



The Hormone Diet Detox

14 Day Sample Meal Plan (USA VERSION)

Day 1

Breakfast

Blue-berry Avocado Smoothie (Page 409)

Lunch

Greek Salad topped with Grilled Chicken Breast (Page 415)

Snack

Simple Apple Snack (Remove cheese and increase nuts to 15 almonds) (Page 439)

Dinner

Mediterranean Tilapia (Page 425)

Day 2

Breakfast

Anti-Aging Smoothie (Page 409)

Lunch

Curried Tuna-Chai Salad (Page 416)

Snack

Quick Trail Mix (Page 437)

Dinner

Veggie Chili (Page 426)

Day 3

Breakfast

Super Satisfying Shake (Page 410)

Lunch

Veggie Chili (Page 426)

Snack

Hummus and Veggies (Page 437)

Dinner

Antioxidant Chicken Salad (Page 417)

Day 4

Breakfast

Serotonin-Surge Smoothie (Page 411)

Lunch

Goat Cheese, Green Pea and Spinach Frittata (Page 417)

Snack

Quick Trail Mix (Page 437)

Dinner

Anti-Inflammatory Curry (Page 427)

Day 5

Breakfast

Testosterone-Surge Smoothie (Page 411)

Lunch

California Avocado and Chicken Salad (Page 418)

Snack

Simple Apple Snack (Remove cheese and increase nuts to 15 almonds) (Page 439)

Dinner

Grilled Halibut with Rice and Broccoli (Page 429)

Day 6

Breakfast

Anti-Inflammatory Smoothie (Page 412)

Lunch

Sweet Potato, Squash and Ginger Soup (skip the cheese topping) (Page 419)

Snack

Simple Apple Snack (Remove cheese and increase nuts to 15 almonds) (Page 439)

Dinner

Sweet Garlic Chicken Stir-Fry (Page 428)

Day 7

Breakfast

Awesome Omelette (skip the rye toast) (Page 412)

Lunch

Lovely Lentil Soup (Page 420)

Snack

Simple Apple Snack (Remove cheese and increase nuts to 15 almonds) (Page 439)

Dinner

Super Salmon Salad (Page 430)

Day 8

Breakfast

Anti-aging Smoothie (Page 409)

Lunch

Sweet Potato, Squash and Ginger Soup (skip the cheese topping) (Page 419)

Snack

Simple Apple Snack (Remove cheese and increase nuts to 15 almonds) (Page 439)

Dinner

Baby Spinach with Grilled Ginger Scallops (Page 431)

Day 9

Breakfast

Super satisfying Shake (Page 410)

Lunch

Antioxidant Chicken Salad (Page 417)

Snack

Simple Apple Snack (Remove cheese and increase nuts to 15 almonds) (Page 439)

Dinner

Quick and Easy Pasta with Tomato Sauce (Substitute brown rice pasta as noodle) (Page 434)

Day 10

Breakfast

Serotonin Surge Smoothie (Page 411)

Lunch

Greek Salad Topped with Grilled Chicken Breast (Page 415)

Snack

Curried Chickpea Dip (Page 436)

Dinner

Super Salmon Salad (Page 430)

Day 11: Introduce Rye**Breakfast**

2 slices 100 per cent rye bread with 1/3 cup of an avocado spread on the bread and 1 whole boiled egg plus 2 more egg whites. Pay attention to how you feel after you have eaten this meal.

Lunch:

Sweet Potato, Squash and Ginger Soup (remove the cheese) (Page 419) and 3 Wasa crackers

Snack

Black Bean Dip (Page 436)

Dinner

Mediterranean Tilapia (Page 425)

Day 12: Reintroducing Yogurt**Breakfast**

Organic apple with 1 cup plain yogurt. Pay attention to how you feel after you have consumed the yogurt.

Lunch

California Avocado and Chicken Salad (Page 418)

Snack

½ cup plain yogurt and 10 almonds. Pay attention to how you feel after you have consumed the yogurt.

Dinner

Baby Spinach with Grilled Ginger Scallops (Page 431)

Day 13: Reintroducing Cheese

Breakfast

Organic apple with 1 cup low fat cottage or ricotta cheese. Pay attention to how you feel after you have eaten this meal.

Lunch

Lovely Lentil Soup (Page 420)

Snack

2 slices of low fat Swiss cheese and veggies. Pay attention to how you feel after you have eaten this meal.

Dinner

Anti-Inflammatory Curry (Page 427)

Day 14: Reintroducing Wheat

Breakfast

Kashi GOLEAN cereal with soy milk and blueberries. Pay attention to how you feel after you have eaten this meal.

Lunch

Curried Tuna Chia Salad (Page 416)

Snack

Curried Chickpea Dip (Page 436)

Dinner

Quick and Easy Pasta with Tomato Sauce (Page 434). Note: Use the version with ground turkey and not the one with cheese during Day 14 of your detox. Pay attention to how you feel after you have eaten this whole wheat pasta.

Although I haven't specifically included them, you may introduce lean cuts of red meat back into your diet on Days 15 and 16. Definitely introduce beef and pork one at a time on separate days and pay attention to how you feel after you eat these meats again. Moving forward, you should limit your red meat intake to a few times a month because it's high in inflammatory saturated fats.