

HORMONE-BALANCING FOODS



**SHOPPING LIST AND
RECIPE GUIDE**

Hormone-Balancing Foods Shopping List and Recipe Guide

Take the guesswork out of shopping and cooking with this simplified approach to preparing nourishing, healthy foods.





SAMPLE SHOPPING LIST

With this list, you can make some of the recipes in this recipe guide. This is a sample list, and I encourage you to create your own shopping list with items you like and the recipes you plan to make. Refer to the Recipe Guide for exact ingredients and quantities.

Choose foods in season and local and organic whenever possible.

Leafy greens (such as - spinach, kale, collard greens, and butter leaf lettuce)

Frozen fruit (berries, peaches, and/or mango) for smoothies

Fresh apples, pears, berries, melons, lemons and/or lime for juicing, snacks and recipes

Broccoli

Brussels Sprouts

Butternut Squash

Spaghetti Squash

Cucumbers

Avocados

Carrots

Celery

Asparagus

Eggplant

Green Beans

Fresh Basil, Dill, Chives, Cilantro and/or Parsley

Garlic (fresh)

Onions

Fresh Ginger

Fresh Seasonal Herbs

Spices/Dried Herbs: cumin, turmeric, cinnamon, ginger, oregano, and/or rosemary

Himalayan salt

Sunflower Seeds

Pumpkin Seeds

Chia Seeds

Coconut Flakes

Red, Kidney and/or Black beans (uncooked or in BPA-free cans)

Lentils (uncooked or in BPA-free cans)

Garbanzo Beans (in BPA-free cans)

Sparkling Water

Stevia (powdered)

Dates

Spirulina or Chlorella powder

Herbal Teas (such as Peppermint, Burdock root, Chicory, Fennel, Rooibos, Chamomile, Milk Thistle, Yellow Dock)

Coconut oil, extra virgin (for cooking and baking)

Olive oil, extra virgin (for salad dressings)

Avocado oil (for cooking)

Apple Cider Vinegar (as digestive aid and for salad dressings)

Dijon Mustard

Quinoa

Wild Alaskan Salmon

Ground Buffalo

Ground Free-Range Turkey

Free-Range Chicken Broth

Coconut Milk (unsweetened)

Almond Butter

Pine Nuts



FOOD RECIPES

All of these recipes were created by Dr. Trevor Cates. Some are also in her books *Clean Skin From Within* and *Natural Beauty Reset*.

ENTRÉES



Quinoa Lentil Salad with Roasted Eggplant

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance



INGREDIENTS

Roasted Eggplant:

1 (1 ½-pound) eggplant, peeled and diced into ¾-inch cubes (about 7.5 cups)

¼ cup avocado oil

½ teaspoon sea salt

Lentil Salad:

⅓ cup raw pumpkin seeds, toasted

1 cup green lentils, rinsed

2 cups quinoa, rinsed

⅓ cup extra-virgin olive oil

⅓ cup apple cider vinegar

2 tsp Dijon mustard

2 cloves garlic, minced

1 tsp sea salt

Ground black pepper to taste

2 ribs celery, thinly sliced (1 cup)

5 small carrots, peeled and thinly sliced (1 cup)

½ head fennel, cored and chopped (1 cup)

¼ cup chopped parsley

DIRECTIONS

For the Roasted Eggplant:

Preheat the oven to 350°F. Line two baking sheets with parchment paper.

Divide the eggplant evenly between the two baking sheets, toss in ¼ cup avocado oil, and season with salt. Roast for 30 minutes, flipping halfway through, until golden brown and tender. Allow to cool.

For the Lentil Salad:

To toast the pumpkin seeds, place a small sauté pan over medium-low heat and add the pumpkin seeds. Allow to toast until golden and fragrant, 3 to 5 minutes. Move to a bowl and allow to cool.

Meanwhile, in a large pot, bring about 6 cups of water to a boil. Add the lentils, return to a boil, then reduce to low, cover, and simmer for 15 minutes until the lentils are starting to soften. Add the quinoa and cook together for an additional 10 to 15 minutes until the lentils are tender, and the quinoa is fully cooked. Strain, rinse with cold water, and set aside.

