

HORMONE MEAL PLAN

30-DAYS TO
BALANCED
HORMONES

+ HORMONE CHECKLIST
AND GUIDE



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HORMONE HEALTH

CHECKLIST

- ✓ Nutritional Assessment: Evaluate your diet to ensure it's rich in vitamins, minerals, and essential nutrients that support fertility.
- ✓ Detoxification: Reduce exposure to toxins and consider a detox regimen to enhance body cleansing.
- ✓ Stress Management: Chronic stress can negatively affect hormonal balance
- ✓ Physical Activity: Regular exercise helps maintain a healthy weight, reduces stress, and improves overall health.
- ✓ Hormonal Balance Evaluation: Check and address any hormonal imbalances.
- ✓ Gut Health Check: Since a healthy gut is key to overall health, ensure your digestive system is functioning optimally.



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How Hormone Health shows up in your daily life

IMBALANCED HORMONES

- ACNE
- IRREGULAR PERIODS
- LOW LIBIDO
- MOOD SWINGS
- LOW ENERGY
- ANXIETY
- POOR SLEEP
- WEIGHT GAIN
- HOT FLASHES

BALANCED HORMONES

- REGULAR CYCLES
- CLEAR SKIN
- HEALTHY SEX DRIVE
- STABLE MOOD
- RESTFUL SLEEP
- MAINTAINED WEIGHT
- FERTILE
- HEALTHY DIGESTION
- REGULATED TEMPERATURE



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Hormone Health: things to keep in mind



PROTEIN

- **Protein is the foundation** of strength, metabolism, and stable energy – especially in midlife.
- **Aim for 1.2 to 1.5 g/kg of your ideal body weight** to protect muscle, support hormones, and keep cravings at bay.



GOOD FATS

- **Healthy fats** fuel your brain, balance your blood sugar, calm inflammation, and support hormone production.
- **Choose nourishing sources** like avocado, olive oil, nuts, seeds, and fatty fish – your body will thank you.



EAT WHOLE FOODS

- **Whole foods give** your body the nutrients it needs to repair, restore, and thrive.
- **Fill your plate with** colours, textures, and foods as close to nature as possible – it's the simplest path to steady energy and vibrant living.



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Hormone Health: things to keep in mind



DRINK
WATER

- **Hydration affects everything:** digestion, focus, skin health, body temperature, and even mood.
- **Aim for steady sips** throughout the day — your brain and hormones run smoother when you're well watered.



LISTEN TO
YOUR BODY

- **Your body is always communicating** – through energy, appetite, mood, sleep, and even cravings
- **Tune in**, honour what it's asking for, and adjust with compassion, not judgment.



MOTION IS
LOTION

- **Daily movement keeps** your joints happy, your muscles strong, and your mind clear.
- **Whether you walk, lift, stretch, or dance in the kitchen** – every bit of motion keeps your body “lubricated” and resilient, including your digestive tract!



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Happy Hormones “Breakfast”



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Avocado and Smoked Salmon Toast



prep time:

5 minutes



cook time:

3 minutes



servings:

feeds 2

INGREDIENTS:

- 2 slices of whole-grain or sourdough bread
- 1 ripe avocado
- 4–6 slices smoked salmon (~50g)
- 1 tsp lemon juice
- Salt & pepper to taste

INSTRUCTIONS:

- Toast bread until golden.
- Mash avocado with lemon juice, salt, and pepper.
- Spread avocado onto toast and top with smoked salmon.

NUTRITION:

AMOUNT PER SERVING	
CALORIES	300-350



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Chia Seed Pudding with Almond Butter



prep time:

5 minutes



cook time:

0 minutes



servings:

feeds 2

INGREDIENTS:

- 3 tbsp chia seeds
- 1 cup almond milk (or milk of choice)
- 1-2 tsp maple syrup or honey (optional)
- 2 tbsp almond butter
- Fresh fruit (optional, for topping)

INSTRUCTIONS:

- In a bowl or jar, mix chia seeds, almond milk, and sweetener. Stir well.
- Refrigerate for at least 4 hours (or overnight), stirring after 30 minutes to prevent clumping.
- Once set, top with almond butter and fresh fruit. Serve chilled!

