



Women's Hormone Balancing Diet -WTAF

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Women's Hormone Balancing Diet -WTAF

TAMI ROWH WELLNESS

Here is your starter meal plan! Use this as a guide to how you might begin to format your diet- sample recipes that look interesting to you, skip those that don't.

Share your favorites in the group :)

Namaste~



MON



BREAKFAST
Chocolate Cauliflower Shake

SNACK 1
Protein Packed Deviled Eggs

LUNCH
Roasted Sweet Potato & Brussels Sprouts Salad

SNACK 2
Grapefruit

DINNER
Egg Roll in a Bowl

TUE



BREAKFAST
Chocolate Cauliflower Shake

SNACK 1
Protein Packed Deviled Eggs

LUNCH
Egg Roll in a Bowl

SNACK 2
Grapefruit

DINNER
Roasted Sweet Potato & Brussels Sprouts Salad

WED



BREAKFAST
Chocolate Cauliflower Shake

SNACK 1
Avocado Toast with a Poached Egg

LUNCH
Roasted Sweet Potato & Brussels Sprouts Salad

SNACK 2
Grapefruit

DINNER
15 Minute Halibut with Dill Pesto

THU



BREAKFAST
Chocolate Cauliflower Shake

SNACK 1
Avocado Toast with a Poached Egg

LUNCH
15 Minute Halibut with Dill Pesto

SNACK 2
Apple Slices & Nori Crisps

DINNER
Sausage & Sauerkraut Skillet

FRI



BREAKFAST
Berry Beet Smoothie Bowl

SNACK 1
Avocado Toast with a Poached Egg

LUNCH
Sausage & Sauerkraut Skillet

SNACK 2
Apple Slices & Nori Crisps

DINNER
Baked Salmon with Broccoli & Quinoa

SAT



BREAKFAST
Berry Beet Smoothie Bowl

SNACK 1
Bloat-Fighting Tropical Smoothie

LUNCH
Baked Salmon with Broccoli & Quinoa

SNACK 2
Apple Slices & Nori Crisps

DINNER
Kale Caesar Salad with Blackened Chicken

SUN



BREAKFAST
Berry Beet Smoothie Bowl

SNACK 1
Bloat-Fighting Tropical Smoothie

LUNCH
Kale Caesar Salad with Blackened Chicken

SNACK 2
Apple Slices & Nori Crisps

DINNER
Baked Salmon with Broccoli & Quinoa



FRUITS

- 5 Apple
- 2 Avocado
- 4 Banana
- 3 Grapefruit
- 1 1/8 Lemon
- 1 cup Papaya
- 1 cup Pineapple

BREAKFAST

- 1/4 cup Almond Butter
- 2 1/4 tps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1/2 tsp Cumin
- 1 1/2 tps Paprika
- 2 tbsps Pumpkin Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Slivered Almonds

FROZEN

- 4 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries

VEGETABLES

- 7 cups Baby Spinach
- 1 cup Bean Sprouts
- 1 1/2 Beet
- 6 cups Broccoli
- 3 cups Brussels Sprouts
- 1/4 cup Cherry Tomatoes
- 3 cups Coleslaw Mix
- 1 1/2 Cucumber
- 2 tbsps Fresh Dill
- 4 Garlic
- 1 1/2 tps Ginger
- 3 1/2 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Mint Leaves
- 4 cups Mixed Greens
- 1/2 cup Parsley
- 1/4 cup Radishes
- 1 1/2 Sweet Potato
- 2 cups Swiss Chard
- 1 1/2 tps Thyme
- 1 Yellow Onion

BOXED & CANNED

- 1 1/2 cups Lentils
- 3/4 cup Quinoa
- 1 can Tuna

BAKING

- 1/2 cup Cacao Powder
- 1 1/2 tbsps Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 10 ozs Halibut Fillet
- 8 ozs Lean Ground Pork
- 3 slices Organic Bread
- 5 ozs Organic Chicken Sausage
- 15 ozs Salmon Fillet

CONDIMENTS & OILS

- 3 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 tbsps Coconut Aminos
- 2 1/4 tps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Sauerkraut
- 3 tbsps Tahini

COLD

- 7 Egg
- 5 1/2 cups Unsweetened Almond Milk

OTHER

- 1 cup Chocolate Protein Powder
- 5 Ice Cubes
- 2 tbsps Maca Powder
- 8 Nori Sheets
- 1 1/2 tps Schisandra Berry Powder
- 2 1/3 cups Water



Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

DIRECTIONS

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

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.