In a large bowl, whisk together the olive oil, vinegar, mustard, garlic, salt, and pepper. Add the celery, carrots, fennel, cooled quinoa and lentils, pumpkin seeds, and parsley. Toss to evenly coat. Top with the eggplant and serve. Season with additional salt if desired.

This salad can be served warm, room temperature, or chilled. It stores well in an airtight container in the fridge for up to four days.

Asparagus and Fava Bean Salad

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

Asparagus and Fava Bean Salad:

2 cups shelled fava beans (about 3 pounds)

1 (1 pound) bunch asparagus, trimmed

Dressing:

½ lemon, zested

1 tablespoon fresh lemon juice

2 tablespoons apple cider vinegar

¼ cup extra-virgin olive oil

½ teaspoon sea salt

2 tablespoons chopped fresh mint

2 tablespoons chopped fresh parsley

2 tablespoons chopped chives

DIRECTIONS

For the Salad:

Fill a medium saucepan with salted water and heat to a boil. Set up an ice bath next to the stove. Blanch the fava beans in the water for about a minute, then use a slotted spoon to move them to the ice water to stop the cooking.

Once the fava beans have cooled, use the slotted spoon to remove them from the ice water. Peel and discard the outer skin of the beans. Place the peeled favas into a medium bowl.

Place the asparagus into the boiling water and blanch for 3 to 4 minutes until the asparagus is bright green and crisp-tender. Move the asparagus to the ice water with the slotted spoon. Then add the asparagus to the bowl with the fava beans, using the slotted spoon again. Set aside.

For the Dressing:

In a separate small bowl, whisk together the lemon zest, lemon juice, vinegar, oil, and salt. Add the mint, parsley, and chives, and stir to combine. Toss the dressing with the favas and asparagus, and serve at room temperature or chill in the refrigerator in an airtight container prior to serving.

Roasted Brussels Sprouts and Apple Salad

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

Dressing:

- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- 1 tablespoon raw honey
- 1 teaspoon Dijon mustard
- Sea salt and freshly ground black pepper to taste

Roasted Brussels Sprouts and Apple Salad:

- 2 cups (8 ounces) cleaned, trimmed, and halved brussels sprouts
- 1 organic red apple (such as honey crisp), peeled, cored, and sliced ¼-inch thick
- 1 tablespoon coconut oil
- ½ teaspoon sea salt
- 1 teaspoon fresh thyme
- 5 ounces baby spinach
- ½ cup toasted and chopped almonds or walnut halves
- ¼ cup pomegranate seeds

For the Dressing:

In a medium bowl whisk together the olive oil, lemon juice, honey, and mustard until combined.

Season with salt and pepper and set aside.



DIRECTIONS

For the Roasted Brussels Sprouts and Apple Salad:

Preheat the oven to 375°F. Line a baking sheet with parchment paper.

In a large bowl, toss the brussels sprouts, apple, oil, salt, and thyme together. Place the brussels sprouts mixture evenly onto the prepared baking sheet. Roast uncovered for 25 to 28 minutes, flipping the brussels sprouts and apples halfway through, until golden brown and tender.

Serve the roasted brussels sprouts mixture over a bed of fresh baby spinach. Garnish with nuts and pomegranate seeds, and drizzle with dressing.

Bison Meatloaf with Garlic Broccoli

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

Bison Meatloaf:

Avocado or coconut oil spray, for greasing

1 pound ground bison meat

1 large egg

½ cup gluten-free breadcrumbs or gluten-free rolled oats

2 tablespoons chopped sun-dried tomatoes

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

½ small yellow onion, grated on the large holes of a box grater

1 medium carrot, peeled and grated on the large holes of a box grater

1 tablespoon Italian seasoning or a combination of oregano, rosemary, marjoram and thyme

Garlic Broccoli:

1 tablespoon avocado oil

5 cloves minced garlic

14 ounces (about 5 cups) broccoli florets, cut into ½-inch pieces

½ teaspoon sea salt

¼ cup spring or filtered water

DIRECTIONS

For the Bison Meatloaf:

Preheat the oven to 350°F. Grease a 9 × 5-inch loaf pan with cooking spray.