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



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Spinach and Mushroom Egg Scramble



prep time:

5 minutes



cook time:

7-10 minutes



servings:

feeds 2

INGREDIENTS:

- 4 large eggs
- 1 cup fresh spinach, chopped
- 1/2 cup mushrooms, sliced
- 1 tbsp olive oil or butter
- Salt & pepper to taste

INSTRUCTIONS:

- Whisk eggs in a bowl with a pinch of salt and pepper.
- Heat oil or butter in a pan over medium heat.
- Sauté mushrooms for 2-3 minutes until soft, then add spinach and cook until wilted.
- Pour eggs into the pan, stirring gently until scrambled and cooked through.
- Serve immediately. Enjoy!

NUTRITION

AMOUNT PER SERVING

CALORIES

200-250



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Hormone-Balancing Smoothie



prep time:

5 minutes



cook time:

7-10 minutes



servings:

feeds 2

INGREDIENTS:

- 1 Pear (Core & seeds removed, diced)
- 1 cup Baby Spinach
- 1/4 Cucumber, or 1 small mini
- 1/4 cup Mint Leaves
- 1 cup Unsweetened Almond Milk
- 1/4 Avocado
- 1 serving of Vanilla Protein Powder

INSTRUCTIONS:

- Combine all ingredients in a blender
- Blend until smooth
- Serve immediately with a sprinkling of cinnamon

NUTRITION

AMOUNT PER SERVING

DEPENDENT ON WHICH PROTEIN POWDER USED



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Protein-Packed Omelet



prep time:

5 minutes



cook time:

5 minutes



servings:

feeds 1

INGREDIENTS:

- 4 large eggs (or 2 eggs + 2 egg whites)
- 1/4 cup cooked chicken breast or turkey, diced
- 1/4 cup spinach, chopped
- 1/4 cup bell pepper, diced
- 1 tbsp olive oil or butter
- Salt & pepper to taste

INSTRUCTIONS:

- Whisk Eggs: Beat eggs with salt and pepper.
- Cook Veggies: Heat olive oil in a pan, sauté bell pepper and spinach for 1-2 minutes until softened.
- Make Omelet: Pour eggs over veggies. Add cooked chicken. Cook for 2-3 minutes, then fold the omelet and cook another 1-2 minutes until set.
- Serve: Plate and enjoy immediately!

NUTRITION

AMOUNT PER SERVING	
CALORIES	350 - 400



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Greek Yogurt Bowl



prep time:

5 minutes



cook time:

5 minutes



servings:

feeds 1

INGREDIENTS:

- 1 cup plain Greek yogurt
- 1/4 cup mixed berries (e.g., blueberries, strawberries)
- 1 tbsp honey or maple syrup
- 2 tbsp granola (unsweetened)
- 1 tbsp walnut pieces or pumpkin seeds (optional)
- 1 tbsp chia seeds (optional)

INSTRUCTIONS:

- Assemble: Spoon Greek yogurt into a bowl.
- Top: Add mixed berries, honey, granola, and chia seeds.
- Serve: Enjoy immediately!

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



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Sweet Potato Breakfast Hash



prep time:

10 minutes



cook time:

15-20 minutes



servings:

feeds 2

INGREDIENTS:

- 1 large sweet potato, diced
- 1/2 onion, chopped
- 1/2 bell pepper, chopped
- 2 eggs
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Salt & pepper to taste
- 1 tbsp olive oil

INSTRUCTIONS:

- Heat olive oil in a pan over medium heat.
- Add sweet potatoes and cook for 5-7 minutes until slightly tender.
- Stir in onion, bell pepper, garlic powder, paprika, salt, and pepper. Cook for another 5 minutes until veggies are soft.
- Create small wells in the hash and crack eggs into them. Cover and cook until eggs reach desired doneness.
- Serve warm and enjoy!

