



HEALTH CONSULTING

HORMONES + GUT HEALTH NUTRITION PROTOCOL

A food guide to help you reduce inflammation,
support optimal gut health, & balance hormones.

Introduction & Purpose

The foods we consume have a direct impact on our overall health, particularly pertaining to our hormones, nervous system, and gut health. The purpose of this resource is to guide you in optimizing nutrition to specifically optimize these systems and reduce symptoms of imbalances.

First things first: start where you are. Perfection isn't possible, so our focus will be to do our VERY best (because when we know better, we do better). Everything we consume is either helping us get closer to our goals, or keeping us further away from them. It's up to you to make that conscious choice each meal, each day, from an empowered place. When things feel difficult, remember WHY you started and imagine how you're going to feel when you truly do reach those goals.

To nourish our gut and balance hormones, we will focus heavily on: Robust plant nutrients, healthy starches, high-quality protein, healthy fats, and calming herbs.

While we aim to maximize the things above, we will also significantly minimize and avoid highly processed foods that lead to more inflammation and internal stress which can predispose us to gut microbiome imbalances, leaky gut, estrogen dominance, adrenal fatigue, and more.

This goal of this is to help provide RAPID RELIEF to the things you're struggling with most. And because you are participating in this program tells me that you are dedicated to helping your body heal and repair.

Remember this: if we want to be well, we must deviate from the "norm" of society and do things differently than we may be used to. And if you want to feel differently than you've always felt, you have to do things differently than you've always done. Once inflammation is significantly reduced, many people thrive on a 80/20 or 90/10 lifestyle when it comes to nutrition.

General Guidelines

Vegetables: 6+ cups per day

- Packed with nutrients to support hormones, metabolism, detoxification, and nervous system.
- Ex: leafy greens, onions, asparagus, bell peppers, garlic, cucumber, okra

Starches: 2 servings per day (1/2 cup each)

- Starches are a carbohydrate sources free of gluten (which is often poorly tolerated and a source of inflammation) as well as other carb sources that lead to blood sugar spikes. Healthy starches can be helpful for balancing hormones, boosting energy, and feeding beneficial gut bacteria.
- Ex: potatoes, yams, plantains, quinoa

Fruit: 1-4 small handfuls or pieces per day

- Aim for low-fructose fruits to avoid blood sugar swings while still benefiting from the natural antioxidants.
- Citrus fruits, berries

Protein: 1-2 palm sized portions (3-6 oz) of protein per meal

- Consuming amino acids from protein sources is critical for neurotransmitter production as well as supporting hormones and metabolism.
- Ex: Grass-fed meat, pasture-raised poultry, wild-caught seafood, pasture-raised eggs

Healthy Fats: 1-3 TBSP oil per meal or palm sized portion of nuts/seeds or avocado

- To reduce inflammation and support the body on a cellular level, especially the brain and hormone-producing glands.
- Ex: Pasture-raised eggs, coconut oil, EVOO, walnuts, almonds, macadamia nuts, chia seeds

Herbal Tea: 2-5 cups daily

- Supporting the adrenal glands and nervous system by providing calming herbs to balance hormones and stress response (while reducing caffeine in order to avoid unwanted stress hormone release).
- Holy Basil (Tulsi), chamomile, Rooibos

Tips For Success

We are eating to NOURISH our mind and body. Don't focus so much on restriction or what you "can't" have, but rather the choices you GET to make that will honor your body and fulfill you.

Planning

- Having a general plan is very helpful when it comes to improving nutritional status. I recommend spending 1 day each week to go to the grocery store with several meal ideas in mind.
- Batch cook: each time you cook a meal, make extra! This will allow you to have more on hand for leftovers so you really only have to prepare food a couple times a week.
- Prepare several breakfasts at once, because mornings are often the busiest and eating breakfast is crucial in this process. This may look like making a large pan of sautéed veggies and sausage that will last you multiple days, a sheet pan of roasted sweet potato cubes, putting your frozen fruit in smoothie cups to store in the freezer so you can grab and add water/protein in the morning to save some time. Casseroles that will last multiple days are also your friend.
- Need a meal-delivery service? Try Paleo on the Go.