Combine the bison, egg, breadcrumbs, sun-dried tomatoes, salt, pepper, onion, carrot, and Italian seasoning. Mix with your hands if necessary.

Press into the loaf pan evenly and bake for 30 minutes or until a meat thermometer registers 160°F. Allow to cool for 10 minutes in the loaf pan, then remove. Slice and serve with garlic broccoli.

For the Garlic Broccoli:

Heat the oil in a large sauté pan over medium heat. Add garlic and cook, stirring frequently, for 1 to 2 minutes, but do not burn the garlic. Add broccoli, salt, and water. Cover and steam until crisp-tender but not overcooked, 4 to 5 minutes. Serve immediately with bison meatloaf.

Spring Chive Soup

RECIPE FROM

[Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance](#)

INGREDIENTS

Bison Meatloaf:

- 1 tablespoon avocado oil
- 4 green garlic or 2 cloves garlic
- ¼ cup thinly sliced green onions
- 2 tablespoons gluten-free all-purpose flour
- 2 cups vegetable broth
- 3 cups chopped new potatoes (1 pound)
- 1 cup unsweetened cashew nut milk
- 1 tablespoon ghee or grass-fed butter (optional)
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup thinly sliced fresh chives

DIRECTIONS

Heat the oil in a medium saucepan over medium-high heat. Add the garlic and green onions and cook until softened, about 1 minute. Whisk the flour into the pan and cook for another minute. Add the broth, potatoes, cashew milk, ghee, salt, and pepper to the pan, and bring to a boil. Cover, reduce heat to low, and allow to simmer for about 15 minutes or until the potatoes are tender. Remove the pan from the heat and mash the potato mixture with a potato masher to a smooth consistency.

Divide among two bowls and garnish with 1 to 2 teaspoons of sliced chives.

Creamy Cilantro Green Pea Soup

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

- 2 tablespoons avocado oil
- ¼ cup chopped green onions
- 4 cups vegetable stock
- 4 cups frozen or fresh green peas
- 1 cup peeled and diced new potatoes
- ½ cup unsweetened cashew milk
- ½ teaspoon sea salt
- ½ cup cilantro
- Pinch freshly ground black pepper



DIRECTIONS

In a large pot over medium heat, heat the oil and sauté the green onion until soft, a minute or so. Add the vegetable stock, peas, potatoes, cashew milk, and salt, and bring to a boil.

Reduce the heat to low, cover, and simmer for 10 to 15 minutes or until the potatoes and peas are soft. Remove from the heat and add the cilantro. Working in batches, transfer the soup into the carafe of a blender and process the mixture until smooth. Serve warm or cold.

Summer Greens Salad with Black-Eyed Peas

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

- 1 15-ounce can black-eyed peas, drained and rinsed
- ¾ cup ripe tomato, diced
- 1 shallot, minced
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh basil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons extra-virgin olive oil
- Sea salt to taste
- Freshly ground pepper to taste
- 6 cups summer greens



DIRECTIONS

In a large bowl, combine the black-eyed peas with the tomato, shallot, cilantro, basil, vinegar, mustard, oil, salt, and pepper and gently toss to combine.

Divide the greens among four plates and top with the black-eyed pea salad.

Wild Salmon with Black Beans & Spinach

RECIPE FROM

[Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance](#)

INGREDIENTS

Salmon:

4 - 4 oz. portions Wild Alaskan Salmon
1 Tablespoon avocado oil

Salad:

1 cup black beans, cooked
2 cups organic baby spinach, chopped
1 avocado, cubed
1 cup carrots
1/4 cup green onion, sliced

Dressing:

1/4 cup extra-virgin olive oil
1/4 cup fresh lime juice
2 cloves fresh garlic, chopped or pressed
4 teaspoons chopped cilantro
2 teaspoons cumin
Himalayan salt or Celtic sea salt and pepper to taste

DIRECTIONS

Combine all salad ingredients in a bowl. Combine all dressing ingredients in food processor. Pour dressing into salad. Set aside.

