

# sanoMidLife♀

## 7-Day Hormone Balancing Meal Plan

Created by sanoMidLife



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## Overview:

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This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

## Evidence:

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This meal plan was created with four key considerations:

### Adrenal Support:

Adrenal glands produce hormones that help regulate metabolism, the immune system, blood pressure, response to stress, and other essential functions. This program incorporates medicinal plants such as Schisandra Berry and Maca Root to help regulate hormones. Omega-3 fats can assist with stress reduction through cortisol concentrations. These healthy fats are found in the program from salmon, halibut, tuna, and chia seeds.

### Thyroid Support:

The thyroid gland controls metabolism and regulates heart rate, breathing, body weight, muscle strength, body temperature, menstrual cycles, and even cholesterol levels. Iodine is required for thyroid hormone synthesis, and selenium plays an essential role in the metabolism of thyroid hormones. Iodine is found in foods from the sea, like nori and fish. This program provides up to 140 micrograms of selenium per day from eggs, chicken, and fish. There is a strong relationship between magnesium and thyroid hormone production. Magnesium is included in this plan from chocolate, almonds, and leafy greens.

### Liver Support:

The liver is a key organ for regulating hormone balance, chemical levels in the blood, glucose and protein balance, making immune factors, and breaking down and excreting harmful substances. Indoles, including indole-3-Carbinol, is essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, kale, and Brussels sprouts. This program uses antioxidants from beetroot, berries, and grapefruit which help protect the liver from damage.

### Intestinal Support:

Illness and physical stress from exercise can impact gut microbiota. This program incorporates prebiotics and probiotics to bring good bacteria back into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program combines foods like sauerkraut with garlic and apples to exert synergistic effects on health. The plan also provides over 30 grams of fibre daily to support better digestive health and reduced inflammation.

## 7-Day Hormone Balancing Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl
Snack 1	Protein Packed Deviled Eggs	Protein Packed Deviled Eggs	Avocado Toast with a Poached Egg	Avocado Toast with a Poached Egg	Avocado Toast with a Poached Egg	Bloat-Fighting Tropical Smoothie	Bloat-Fighting Tropical Smoothie
Lunch	Roasted Sweet Potato & Brussels Sprouts Salad	Egg Roll in a Bowl	Roasted Sweet Potato & Brussels Sprouts Salad	15 Minute Halibut with Dill Pesto	Sausage & Sauerkraut Skillet	Baked Salmon with Broccoli & Quinoa	Kale Caesar Salad with Blackened Chicken
Snack 2	Grapefruit	Grapefruit	Grapefruit	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps
Dinner	Egg Roll in a Bowl	Roasted Sweet Potato & Brussels Sprouts Salad	15 Minute Halibut with Dill Pesto	Sausage & Sauerkraut Skillet	Baked Salmon with Broccoli & Quinoa	Kale Caesar Salad with Blackened Chicken	Baked Salmon with Broccoli & Quinoa

# 7-Day Hormone Balancing Meal Plan

69 items

## 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 tsps Maple Syrup

## Seeds, Nuts & Spices

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

## Frozen

- ☐ 4 cups Frozen Cauliflower
- ☐ 1 1/2 cups Frozen Mango
- ☐ 1 1/2 cups Frozen Raspberries
- ☐ 5 Ice Cubes

## 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 tsps Fresh Dill
- ☐ 4 Garlic
- ☐ 1 1/2 tsps 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 tsps 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 tsps Pitted Dates

## Bread, Fish, Meat & Cheese

- ☐ 3 slices Bread
- ☐ 227 grams Chicken Breast
- ☐ 142 grams Chicken Sausage
- ☐ 283 grams Halibut Fillet
- ☐ 227 grams Lean Ground Pork
- ☐ 425 grams Salmon Fillet

## Condiments & Oils

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

## Cold

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

## Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 2 tsps Maca Powder
- ☐ 8 Nori Sheets
- ☐ 1 1/2 tsps Schisandra Berry Powder
- ☐ 2 1/3 cups Water



# Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### 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.

## Ingredients

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**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 tbsps** Maca Powder

# Berry Beet Smoothie Bowl

6 ingredients · 10 minutes · 3 servings



## Directions

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

## Notes

### Topping Ideas

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

### No Schisandra Berry Powder

Leave it out, or use acai powder instead.

## 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

# Protein Packed Deviled Eggs

7 ingredients · 20 minutes · 2 servings



## Directions

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1. Hard boil your eggs.
2. 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.

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

## Ingredients

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- 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)



# Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 1 serving



## Directions

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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 egg 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 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.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

## Ingredients

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



# Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### 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.

## Ingredients

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**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

# Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 3 servings



## Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. 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.
3. 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.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. 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 chickpeas, tempeh, or tofu instead.