Meal Timing

- 8 oz filtered water first thing when you wake up (add LMNT electrolytes)
- Breakfast before caffeine
- Most people do best when they eat within 30-60 minutes of waking up
- Aim for 3-5 hours in between eating
- Avoid eating within 3 hours of bedtime, or if you MUST have a bedtime snack, make sure it includes protein and fat to help stabilize blood sugar overnight.
- If you find yourself hungry or craving sweets within 3 hours of last meal, you likely need to eat more during the previous meal.

Balancing Your Meals

- Balance every single meal or snack with fiber, fat, and protein
- Aim for 3-4 well-balanced meals throughout the day
- Have dessert or sweet treats at the end of a meal, rather than separate from a meal
- 20-30g of protein with each meal
 - 1 large egg = 6g protein
 - 3 oz chicken = 28g protein
 - 3 oz steak = 26g protein
 - 3 oz salmon = 22g protein
 - 3 oz shrimp = 20g protein
 - 1 cup beans = 14-18g protein
 - 1 cup lentils = 18g protein

Meal Time Hygiene

- Chew slowly and thoroughly until food is the consistency of applesauce
- Take a couple deep breaths before, during, and after eating for better digestion
- No multitasking; focus just on eating during that time as much as possible
- Avoid drinking much fluid with meals; 4-6 ounces max, if possible
- Hydrate in between meals instead (30 minutes before and after is ok)

Snacks

- If you consider yourself to be a “snacker”, make the snack larger and more balanced so that you’re not having multiple snacks daily
- NO grazing! We need at least 3 hours in between eating for optimal digestion and hormone signaling.
- Ideally our meals are fulfilling enough that we do not have to rely on snacks often
- Examples provided on page 12

Organic

- While organic is best, it is not always available. Do what you can here!
- Glyphosate is the most abundantly used pesticide and has been linked to toxic burden on the body which contributes to an internal stress response as well as disrupting hormone balance
- When in doubt, do your best to follow EWGs “Clean 15” and “Dirty Dozen” lists when choosing between organic and conventional produce

Restaurants

- I encourage you to limit/avoid going to restaurants during this healing phase unless absolutely necessary as they often use low-quality ingredients (such as inflammatory oils for cooking and in salad dressings).
- Restaurant swap examples included on subsequent pages

Avoid/Remove

Gluten	Dairy	Sweeteners	Inflammatory Oils
Wheat Barley Rye Spelt Farro Kamut	Animal-Based Milk Yogurt Cheese Sour Cream Ice Cream Kefir Whey	High Fructose Corn Syrup Aspartame Sucralose Xylitol Cane Sugar	Canola Soybean Sunflower Safflower Grapeseed Corn Cottonseed Vegetable Hydrogenated

Favorite Swaps, Brands, & Tools

Approved Oils:

- Avocado Oil (Chosen Foods or Primal Kitchen)
- Coconut/MCT Oil
- Extra virgin olive oil

Approved Sweeteners:

- Pure Stevia Leaf Extract
- Monk fruit
- Natural maple syrup, honey (sparingly)

Favorite Brands / what to look for:

- Bread: Baseculture, Unbread
- Cereal: LoveBird
- Protein Powder: Nuzest (pea), Truani (pea), Be Well by Kelly (beef isolate)
 - REBBL premade protein shake for on-the-go as a snack
- Collagen Powder: Green Compass, Thorne
- Plant milk: Malk, Forager, Elmhurst (avoid added sugars and oils)
- Plant-based Yogurt: CocoYo, Culina, Foragers (avoid added sugars)
- Tortilla wraps / chips: Siete (sparingly)
- Dressings / Sauces: Primal Kitchen, EVOO+balsamic vinegar, EVOO+fresh lemon
- Salt: Celtic, Redmond Real Salt, pink Himalayan salt
- Canned fish: Wild Planet, Skipjack
- Pasta: Tolerant, Banza, Explore (sparingly)
- Teas: Pique Tea (Black tea, matcha, non-caffeine teas) , Holy Basil dried tea
- Coffee: Purity, Cardiology Coffee, Organo Gold
- Chocolate: Hu Kitchen, Evolved, Lillys (dark 70% + cocoa)
- Soda alternative: Sound Tea, Zevia, Olipop
- Electrolytes: LMNT, Ultima, Re-Lyte
- Water filter: Clearly Filtered, Berkey, reverse osmosis