For salmon: Lightly oil baking sheet and place salmon fillets skin side-down. Bake in oven for 5 - 10 minutes at 400 degrees. Spoon approx. 1 teaspoon reserved dressing onto each filet. Serve salmon over salad directly from oven. Drizzle with remaining dressing and cilantro. Makes 4 - 6 servings.

Salmon Salad Wraps

RECIPE FROM

Clean Skin From Within

INGREDIENTS

1 pound wild salmon, cooked, chilled, deboned, and flaked; or canned wild salmon, drained

1 cup peeled, diced cucumber

1 cup thinly sliced celery

1/2 cup diced red onion

1 tablespoon extra-virgin olive oil

1 tablespoon fresh lemon juice

1 tablespoon fresh dill

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh chives

1/4 teaspoon Himalayan salt or Celtic sea salt (or more to taste)

2 teaspoons Dijon mustard

6 collard green leaves



DIRECTIONS

In a large bowl mix the salmon, cucumber, celery, and red onion.

In a small bowl, whisk the olive oil, lemon juice, dill, parsley, chives, and salt. Add the dressing to the salmon mixture, and stir gently to combine.

Place 1/2 cup (about 60 g) of salmon salad on a collard green leaf and roll it up like a wrap. Repeat with the remaining ingredients.

Black Bean Turkey Chili

INGREDIENTS

1 cup chopped onion
2-3 garlic cloves
2 cups cooked or one 15-oz can black beans, drained and rinsed
2 teaspoons ground cumin
1/2 teaspoon dried oregano
Himalayan salt or Celtic sea salt to taste
Fresh cilantro for garnish (optional)
1 pound ground free range turkey or grass fed beef

DIRECTIONS

Saute garlic and onion over medium heat until translucent. Cook meat until fully cooked. Add remaining ingredients and heat. Cover and simmer for 15 minutes. Add salt to taste. Garnish with chopped cilantro. Makes 4 to 6 servings.

Pesto Spaghetti Squash

INGREDIENTS

2 cups, washed, loosely packed stemmed fresh herbs- basil, cilantro, parsley, mint
1/2 cup shelled pecans or walnuts or pine nuts
1-2 cloves fresh garlic
1/4 to 1/2 cup extra virgin olive oil, as needed
Himalayan salt or Celtic sea salt, to taste
1 large spaghetti squash

DIRECTIONS

Slice spaghetti squash in half lengthwise and scoop out seeds and stringy bits of flesh. Bake cut side up in baking dish with 1/2 cup water at 375 degrees for about 40 minutes, or until easily pierced with fork. When squash is cool enough to handle, scrape with a fork to release spaghetti-like strands.

For pesto, combine the fresh herbs, nuts, and garlic in a food processor and process the mixture until it turns into a coarse meal. Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste. Add enough olive oil to keep it moist. Season with salt to taste. Mix in with squash. Serve warm. Makes 3 to 6 servings (depending upon size of squash).

Gluten-Free Meatballs

INGREDIENTS

- 2 pound ground grass-fed beef, lamb or buffalo meat
- 2 Tablespoons ground chia seeds
- 2 Tablespoons crushed garlic
- 1 Tablespoon whole grain or Dijon mustard
- 1 Tablespoons each: dry parsley, oregano, sage, and onion powder
- 2 teaspoons Himalayan or Celtic sea salt
- 1 teaspoon ground pepper
- 4 slices gluten-free bread

DIRECTIONS

Soak gluten-free bread quickly in water and ring out, like a rag, to remove excess water. In a large mixing bowl, mix all ingredients together. Make balls the size of a small lime. Bake in a baking dish at 400 °F for 7 minutes. Serve warm with ½ cup per serving of cooked brown rice or gluten-free spiral pasta and drizzle with extra virgin olive oil. Or serve with Pesto Spaghetti Squash recipe above. Makes approximately 6 to 8 servings.