Berry Beet Smoothie Bowl

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 Beet (medium, peeled and diced)
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries
- 1 1/2 tbsps Pitted Dates
- 1 1/2 tsps Schisandra Berry Powder
- 1 1/2 cups Unsweetened Almond Milk

DIRECTIONS

- 01 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 02 Transfer to a bowl and add toppings. Enjoy!

NOTES

TOPPING IDEAS

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

NO SCHISANDRA BERRY POWDER

Leave it out, or use acai powder instead.



Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



INGREDIENTS

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.



Avocado Toast with a Poached Egg

1 SERVING 15 MINUTES



INGREDIENTS

1 slice Organic Bread
1/2 Avocado
Sea Salt & Black Pepper (to taste)
1 Egg
1 tbsp Apple Cider Vinegar
1/8 tsp Sea Salt

DIRECTIONS

- 01 Toast bread.
- 02 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.
- 03 Crack your egg into a bowl.
- 04 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 egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 05 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Bloat-Fighting Tropical Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Papaya (chopped)
1/2 cup Pineapple (chopped)
1/2 Cucumber (chopped)
2 1/2 Ice Cubes
1/4 cup Mint Leaves
1/2 cup Baby Spinach
1 tbsp Chia Seeds
1/2 cup Water

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LIKES IT SWEET

Add raw honey.

MORE PROTEIN

Add hemp seeds or a scoop of vanilla protein powder.

NO PAPAYA

Use extra pineapple or other fruit like mango or oranges.



Roasted Sweet Potato & Brussels Sprouts Salad

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 Sweet Potato (medium, sliced into 1 inch cubes)
- 3 cups Brussels Sprouts (washed and halved)
- 2 1/4 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tahini
- 2 1/4 tpsps Maple Syrup
- 3 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 1/2 cups Lentils (cooked, drained and rinsed)
- 6 cups Baby Spinach (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli instead.

NO LENTILS

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Grapefruit

1 SERVING 5 MINUTES



INGREDIENTS

1 Grapefruit

DIRECTIONS

01 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

NOTES

CUT THE FLAVOUR

Sprinkle with a pinch of sea salt.



Apple Slices & Nori Crisps

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Nori Sheets
1/3 tsp Extra Virgin Olive Oil
2 Apple (medium)

DIRECTIONS

- 01 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 02 Slice apples and divide onto plates with nori crisps. Enjoy!

NOTES

SAVE TIME

Buy pre-toasted nori sheets.



Egg Roll in a Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 stalks Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 8 ozs Lean Ground Pork
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 2 tbsps Coconut Aminos

DIRECTIONS

- 01 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 02 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 03 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

NOTES

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MEAT-FREE

Replace the ground meat with scrambled eggs or tofu.



15 Minute Halibut with Dill Pesto

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Parsley (packed)
2 tbsps Fresh Dill (packed)
2 2/3 tbsps Slivered Almonds
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove)
Sea Salt & Black Pepper
10 ozs Halibut Fillet
3/4 tsp Coconut Oil
4 cups Mixed Greens (or Arugula)

DIRECTIONS

- 01 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 02 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 03 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

NOTES

NUT FREE

Use pumpkin seeds or sunflower seeds instead.

SAVE TIME

Blend up the pesto in advance.

MORE CARBS

Serve it with rice, quinoa or roasted mini potatoes.



Sausage & Sauerkraut Skillet

2 SERVINGS 40 MINUTES



INGREDIENTS

- 5 ozs Organic Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge up to three days.

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.



Baked Salmon with Broccoli & Quinoa

3 SERVINGS 20 MINUTES



INGREDIENTS

- 15 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Broccoli (sliced into small florets)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3/4 cup Quinoa (uncooked)
- 1 1/8 cups Water
- 1/3 Lemon (sliced into wedges)

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 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.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 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.



Kale Caesar Salad with Blackened Chicken

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1/2 Garlic (entire bulb)
- 8 ozs Chicken Breast
- 1 tsp Paprika
- 1/4 tsp Sea Salt
- 1/4 tsp Cayenne Pepper
- 1/2 tsp Cumin
- 1 1/2 tpsps Thyme
- 1/2 tsp Black Pepper
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 1 tbsps Dijon Mustard
- 2 cups Kale Leaves
- 1/4 cup Radishes (thinly sliced)
- 1/4 cup Cherry Tomatoes (halved)
- 2 tbsps Pumpkin Seeds

DIRECTIONS

- 01 Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
- 02 Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
- 03 In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
- 04 Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
- 05 Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
- 06 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
- 07 Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

NOTES

VEGETARIAN

Swap the chicken for roasted chickpeas.