Apps:

- The Gluten Free Scanner
- EWG (creator of Clean 15 and Dirty Dozen lists)

Delivery Services:

- Thrive Market
 - Paleo On the Go
 - Butcher Box
 - Wild Pastures
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Grocery list

PROTEIN

- Best choice: look for words like 100% grass-fed, pastured, wild-caught, and organic on the label
- Avoid: Processed meats (like sausage, burgers, bacon, deli meat, etc.) with added sugars, carrageenan, MSG, and sulfites/nitrites. Also avoid foods stored in BPA-containing packaging.

Anchovies (BPA free can)

Beans (any kind)

Beef (ground, steak)

Bison

Chicken (breast, thigh, ground)

Clams

Cod

Deli Meat

Duck

Eggs (any)

Flounder

Herring

Lamb

Lentils

Liver and other organ meats (organic)

Mackerel

Mussels

Oysters

Pork (loin, ground, sausage, organic)

Salmon (wild caught)

Sardines (BPA free can)

Scallops

Shrimp

Tempeh (organic only, limit intake)

Trout

Turkey (ground, whole)

Venison (& other game meats)

Whitefish

Protein Powders

VEGETABLES

- This is not an exhaustive list.
- All vegetables but corn are allowed.
- Organic as much as possible, followed the Clean15/Dirty Dozen recommendations)

Acorn squash	Eggplant	Potatoes (all)
Artichoke	Endive	Pumpkin
Arugula	Fennel (anise)	Radish
Asparagus	Garlic	Rhubarb
Beets	Green Beans	Romaine
Bell Peppers	Greens (collard, turnip, etc)	Rutabaga
Bok choy	Hearts of palm	Sassafras
Broccoli/broccolini	Jalapeno/hot peppers	Shallots
Brussels sprouts	Jicama	Spaghetti squash
Butternut squash	Kale	Spinach
Cabbage	Leeks	Sprouts
Carrots	Lettuce (all)	Sugar/Snap Peas
Cassava	Mushrooms (all)	Summer squash
Cauliflower	Nori	Sweet potato/yams
Celery	Okra	Swiss chard
Chard	Onion	Tomato
Cucumber	Parsnips	Turnip
Delicata Squash	Peas (green, yellow, split)	Zucchini

FRUITS

- **Lower glycemic fruits are in bold, and are more ideal**
- High-glycemic fruits should be limited
- Organic as much as possible, followed the Clean15/Dirty Dozen recommendations)

Apples	Elderberries	Melon	Pineapple
Apricots	Figs	Nectarines	Plantains
Bananas	Grapefruit	Oranges	Plum
Blackberries	Grapes	Papaya	Pomegranate
Blueberries	Kiwi	Pawpaw	Raspberries
Cherries	Lemon	Peaches	Strawberries
Cranberries	Lime	Pears	Tangerines
Dates	Mango	Persimmons	Watermelon

FATS

Cooking Fat:

Avocado Oil
Coconut oil
Coconut cream, milk
Duck fat
Extra-virgin olive oil
Ghee
Lard (pork fat)
Palm oil
Tallow (beef fat)

Eating/dressing:

Avocado
Avocado oil
Coconut butter
Coconut (flakes, chunks)
Coconut milk (canned)
Extra-virgin olive oil
Olives
Primal Kitchen dressings (DF)
Sesame oil (limit)
*Choose BPA-free cans

Nuts & Seeds:

Almonds, almond butter
Brazil nuts (limit 2-3 / day)
Cashews, cashew butter
Flaxseeds (buy whole, then grind)
Hazelnuts
Macadamia nuts, butter
Pecans
Pistachios
Pumpkin seeds/pepitas
Sesame seeds
Sesame seed butter/tahini
Sunflower seeds, butter
Walnuts