Pumpkin Squash Soup

INGREDIENTS

- 1 cup peeled, cubed pumpkin
- 1 cup peeled, cubed butternut squash
- 1 peeled, diced white onion
- 4 cloves garlic
- 1 Tablespoon maple syrup (optional)
- ½ teaspoon cinnamon
- ½ teaspoon cumin
- 1 teaspoon Himalayan salt or Celtic sea salt
- 2 Tablespoon coconut oil
- 3 cups bone broth, chicken or veggie stock
- ¼ cup pumpkin seeds

DIRECTIONS

Boil pumpkin and butternut squash until soft. In a saucepan on medium heat, sauté onions and garlic in coconut oil until fragrant (about 2 minutes). Add white wine, spices, squash, and pumpkins. Reduce temperature for 1 minute, add broth, bring up temperature to boil. Move mixture to a blender and puree. Serve warm with pumpkin seeds. Makes about 6 to 8 servings.

Salmon Saute with Green Beans

INGREDIENTS

Salmon:

- 2 pieces Wild Alaskan Salmon
- 1 Tablespoon avocado oil
- Lemon juice
- Pinch of Himalayan salt or Celtic sea salt
- Freshly ground black pepper to taste
- 1/2 Tablespoon dried herbs
- 1 clove garlic
- 12-15 olives

Green Beans:

- 1 pound green beans, prepped
- 3 - 4 teaspoons chopped fresh dill
- 1 Tablespoon lemon juice
- 1 Tablespoon minced shallot
- 1 Tablespoon avocado oil
- 1 teaspoon Dijon-style mustard
- 1/4 teaspoon Celtic or Himalayan salt
- 1/4 teaspoon freshly ground pepper

DIRECTIONS

For the Salmon:

Combine oil, salt, pepper, lemon juice, and herbs in skillet over medium heat. Saute salmon.

For the Green Beans:

Bring about an inch of water to boil in a large saucepan (preferably fitted with a steamer basket). Add green beans, cover and cook 5 to 7 minutes (until tender/crisp). In the meantime, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 5 - 10 minutes before serving to enhance flavor. Serve Salmon and green beans together warm. Makes 4 servings.

Mixed Bean Soup

INGREDIENTS

1 Tablespoon avocado oil
1 medium scallion, chopped
1 small red onion
2 cloves garlic minced
1/4 cup dried Italian herbs
8 cups vegetable or chicken broth
1/2 - 2 cups water
15-ounce can or 2 cups cooked black or kidney beans, drained and rinsed
1/4 cup brown rice
3 cups washed and chopped Swiss chard or spinach
Himalayan salt or Celtic sea salt and pepper to taste

DIRECTIONS

Heat oil in soup pot over medium heat. Sauté the scallion, onion, and garlic until the onion is lightly browned. Add broth, herbs, water, beans, and rice and bring soup to a boil. Reduce heat to medium-low and simmer for 45 minutes. Stir in the chard or spinach and continue simmering for 10-15 minutes. Season with salt and pepper. Makes 8 servings.

Bean & Spinach Soup

INGREDIENTS

2 cups white beans (canellini), canned or home-cooked
1-2 cups kidney or red beans, canned or home-cooked
1 cup garbanzo beans (chickpeas), canned or home-cooked
2-3 cups fresh spinach, washed, drained and chopped
4 cups vegetable broth
2 medium onions, chopped
1 large clove garlic, minced
1 Tablespoon dried parsley
1 teaspoon dried oregano
Himalayan salt or Celtic sea salt and Pepper to taste

DIRECTIONS

Combine all ingredients and simmer about 45 minutes, until onions are soft.

Makes 6 servings.

SIDE DISHES



Antioxidant-Rich Salad

INGREDIENTS

- 6 cups mixed salad greens
- 1 cup fresh or dried (no sugar added) organic blueberries
- ½ cup pomegranate seeds
- ½ cup sliced apples
- 1 cup pecan pieces
- ½ sliced carrots
- ½ cup pomegranate juice
- 2 Tablespoons balsamic or apple cider vinegar
- 1 teaspoon Dijon-style mustard
- ¼ cup extra virgin olive oil
- Ground pepper and pinch of Himalayan salt or Celtic sea salt (to taste)
- Fresh oregano, basil, or other herbs of choice.



