instead.

Leftovers: Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick: If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour: Add extra cilantro and lime.



Baked Salmon with Broccoli & Quinoa

2 servings

20 minutes

Ingredients

2 Salmon Fillet
Sea Salt & Black Pepper (to taste)
1/2 head Broccoli (sliced into small florets)
2 tbsps Extra Virgin Olive Oil
200 grams Quinoa (cooked)
1/2 Lemon (sliced into wedges)

Directions

- 1 Preheat oven to 180C and line a baking sheet. Season salmon fillets with salt & pepper and place on sheet.
- 2 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon cooks, heat the quinoa and set aside.
- 4 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



Cauliflower, Kale & Lentil Detox Soup

3 servings

40 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
1 stalk Celery (diced)
1 Carrot (medium, peeled and diced)
2 Garlic (cloves, minced)
1/2 head Cauliflower (chopped into florets)
43 grams Kale Leaves (chopped)
750 milliliters Vegetable Broth
225 grams Lentils (cooked)
Sea Salt & Black Pepper (to taste)
1 tsp Coriander (fresh, chopped)

Directions

1

Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.

2

Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.

3

Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers: Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Serving Size: One serving is equal to approximately 2 cups of soup.