NUTRITION

AMOUNT PER SERVING	
CALORIES	300-350



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Tofu Scramble



prep time:

5 minutes



cook time:

10-12 minutes



servings:

feeds 2

INGREDIENTS:

- 1 block firm tofu, drained and crumbled
- 1/4 cup onion, diced
- 1/4 cup bell pepper, diced
- 1 tbsp olive oil
- 1/2 tsp turmeric
- Salt & pepper to taste
- 1 tbsp nutritional yeast (optional)

INSTRUCTIONS:

- Sauté Veggies: Heat olive oil in a pan over medium heat. Add onion and bell pepper, cooking for 3-5 minutes until softened.
- Add Tofu: Add crumbled tofu, turmeric, salt, and pepper. Cook for 5-7 minutes, stirring occasionally, until heated through and lightly golden.
- Serve: Top with nutritional yeast if desired and serve hot!

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



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Banana-Free Smoothie Bowl



prep time:

5 minutes



cook time:

0 minutes



servings:

feeds 1

INGREDIENTS:

- 1/2 cup frozen mango
- 1/2 cup frozen berries (e.g., strawberries, blueberries)
- 1/2 cup unsweetened almond milk (or milk of choice)
- 1 tbsp almond butter (or nut butter of choice)
- 1 tbsp chia seeds or ground flaxseeds
- Toppings: granola, coconut flakes, fresh fruit

INSTRUCTIONS:

- Blend: Combine frozen mango, berries, almond milk, almond butter, and seeds in a blender. Blend until smooth.
- Assemble: Pour into a bowl and top with granola, coconut flakes, and fresh fruit.
- Serve: Enjoy immediately!

NUTRITION

AMOUNT PER SERVING

CALORIES

300-350



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Turmeric Latte



prep time:

5 minutes



cook time:

0 minutes



servings:

feeds 1

INGREDIENTS:

- 1 cup milk (or dairy-free milk)
- 1/2 tsp turmeric powder
- 1/4 tsp cinnamon powder
- 1/2 tsp honey or maple syrup (optional)
- 1/4 tsp black pepper
- 1/2 tsp vanilla extract (optional)

INSTRUCTIONS:

- **Heat Milk:** In a small saucepan, warm the milk over medium heat.
- **Add Spices:** Stir in turmeric, cinnamon, black pepper, and sweetener. Whisk until well combined.
- **Serve:** Pour into a mug, add vanilla extract if desired, and enjoy hot!

NUTRITION

AMOUNT PER SERVING

CALORIES

150-180



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A close-up photograph of a white ceramic bowl filled with a vibrant salad. The salad includes curly green kale, sliced zucchini, diced orange and red bell peppers, and small cubes of white cheese. A layer of cooked quinoa is visible at the bottom. The bowl sits on a white surface with a red floral pattern. A semi-transparent white rectangle is centered over the bowl, containing the text.

Happy Hormones

“Lunch Time”

Grilled Chicken Kale Salad with Lemon-Tahini Dressing



prep time:

5 minutes



cook time:

10 minutes



servings:

feeds 4

INGREDIENTS:

- 2 cups kale, chopped
- 1 grilled chicken breast, sliced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup shredded carrots
- 2 tbsp sunflower seeds (optional)

Lemon-Tahini Dressing:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp honey or maple syrup, or to taste
- Water to thin, if needed
- Salt & pepper to taste

INSTRUCTIONS:

- Prepare Dressing: Whisk together tahini, lemon juice, olive oil, honey, salt, and pepper. Add water to reach desired consistency.
- Massage Kale: In a large bowl, massage kale with a small drizzle of dressing until softened.
- Assemble Salad: Add kale, chicken, cherry tomatoes, carrots, and sunflower seeds to the bowl. Toss with dressing.
- Serve: Plate and enjoy immediately!