DIRECTIONS

Place greens, blueberries, apples, carrots, pomegranate seeds and pecans in large bowl. Mix vinegar, pomegranate juice, mustard, salt and pepper with wire whisk until well blended. Add oil, whisking until well blended. Pour over salad, add fresh herbs, and toss to coat with dressing. Serve immediately.

Crisp Carrot Salad

INGREDIENTS

- 2 cups carrot, shredded
- 1/2 cup celery, diced
- 1/4 cup sunflower seeds
- 3-4 Tablespoons coconut milk
- 1 Tablespoon extra virgin olive oil

DIRECTIONS

Mix all ingredients together in a bowl. Chill for several hours before serving. Makes 4 servings.

Roasted Brussel Sprouts

INGREDIENTS

- 1 pint Brussels sprouts, cleaned and left whole
- 1 small apple, peeled, cored and sliced
- 1 Tablespoon coconut oil
- ½ cup pomegranate seeds

DIRECTIONS

Preheat oven to 375 degrees. In a large bowl, toss Brussel sprouts, apple and oil together. Spread apple-Brussels sprouts mixture evenly over cookie sheet. Roast uncovered for 20 minutes. Garnish with pomegranate seeds.

Garlic Broccoli

INGREDIENTS

- 1 Tablespoon avocado oil
- 5 cloves fresh minced garlic
- 5 cups 1/2 inch broccoli florets
- ½ teaspoon Celtic or Himalayan salt
- ¼ cup spring or filtered water

DIRECTIONS

Place oil and garlic in a skillet over medium-low heat. Cook, stirring frequently, for 2 minutes, but do not burn the garlic. Stir in broccoli, salt and water. Cover and cook until tender but not overcooked. Serve immediately.

Mashed Squash and Yams

INGREDIENTS

- 1 medium butternut squash, cut into chunks
- 2 medium to large yams, cut into chunks
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- Dash nutmeg
- 1/4 cup unsweetened coconut milk

DIRECTIONS

Preheat oven to 350 °F. Steam squash and yams until tender. Remove peels and puree in food processor. Add ginger, cinnamon, nutmeg, and rice milk (add enough to match the consistency of mashed potatoes). Put mixture into a 2-qt. casserole dish. Bake about 15 minutes. Makes 4-6 servings.

Cooling Cucumber Salad

INGREDIENTS

- 2 cups organic English cucumber, cubed
- 1 cup sliced radishes
- 2 cups minced parsley
- 1/2 cup grated carrot
- 3 Tablespoons minced mint
- 3 cloves garlic minced
- 3 Tablespoons lemon juice
- 2 Tablespoons Extra Virgin Olive Oil
- 1/2 teaspoon sea Himalayan salt or Celtic sea salt

DIRECTIONS

Add all ingredients and mix together in large salad bowl. Serve cold or room temperature.

Garlic Kale

INGREDIENTS

- 2 bunches kale, chopped
- 1 cup leeks, chopped
- 3 Tablespoons coconut oil
- 1 small onion, diced
- 5 garlic cloves, pressed or chopped
- Himalayan salt or Celtic sea salt and Pepper to taste

DIRECTIONS

Wash kale. Cut or pull greens away from the stalks, discarding stalks. Chop into small pieces. Place kale in steamer basket, and steam until tender (approximately 10 minutes). Remove immediately from heat. Heat oil in heavy pan over medium-high heat. When the oil is warm, add onions, garlic and leeks. Saute until onions are translucent and leeks begin to brown. Saute until tender (about 4-5 minutes). Remove from heat. Add kale to pan, and toss ingredients together thoroughly. Add salt and pepper to taste. Serve warm. Makes 6 servings.

Kale Chips

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

4 cups destemmed curly kale that has been torn into 2-inch pieces

1 tablespoon melted coconut oil

½ teaspoon garlic salt

½ teaspoon chili powder

½ teaspoon paprika

1 tablespoon nutritional yeast

DIRECTIONS

Preheat the oven to 350F.