## Ingredients

- 1 1/2 Sweet Potato (medium. sliced into 1 inch cubes)
- 3 cups Brussels Sprouts (washed and halved)
- 2 1/4 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tsps Tahini
- 2 1/4 tsps Maple Syrup
- 3 tsps 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)

# Grapefruit

1 ingredient · 5 minutes · 1 serving



## Directions

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1. 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

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### Cut the flavour

Sprinkle with a pinch of sea salt.

## Ingredients

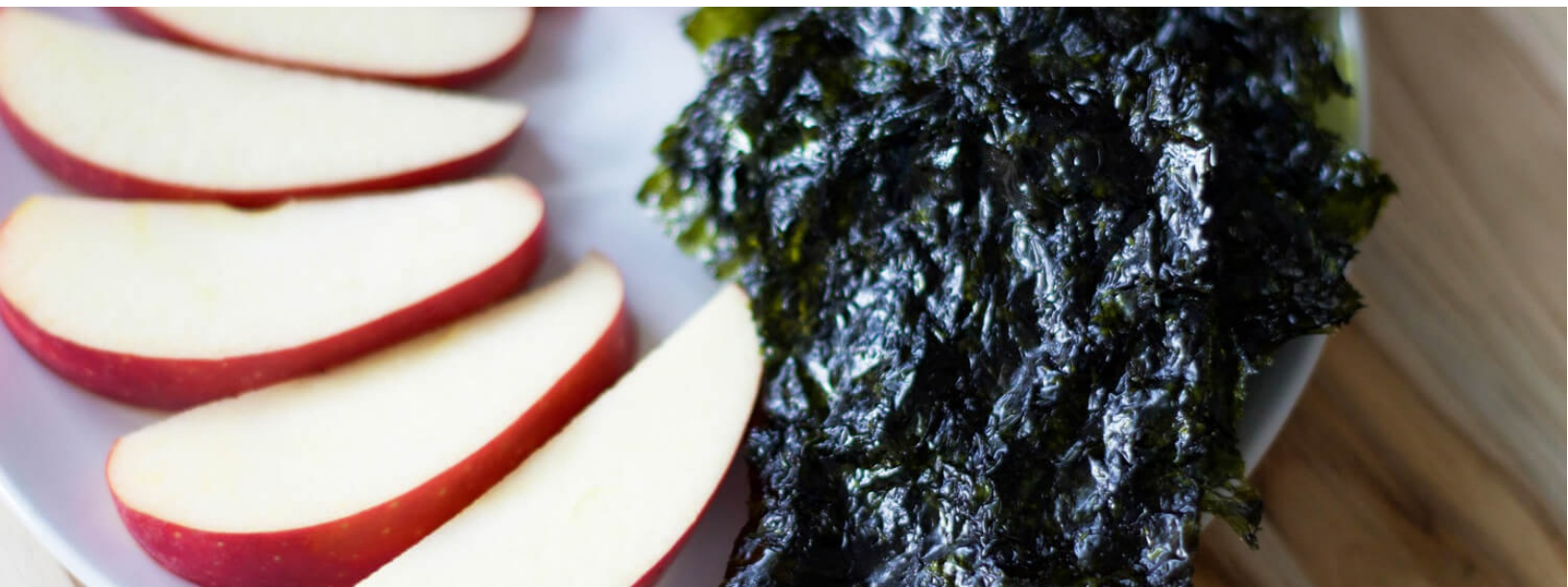
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1 Grapefruit



# Apple Slices & Nori Crisps

3 ingredients · 5 minutes · 2 servings



## Directions

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1. 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.
2. Slice apples and divide onto plates with nori crisps. Enjoy!

## Notes

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### Save Time

Buy pre-toasted nori sheets.

## Ingredients

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

# Egg Roll in a Bowl

9 ingredients · 30 minutes · 2 servings



## Directions

1. 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.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. 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.

## 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)
- 227 **grams** Lean Ground Pork
- 3 **cups** Coleslaw Mix
- 1 **cup** Bean Sprouts
- 2 **tbsps** Coconut Aminos

# 15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 2 servings



## Directions

1. 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.
2. 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.
3. 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.

## 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
- 283 grams** Halibut Fillet
- 3/4 tsp** Coconut Oil
- 4 cups** Mixed Greens (or Arugula)



# Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 2 servings



## Directions

1. 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.
2. 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.
3. 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.

## Ingredients

**142 grams** 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)

# Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 3 servings



## Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. 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.
4. 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.
5. 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.

## Ingredients

**425 grams** 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)



# Kale Caesar Salad with Blackened Chicken

15 ingredients · 50 minutes · 2 servings



## Directions

1. 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.
2. Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
3. 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.
4. 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).
5. 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.
6. Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
7. Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

## Notes

### Vegetarian

Swap the chicken for roasted chickpeas.

## Ingredients

1/2 Garlic (entire bulb)  
227 grams Chicken Breast  
1 tsp Paprika  
1/4 tsp Sea Salt  
1/4 tsp Cayenne Pepper  
1/2 tsp Cumin  
1 1/2 tsps 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