NUTRITION

AMOUNT PER SERVING

CALORIES

300-350



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Sweet Potato and Lentil Buddha Bowl



prep time:

20 minutes



cook time:

0 minutes



servings:

feeds 2

INGREDIENTS:

- 1 medium sweet potato, diced
- 1 cup cooked lentils
- 2 cups mixed greens or spinach
- 1/2 avocado, sliced
- 1/4 cup shredded carrots
- 1 tbsp olive oil
- 1 tsp smoked paprika (optional)
- Salt & pepper to taste

Tahini Dressing:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp maple syrup
- Water to thin, if needed

INSTRUCTIONS:

- Roast Sweet Potato: Toss diced sweet potato with olive oil, smoked paprika, salt, and pepper. Roast at 400°F (200°C) for 15–20 minutes until tender.
- Prepare Dressing: Whisk together tahini, lemon juice, maple syrup, and water to desired consistency.
- Assemble Bowl: Layer mixed greens, lentils, roasted sweet potato, avocado, and carrots in a bowl.
- Top and Serve: Drizzle with tahini dressing and enjoy!

NUTRITION

AMOUNT PER SERVING

CALORIES

400 - 450



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Turmeric Quinoa and Veggie Stir-Fry



prep time:

5 minutes



cook time:

15 minutes



servings:

feeds 2

INGREDIENTS:

- 1 cup cooked quinoa
- 1 cup mixed vegetables (e.g., bell peppers, broccoli, carrots)
- 1 tbsp olive oil
- 1 tsp turmeric powder
- 1 clove garlic, minced
- 1 tbsp soy sauce (optional)
- Salt & pepper to taste

INSTRUCTIONS:

- **Heat Oil:** In a large pan, heat olive oil over medium heat. Add garlic and sauté until fragrant.
- **Cook Veggies:** Add mixed vegetables, cooking for 5–7 minutes until tender-crisp.
- **Add Quinoa:** Stir in cooked quinoa and sprinkle turmeric, soy sauce (if using), salt, and pepper. Mix well.
- **Serve:** Plate and enjoy hot!

NUTRITION

AMOUNT PER SERVING

CALORIES

350–400



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Lentil and Spinach Soup



prep time:

10 minutes



cook time:

30 minutes



servings:

feeds 2

INGREDIENTS:

- 1 cup dried lentils, rinsed
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (14.5 oz) diced tomatoes
- 4 cups vegetable broth
- 2 cups spinach, chopped
- 1 tsp cumin
- Salt & pepper to taste

INSTRUCTIONS:

- Sauté Vegetables: In a large pot, sauté onion and garlic for 3-4 minutes until softened.
- Add Ingredients: Add lentils, diced tomatoes, vegetable broth, cumin, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20-25 minutes until lentils are tender.
- Add Spinach: Stir in chopped spinach and cook for 2-3 minutes until wilted.
- Serve: Ladle soup into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING	
CALORIES	200-250



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Turkey and Avocado Lettuce Wraps



prep time:

10 minutes



cook time:

0 minutes



servings:

feeds 2

INGREDIENTS:

- 8 oz cooked turkey breast, sliced
- 1 avocado, sliced
- 8 large lettuce leaves (e.g., Romaine or Butter lettuce)
- 1/4 cup shredded carrots (optional)
- 1 tbsp mustard or mayo (optional)
- Salt & pepper to taste

INSTRUCTIONS:

- Prepare Lettuce: Wash and dry the lettuce leaves.
- Assemble Wraps: Lay out 4 lettuce leaves, then add turkey slices, avocado, and shredded carrots.
- Add Condiments: Spread mustard or mayo if desired.
- Serve: Season with salt and pepper, wrap, and enjoy!

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



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Stuffed Bell Peppers



prep time:

15 minutes



cook time:

30-35 minutes



servings:

feeds 2

INGREDIENTS:

- 4 bell peppers, tops cut off and seeds removed
- 1 cup cooked quinoa or rice
- 1 can (15 oz) black beans, drained and rinsed
- 1/2 cup corn (optional)
- 1/2 cup shredded cheese (optional)
- 1 tsp cumin
- 1/2 tsp chili powder
- Salt & pepper to taste
- 1 tbsp olive oil

INSTRUCTIONS:

- Preheat Oven: Preheat to 375°F (190°C).
- Prepare Filling: In a bowl, combine cooked quinoa or rice, black beans, corn, cumin, chili powder, salt, and pepper.
- Stuff Peppers: Stuff the bell peppers with the mixture and place them in a baking dish.
- Bake: Drizzle olive oil over the peppers and cover with foil. Bake for 25-30 minutes.
- Top with Cheese: If using, sprinkle shredded cheese on top and bake for an additional 5 minutes until melted.
- Serve: Enjoy hot!