Place the kale in a large bowl. Drizzle with coconut oil and sprinkle with garlic salt, chili powder, paprika, and nutritional yeast.

Toss the leaves in the oil and spices until evenly coated. Spread the kale on a baking sheet in a single layer.

Bake for 10 to 15 minutes, flipping halfway through, until crispy and lightly browned on the edges.

Remove the baking sheet from the oven and allow to cool on the baking sheet. The chips become crispier as they cool.

Easy Yummy Yams

INGREDIENTS

1 large yam, peeled and cut into 1-inch cubes

1 Tablespoon coconut oil

Herbs of choice

Himalayan salt or Celtic sea salt and pepper to taste

DIRECTIONS

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Toss yams with oil and seasonings. Bake for 30 minutes, or desired tenderness, crispness. Makes 2 to 3 servings.

DESSERTS



Cinnamon Oat Bites

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

3 pitted Medjool dates
½ cup unsweetened almond butter
1 tablespoon raw honey
¼ cup ground flaxseed
½ teaspoon ground cinnamon
½ teaspoon ground ginger
1 cup gluten-free rolled oats
2 to 4 tablespoons hot water
2 tablespoons raisins

DIRECTIONS

In the bowl of a food processor fitted with the blade attachment, add the dates, almond butter, honey, flaxseed, cinnamon, and ginger, then pulse until chopped.

Add the oats and pulse until combined and a dough-like consistency forms. If needed, add 2 to 4 tablespoons of hot water to help the mixture come together. Add the raisins and pulse a couple of times just to incorporate them into the dough.

Roll the date mixture into 1-inch balls. Place the balls in an airtight container and store in the fridge for one week or in the freezer for one to two months.

Yummy Bites

INGREDIENTS

3 medjool dates, pitted
1/3 cup coconut flakes
1/3 cup pine nuts
¼ cup almond butter
½ teaspoon cinnamon
1 – 2 dashes of powdered stevia

DIRECTIONS

In a food processor, blend together dates, pine nuts, coconut flakes. Move to a medium size bowl and mix in almond butter, stevia and cinnamon. Roll into small balls. Chill in your refrigerator and serve cold. Makes 6 to 10 servings.

Baked Apples

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

1 tablespoon melted coconut oil
¼ cup old-fashioned rolled oats
6 tablespoons chopped walnuts
2 teaspoons ground cinnamon
¼ teaspoon nutmeg
2 teaspoons pure vanilla extract
2 tablespoons maple syrup
4 organic late-season apples, cored
½ cup apple juice

DIRECTIONS

Preheat the oven to 350°F. Place the apples in a 8 × 8-inch baking dish.

Combine the coconut oil, oats, walnuts, cinnamon, nutmeg, vanilla, and maple syrup. Stuff the oat mixture into the center of each apple. Pour the apple juice into the bottom of the baking dish. Cover with foil and bake for 40 to 45 minutes or until the apples are very tender. Allow to cool for 15 minutes, then serve.

Sweet Quinoa

INGREDIENTS

½ cup cooked quinoa
2 Tablespoons pumpkin seeds or ¼ cup soaked almonds
1 Tablespoon coconut shavings
Dash of cinnamon to taste
Dash of stevia powder to taste
½ apple unpeeled, sliced or diced into small pieces.
2 teaspoons coconut oil

DIRECTIONS

In a saucepan, heat oil and then add apple slices to warm and coat with oil. Add remaining ingredients, stir and warm in saucepan on low. Serve warm. Makes 1 to 2 servings.

SMOOTHIES



Beet Ginger Smoothie Juice

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

1 small beet (4 ounces), peeled, scrubbed, and quartered (or grated if don't have a high-powered blender)

1 small apple (5 ounces), cored and chopped

1 rib celery, chopped

½ cup kale

1 cup unsweetened plain cashew milk or filtered water

1 1-inch piece fresh ginger, peeled

1 tablespoon hemp seeds

1 lemon, juiced

DIRECTIONS

In the carafe of a high-speed blender, add the beet, apple, celery, kale, cashew milk, ginger, hemp seeds, and lemon juice. Blend until smooth, and chill if desired before serving.