HERBS & SPICES

Allspice	Cinnamon	Sage
Basil	Cloves (ground)	Sea vegetable/kelp flakes
Bay leaves	Coriander	Salt (celtic, sea salt)
Black pepper	Cumin	Tarragon
Cayenne	Curry powder	Thyme
Chili powder	Dill	Turmeric
Chipotle powder	Garlic powder	Vanilla extract
Chives	Ginger	Wasabi powder
Cilantro	Rosemary	

PANTRY

Almond flour	Monk Fruit extract
Balsamic vinegar	Mustard
Broth (beef, chicken, vegetable, fish)	Pasta (lentil, chickpea, bean)
Beans (dried, canned)	Pickles
Black garlic	Quinoa
Canned olives	Raisins
Canned pumpkin	Red wine vinegar
Canned salmon	Rice (basmati, wild, jasmine, brown)
Canned sardines	Roasted red peppers
Capers	Sauerkraut
Cacao (100% cacao, powder or nibs)	Seaweed snacks (avocado or olive oil only)
Coconut aminos	Stevia extract (powder or liquid tincture)
Coconut flour	Tapioca starch (limit)
Dried cranberries	Tomato paste
Himalayan Tartery Buckwheat	Tomatoes (diced, crushed, sundried)
Hot sauce	White vinegar
Kimchi	

Meal Ideas

BREAKFAST

Balanced Smoothie

- Choice of fresh/frozen fruit (ex. ½ banana, berries, and/or cherries)
- Handful of fresh or frozen spinach/kale
- Water / plant milk
- Protein powder and/or collagen powder
- 1 TBSP nut / seed butter
- Top with cacao nibs, chia seeds, and/or ground flax seed

Yogurt Bowl

- Plant based yogurt without any added sugar
- 1/4-1/2 serving vanilla protein powder or collagen powder
- 1/4 cup chopped walnuts (or nut of choice)
- 1-2 TBSP chia seeds, ground flax, hemp seeds, or nut butter
- Top with fresh or frozen berries/cherries
- Sprinkle with granulated monkfruit or stevia extract if needed

Egg Scramble

- 2-3 whole eggs scrambled (or cooked to preference)
- 2-5 sauteed veggies of choice (ex. spinach, onion, pepper, tomato, mushrooms)
- Side of nitrite and sugar free bacon or sausage
- 1/2 of roasted potatoes (sweet, red, or russet)

Avocado Egg Toast

- 2 slices of BaseCulture (gluten and grain free) toast
- Top with smashed avocado, 1-2 eggs, salt/pepper or seasonings of choice

Sausage and Veggie Bowl

- Sausage with sautéed peppers, onions, kale, and roasted potato cubes
- Top with avocado slices

Chia Pudding

- Chia seed pudding (can make overnight)
 - Mix in 1/2-1 serving of protein powder
 - Top with nuts/seeds of choice + berries
 - Sprinkle of monkfruit or stevia if needed
 - Sprinkle of cinnamon
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LUNCH

Salmon Salad

- Baked or grilled salmon on bed of mixed greens
- Chopped cucumber, bell pepper, tomato, avocado
- Roasted sweet potato cubes
- 1 TBSP of sauerkraut (if tolerated)
- 1 TSBP of sunflower or hemp seeds
- Drizzle with DF Primal Kitchen dressing of choice (Ex. Green Goddess, Vegan Ranch)

Shredded Chicken Taco Salad

- Slow-cooker salsa chicken, shredded
- Chopped leafy greens
- Chopped tomatoes
- Sauteed (or fresh) peppers and onions
- Avocado slices
- Pickled red onions
- Top with chopped cilantro

Burger Bowl

- Ground meat (beef, chicken, turkey)
- Chopped leafy greens
- Chopped tomato
- Pickled red onions (or regular pickles)
- Avocado
- Drizzle with DF Primal Kitchen sauce of choice
- Side of sweet potato cubes or quinoa

Shredded Chicken Wraps

- Shredded/chopped chicken
- Lettuce, tomato, onion
- Hummus and/or Primal Kitchen buffalo sauce
- Siete tortilla wrap
- Carrots and celery on the side
- Handful of nuts on the side