NUTRITION

AMOUNT PER SERVING	
CALORIES	300-350



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Zucchini Noodles with Pesto



prep time:

10 minutes



cook time:

5 minutes



servings:

feeds 2

INGREDIENTS:

- 2 medium zucchinis (spiralized into noodles)
- 1/4 cup pesto (store-bought or homemade)
- 1 tbsp olive oil
- Salt & pepper to taste
- Cherry tomatoes (optional, for garnish)

INSTRUCTIONS:

- Sauté Zoodles: Heat olive oil in a pan over medium heat. Add zucchini noodles and sauté for 2-3 minutes until tender.
- Mix with Pesto: Add pesto to the pan and toss to coat the zucchini noodles. Cook for another 1-2 minutes.
- Serve: Garnish with cherry tomatoes if desired, and serve immediately!

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



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Chickpea and Cucumber Salad



prep time:

10 minutes



cook time:

0 minutes



servings:

feeds 2

INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cucumber, diced
- 1/4 red onion, thinly sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt & pepper to taste
- Fresh parsley (optional, for garnish)

INSTRUCTIONS:

- Prepare Salad: In a large bowl, combine chickpeas, cucumber, and red onion.
- Make Dressing: Drizzle with olive oil and lemon juice. Sprinkle with oregano, salt, and pepper.
- Toss and Serve: Toss everything together and garnish with fresh parsley if desired. Serve immediately!

NUTRITION

AMOUNT PER SERVING	
CALORIES	200-250



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Asian-Inspired Stir-Fry



prep time:

10 minutes



cook time:

10 minutes



servings:

feeds 2

INGREDIENTS:

- 1 cup mixed vegetables (e.g., bell peppers, broccoli, carrots)
- 1/2 cup cooked chicken breast or tofu, sliced
- 1 tbsp sesame oil
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tsp grated ginger
- 1 garlic clove, minced
- 1 tsp rice vinegar
- 1 tsp sesame seeds (optional)

INSTRUCTIONS:

- **Heat Oil:** In a pan or wok, heat sesame oil over medium-high heat.
- **Cook Veggies:** Add mixed vegetables, garlic, and ginger. Stir-fry for 3–4 minutes until tender.
- **Add Protein:** Add chicken or tofu and stir in soy sauce and rice vinegar. Cook for another 2–3 minutes.
- **Serve:** Sprinkle with sesame seeds and serve hot!

NUTRITION

AMOUNT PER SERVING

CALORIES

300-350



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A close-up photograph of an Avocado and Tuna Bowl. The bowl contains chunks of pink tuna, bright yellow scrambled eggs, sliced green cucumbers, and halved cherry tomatoes. The ingredients are arranged in a visually appealing way, with the tuna and eggs being the most prominent.

Avocado and Tuna Bowl



prep time:

5 minutes



cook time:

0 minutes



servings:

feeds 2

INGREDIENTS:

- 1 can (5 oz) tuna in olive oil or water, drained
- 1 avocado, sliced
- 1/2 cup cooked quinoa or rice
- 1/4 cup cucumber, diced
- 1 tbsp soy sauce or tamari (optional)
- 1 tbsp sesame seeds (optional)
- Salt & pepper to taste

INSTRUCTIONS:

- Assemble Bowl: In a bowl, layer quinoa or rice, tuna, avocado, and cucumber.
- Season: Drizzle with soy sauce and sprinkle with sesame seeds, salt, and pepper.
- Serve: Mix together and enjoy immediately!