Ginger Peach Smoothie

1 cup unsweetened coconut milk

½ cup frozen peaches

1 scoop All-In-One Daily Shake powder

<https://store.thespadr.com/products/one-daily-shake> (or other high-quality pea protein powder)

¼ teaspoon fresh ginger root

½ cup organic lettuce (such as butterleaf)

DIRECTIONS

In a blender, combine all the ingredients, and blend until smooth. Pour into a tall glass and enjoy cold.

Spring Greens Smoothie

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

- 1 cup unsweetened cashew nut milk
- ¼ cup chopped cilantro, parsley, or mint
- ¼ cup raw cashews
- 1 cup spring greens
- 1 lemon, juiced
- ½ cup frozen or fresh strawberries

DIRECTIONS

Add the cashew milk, cilantro, cashews, greens, lemon juice, and strawberries to the carafe of a blender, and blend until smooth. Chill in the refrigerator if desired, then pour into a glass to serve.

Green Goddess Smoothie

INGREDIENTS

- 1 cup chamomille tea (steeped, leaves/bag removed and chilled or room temperature)
- ½ cup frozen berries
- 1 Tablespoon spirulina or chlorella powder
- 1 cup organic kale
- 1 packet All-In-One 14 Day Cleanse Kit shake mix <https://store.thespadr.com/products/one-14-day-cleanse> (or other high-quality pea protein powder)

DIRECTIONS

In a blender, combine all the ingredients, and blend until smooth. Pour into a tall glass and enjoy cold.

Going Green Smoothie

- 1 cup fresh organic spinach
- ¼ medium green apple
- 1 cup filtered water or herbal tea
- 1 packet All-In-One 14 Day Cleanse Kit shake mix <https://store.thespadr.com/products/one-14-day-cleanse> (or other high-quality pea protein powder)
- 1 teaspoon cilantro
- 1 teaspoon lime juice (or to taste)

DIRECTIONS

In a blender, combine all the ingredients, and blend until smooth. Pour into a tall glass and enjoy cold.

Golden Smoothie

RECIPE FROM

[Clean Skin From Within](#)

INGREDIENTS

- 1 cup organic unsweetened coconut milk
- ⅓ cup unsweetened organic coconut flakes
- ⅓ cup fresh mango, or frozen
- 2 pitted dates
- 1 Tablespoon chia seeds
- 1 teaspoon organic virgin coconut oil
- ½ teaspoon turmeric
- ½ teaspoon dried maca (optional)
- ¼ cup (1 g) ice cubes made from filtered water (omit if using frozen mango)

DIRECTIONS

In a blender, combine all the ingredients, including the maca (if using), and blend until smooth. Pour into a tall glass and enjoy cold.

Berry Bliss Smoothie

INGREDIENTS

1 cup unsweetened almond milk
½ cup frozen berries
½ cup organic mixed greens
1 packet All-In-One 14 Day Cleanse Kit shake mix <https://store.thespadr.com/products/one-14-day-cleanse> (or other high-quality pea protein powder)

DIRECTIONS

In a blender, combine all the ingredients, and blend until smooth. Pour into a tall glass and enjoy cold.

Berry Bliss Smoothie Bowl

RECIPE FROM

Natural Beauty Reset: The 7-Day Program to Harmonize Hormones and Restore Radiance

INGREDIENTS

½ cup unsweetened full-fat coconut milk
½ cup fresh berries
¼ cup ice
½ cup summer greens
½ ripe avocado, peeled and pitted
5 to 6 basil leaves
1 dash stevia powder (optional)
1 tablespoon coconut flakes, toasted for garnish
¼ cup fresh berries, for garnish

DIRECTIONS

Combine the coconut milk, fresh berries, ice, summer greens, avocado, basil, and stevia if desired in the carafe of a high-speed blender. Blend until smooth, stirring periodically (the mixture will be very thick). Cover and chill if desired. Pour into a bowl and top with the coconut flakes and berries.