Tuna Salad

- Wild caught albacore tuna
 - Leafy greens + other vegetables of choice for topping
 - Avocado and/or sunflower seeds
 - Olive oil + fresh lemon juice dressing
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DINNER

Chicken Chili

- Shredded chicken
- Broth, canned tomatoes, chilli seasoning
- Variety of beans
- Lentils
- Green chiles
- Lime and cilantro as garnish

Chicken or Shrimp Stir fry

- Choice of protein sautéed with coconut aminos
- Sautéed onions, peppers, broccoli and mushrooms with coconut aminos
- Top with sesame seeds

Burger Bar

- Chargrilled burger patties
- Toasted Baseculture bread
- Onions, tomatoes, avocado, sautéed mushrooms
- Side of quinoa or sweet potato
- Sauces: Ketchup, mustard, vegan mayo (Primal kitchen for all)

Greek Lentil Bowl

- Choice of protein with Greek seasoning
- 1/2 cup cooked lentils or quinoa
- Bed leafy greens
- Picked onions, olives, avocado
- Chickpeas (roasted or canned)
- Top with hummus, roasted red peppers, and/or Primal Kitchen dressing

Lentil Pasta

- Boiled lentil or chickpea pasta noodles
- Choice of protein (ground meat, chicken, shrimp etc.)
- Variety of sautéed vegetables (ex. mushrooms, onions, broccoli)
- Sauce: olive oil + lemon + salt/pepper/oregano/red pepper flakes or classic marinara (look for sugar free and no inflammatory oils)

Any of the lunch ideas can easily be transferred to dinner + vice versa.

SNACKS

- Beef Stick (Paleo Valley, Chomps) + handful of raw/dry roasted nuts + piece of fruit
- Hummus with carrots/celery/cucumber
- Protein smoothie
- Yogurt bowl
- 2-3 Brazil nuts, plantain chips
- Small apple with 1 TSBP nut butter

DESSERT

(Best if eaten directly at the end of a meal or balanced, rather than eaten alone to avoid blood sugar spikes if primarily carbs)

- Fresh or frozen fruit
- Apple and nut butter
- Fruit smoothie bowl
- Handful of nuts + drizzle of honey in a bowl
- Handful of nuts + dark chocolate chips
- Sweet drinks (see below)

DRINKS

- Filtered water with electrolytes (LMNT)
 - Filtered water (can add lemon/lime juice, strawberries, cucumbers, etc.)
 - Pique tea matcha, ginger, hibiscus teas (they have many other options too)
 - Flavored seltzer (Bubly, Poppi, Olli Pop -- *limit*)
 - Organifi Drink mixes
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Restaurant swaps

While it is best to prepare your own food so that you have full control of what is going in your body, there are times when convenience is a priority, especially if it helps you prevent skipping meals.

General tips:

- Avoid fried foods (usually contain gluten and fried in rancid oil)
- Ask the staff to confirm if something is GF/DF
- Avoid dressings/sauces
 - Ask for lemon slices, olive oil + vinegar, or bring your own
- Salads with a protein are often the best option
- You have a right to know what in the food you are paying for! Don't be afraid to ask questions and make special requests.

Chic-fil-A

- Grilled chicken nuggets + side salad/kale+ fruit cup
- Cobb salad with grilled chicken, no cheese, no dressing
- Market salad with grilled chicken, no cheese, no dressing
- Grilled chicken sandwich on GF bun

McDonalds/Burger King/Etc.

- Grilled chicken salad, no cheese, no dressing

Zaxbys

- Any grilled chicken salad, no cheese, no dressing

Bojangles

- Grilled chicken salad, no cheese, dressing, or croutons

Chipotle

- Salad bowl with any protein, beans, cooked and fresh veggies, tomato salsa

Panera Bread

- Summer fruit cup + avocado/egg white/spinach without the bread
 - Grilled chicken salad (Green Goddess, Strawberry Poppyseed, Fuji Apple, Greek) no cheese, no dressing, no croutons/bread source
 - Warm bowls (confirm GF/DF)
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