NUTRITION

AMOUNT PER SERVING

CALORIES

350-400



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Balancing Hormones

“DINNER”

Wild-Caught Salmon with Asparagus and Citrus Glaze



prep time:

5 minutes



cook time:

15 minutes



servings:

feeds 2

INGREDIENTS:

- 2 wild-caught salmon fillets (~4 oz each)
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- Salt & pepper to taste

Citrus Glaze:

- 2 tbsp orange juice
- 1 tbsp honey or maple syrup
- 1 tsp lemon zest
- 1 tsp soy sauce (optional)

INSTRUCTIONS:

- Prep Glaze: Whisk together orange juice, honey, lemon zest, and soy sauce.
- Cook Salmon: Heat 1/2 tbsp olive oil in a skillet over medium heat. Season salmon with salt and pepper, then sear for 3–4 minutes per side until cooked through. Brush with citrus glaze during the last minute.
- Sauté Asparagus: In the same pan, add remaining olive oil and sauté asparagus for 5–7 minutes until tender-crisp.
- Serve: Plate salmon with asparagus and drizzle with remaining glaze. Enjoy!

NUTRITION

AMOUNT PER SERVING

CALORIES

350 - 400



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Zucchini Noodles with Turkey Meatballs



prep time:

5 minutes



cook time:

20 minutes



servings:

feeds 2

INGREDIENTS:

- 2 medium zucchinis (spiralized)
- 8 oz ground turkey
- 1/4 cup breadcrumbs (or almond flour)
- 1 egg
- 1 tsp Italian seasoning
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 cup marinara sauce

INSTRUCTIONS:

- Make Meatballs: Mix turkey, breadcrumbs, egg, garlic, Italian seasoning, salt, and pepper. Form into small meatballs.
- Cook Meatballs: Heat olive oil in a skillet over medium heat. Cook meatballs for 6–8 minutes, turning to brown all sides. Add marinara sauce and simmer for 5 minutes.
- Prepare Zoodles: Sauté zucchini noodles in a separate pan for 2–3 minutes until tender.
- Serve: Plate zucchini noodles, top with turkey meatballs and sauce. Enjoy!

NUTRITION

AMOUNT PER SERVING
CALORIES

300–350



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Lemon Garlic Chicken Thighs



prep time:
10 minutes

INGREDIENTS:

- 4 bone-in, skin-on chicken thighs
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp dried thyme
- Salt & pepper to taste



cook time:
25-30 minutes

INSTRUCTIONS:

- Preheat Oven: Preheat to 400°F (200°C).
- Season Chicken: In a bowl, combine garlic, olive oil, lemon juice, lemon zest, thyme, salt, and pepper. Rub this mixture onto the chicken thighs.
- Cook: Place the chicken on a baking sheet and roast for 25-30 minutes, until the internal temperature reaches 165°F (74°C) and skin is crispy.
- Serve: Let rest for 5 minutes before serving. Enjoy!



servings:
feeds 2

NUTRITION

AMOUNT PER SERVING

CALORIES

350-400



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Zucchini Lasagna



prep time:

15 minutes



cook time:

40 minutes



servings:

feeds 2

INGREDIENTS:

- 3 medium zucchinis, sliced lengthwise into thin strips
- 1 cup ricotta cheese
- 1 1/2 cups marinara sauce
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/2 lb ground turkey or beef (optional)
- 1 tsp Italian seasoning
- Salt & pepper to taste

INSTRUCTIONS:

- Preheat Oven: Preheat to 375°F (190°C).
- Prepare Zucchini: Lay zucchini slices on a paper towel to absorb excess moisture.
- Cook Meat: (Optional) In a pan, cook ground turkey or beef until browned. Add marinara sauce, Italian seasoning, salt, and pepper.
- Assemble Lasagna: In a baking dish, layer zucchini strips, ricotta cheese, meat sauce (if using), mozzarella, and Parmesan. Repeat layers.
- Bake: Cover with foil and bake for 25 minutes. Remove foil and bake for another 5-10 minutes until cheese is bubbly and golden.
- Serve: Let rest for a few minutes before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING	
CALORIES	300-350



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Baked Cod with Sweet Potatoes



prep time:

10 minutes

INGREDIENTS:

- 2 cod fillets (about 4 oz each)
- 2 medium sweet potatoes, cubed
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- Salt & pepper to taste
- 1 lemon, sliced (optional)



cook time:

25-30 minutes

INSTRUCTIONS:

- Preheat Oven: Preheat to 400°F (200°C).
- Prepare Sweet Potatoes: Toss cubed sweet potatoes with olive oil, paprika, garlic powder, salt, and pepper. Spread on a baking sheet.
- Bake Sweet Potatoes: Roast sweet potatoes for 15-20 minutes, flipping halfway through.
- Cook Cod: Season cod fillets with salt, pepper, and a drizzle of olive oil. Place on the baking sheet with the sweet potatoes for the last 10-12 minutes of baking.
- Serve: Plate cod and sweet potatoes, garnish with lemon slices if desired. Enjoy!



servings:

feeds 2

NUTRITION

AMOUNT PER SERVING

CALORIES

350-400



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Vegetarian Chili



prep time:
10 minutes



cook time:
30-40 minutes



servings:
feeds 4

INGREDIENTS:

- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) diced tomatoes
- 1 cup corn kernels (frozen or fresh)
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tbsp chili powder
- 1 tsp cumin
- Salt & pepper to taste

INSTRUCTIONS:

- **Sauté Vegetables:** Heat olive oil in a large pot over medium heat. Add onion, bell pepper, and garlic, sauté for 5 minutes.
- **Add Beans and Tomatoes:** Stir in the beans, diced tomatoes, corn, chili powder, cumin, salt, and pepper.
- **Simmer:** Bring to a boil, then reduce heat and simmer for 20-25 minutes, stirring occasionally.
- **Serve:** Ladle into bowls and enjoy hot! You can top with fresh cilantro or a dollop of sour cream if desired.

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



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Coconut Curry Shrimp



prep time:

10 minutes



cook time:

10-12 minutes



servings:

feeds 2

INGREDIENTS:

- 1 lb large shrimp, peeled and deveined
- 1 can (14 oz) coconut milk
- 1 tbsp curry powder
- 1 tbsp olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 tsp grated ginger
- Salt & pepper to taste
- Fresh cilantro (optional, for garnish)

INSTRUCTIONS:

- Sauté Aromatics: Heat olive oil in a pan over medium heat. Add onion, garlic, and ginger, and sauté for 2-3 minutes until softened.
- Cook Shrimp: Add shrimp to the pan and cook for 3-4 minutes, until pink and opaque.
- Make Sauce: Pour in coconut milk and curry powder. Stir to combine and simmer for 3-4 minutes, letting the sauce thicken.
- Serve: Season with salt and pepper, and garnish with fresh cilantro if desired. Serve hot!

NUTRITION

AMOUNT PER SERVING

CALORIES

350-400



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Quinoa-Stuffed Portobello Mushrooms



prep time:

10 minutes



cook time:

20-25 minutes



servings:

feeds 2

INGREDIENTS:

- 4 large Portobello mushrooms, stems removed
- 1/2 cup cooked quinoa
- 1/4 cup feta cheese, crumbled (optional)
- 1/4 cup spinach, chopped
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp dried oregano
- Salt & pepper to taste

INSTRUCTIONS:

- Preheat Oven: Preheat to 375°F (190°C).
- Prepare Filling: In a bowl, combine cooked quinoa, spinach, feta cheese, garlic, oregano, salt, and pepper.
- Stuff Mushrooms: Drizzle mushroom caps with olive oil and stuff them with the quinoa mixture.
- Bake: Place stuffed mushrooms on a baking sheet and bake for 20-25 minutes, until mushrooms are tender and filling is heated through.
- Serve: Enjoy immediately!

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



Red Leaf Wellness
Whole Integrative Health

A close-up photograph of a grass-fed beef stir-fry. The dish features tender, browned beef strips mixed with vibrant vegetables including sliced red and yellow bell peppers, green bell peppers, broccoli florets, and sliced green onions. The ingredients are coated in a glossy, dark sauce.

Grass-Fed Beef Stir-Fry



prep time:

10 minutes



cook time:

10-12 minutes



servings:

feeds 2

INGREDIENTS:

- 8 oz grass-fed beef, thinly sliced
- 1 cup bell peppers, sliced
- 1/2 cup broccoli florets
- 1/2 onion, sliced
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp ginger, grated
- 1 tsp sesame seeds (optional)

INSTRUCTIONS:

- **Cook Beef:** Heat olive oil in a pan over medium-high heat. Add sliced beef and cook for 2-3 minutes until browned. Remove from pan and set aside.
- **Sauté Vegetables:** In the same pan, add sesame oil, bell peppers, broccoli, onion, garlic, and ginger. Stir-fry for 4-5 minutes until vegetables are tender-crisp.
- **Combine:** Add beef back to the pan with soy sauce, stirring to coat and heat through.
- **Serve:** Garnish with sesame seeds, if desired, and serve hot!

NUTRITION

AMOUNT PER SERVING

CALORIES

350-400



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Lemon Herb Tilapia with Steamed Asparagus



prep time:

5 minutes

INGREDIENTS:

- 2 tilapia fillets
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- Salt & pepper to taste
- 1 bunch asparagus, trimmed



cook time:

15-20 minutes

INSTRUCTIONS:

- Preheat Oven: Preheat to 400°F (200°C).
- Prepare Tilapia: Place tilapia fillets on a baking sheet, drizzle with olive oil, lemon juice, lemon zest, garlic powder, parsley, salt, and pepper.
- Bake Fish: Bake for 12-15 minutes, until tilapia is cooked through and flakes easily with a fork.
- Steam Asparagus: While the fish is baking, steam asparagus for 5-7 minutes until tender.
- Serve: Plate the tilapia with steamed asparagus and enjoy!



servings:

feeds 2

NUTRITION

AMOUNT PER SERVING

CALORIES

250-300



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DESSERT! Dark Chocolate Cherry Date Energy Balls

A hormone-healthy dessert packed with fibre, magnesium, antioxidants, and satiety-supporting fats.



prep time:
10 minutes



cook time:
0 minutes



servings:
12 balls

INGREDIENTS:

- 1 cup pitted Medjool dates (softened in warm water if firm)
- ½ cup raw almonds
- ½ cup walnuts or pecans
- ¼ cup hemp seeds (protein + omega-3 support)
- 2 tbsp chia seeds
- 2 tbsp cacao powder (or unsweetened cocoa)
- ¼ cup dried unsweetened cherries, chopped
- ¼ cup dark chocolate chips (70–85% cocoa)
- 1 tsp vanilla extract
- Pinch of sea salt
- Optional: 1 tbsp almond butter if mixture feels dry

INSTRUCTIONS:

- Add almonds and walnuts to a food processor and pulse until finely chopped.
- Add dates, cacao powder, hemp seeds, chia seeds, vanilla, and sea salt. Blend until mixture begins to stick together.
- Fold in dried cherries and dark chocolate chips by hand (or pulse lightly to incorporate).
- Roll mixture into 12 evenly sized balls.
- Chill in the fridge for 20–30 minutes to firm up.

Store:

- Keep refrigerated for up to 10 days or freeze for up to 3 months.

NUTRITION

AMOUNT PER SERVING	
CALORIES	120-150



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Imagine a life where your hormones work with you, not against you. Where you wake up with energy, move through your day with clarity, and feel in control of your health. This isn't just a dream; it's achievable with the right support and guidance.

- Dr. Tammy Lalonde, RLW Founder -

YOU

Balanced nutrition plays a powerful role in keeping our hormones stable, our energy steady, and our mood supported.

What we eat directly influences blood sugar, inflammation, sleep quality, and even how well our body produces and uses key hormones.

When we nourish ourselves with whole foods, quality proteins, good fats, and steady hydration, we create the foundation our hormones need to work in our favour.

ARE

The right nutrition doesn't just support hormone balance – it helps you feel stronger, clearer, and more like yourself again!

And if you want to explore how our hormone specialists can help you, please don't hesitate to reach out to us.

We're here for you. Always.

BEAUTIFUL

Offering both in-clinic and virtual care:

Red Leaf Wellness

(780) 633-7538

Call or Text

<https://redleafwellness.ca/restore-hormone-health-program/>



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