

Supercharged Hormone Diet Recipes Extra



A 30-Day Accelerated Plan to
Lose Weight, Restore Metabolism
and Feel Younger Longer



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THE HORMONE DIET

Berry Blue Oatmeal (serves 2)

Ingredients

- 1/3 cup dry oatmeal or oat bran (can replace with 1 large green apple, chopped)
- 8 Egg Whites
- 1/2 scoop (15g) of Chocolate Protein Powder
- 1 teaspoons of Pure Cocoa Powder
- 1/2 teaspoon of Stevia
- 1/2 cup frozen Blueberries
- 1/4 cup water
- 1 tbsp chia seeds
- 1 tbsp slivered almonds

Mix ingredients in a big bowl (except for the frozen blueberries). Cook on stovetop until ready, stirring occasionally. Once the mix is cooked, add the frozen blueberries and enjoy!

Cal 231 protein 25g fat 7g carbs 22g, fiber 7g

Protein Fiber Pancakes (serves 1)

Ingredients

- 1/3 cup uncooked Oatmeal
- 6 Egg Whites
- 2 tbsp of ground Flax seeds or chia seeds
- 1/4 teaspoon of Baking Soda
- 1/2 teaspoon of Cinnamon
- Stevia to taste, if desired

First heat a frying pan until hot and then reduce to medium temperature. After mixing together all the ingredients in a blender, apply non-stick cooking spray onto a pan, and drop by spoonful, flipping when bubbles start to form. Makes 4- 6 pancakes.

Cal 280 protein 29g fat 6g carbs 30g, fiber 9g

Zesty Zucchini Pancakes (serves 1)

Ingredients

- 3 Egg whites
- 2 whole eggs (omega-3)
- 1 cup of grated Zucchini
- 1/4 cup of chopped sweet onions

¼ teaspoon of garlic salt
Pinch of ground Pepper
½ cup chopped green apple

Mix together all the ingredients in a large bowl. Heat a frying pan until hot then reduct to medium heat. Drop by the spoonful onto a non stick pan, then when brown, flip over. Place on plate, let cool and enjoy. Enjoy with chopped apple on the side.

Cal 255 protein 25g fat 11g carbs 18g fiber 3g

Savory Spinach Omelet (serves 1)

4 Egg Whites
2 whole omega-3 eggs
¼ cup chopped Sweet Onion
¼ cup chopped Red Pepper
¼ cup chopped Yellow pepper
1 cup cooked and drained spinach (fresh or frozen)
Salt and pepper to taste
1 small mandarin orange

Directions

Cook and drain the spinach. Place on a serving plate. In non-stick frying pan sauté the onion and peppers until tender. Add the eggs and scramble until completely set. Top the bed of spinach with the scrambled eggs. Add additional seasoning if desired. Enjoy orange slices on the side.

Cal 321 protein 33g fat 11g carbs 27g fiber 8g

Breakfast Bacon Delight (serves 1)

3 Egg Whites
½ teaspoon oregano
¼ cup chopped Onion
¼ cup chopped Red Pepper
½ cup chopped mushrooms
2 Slices of sulfite-free turkey bacon
1 teaspoon Olive Oil
¾ cup chopped apple
Celtic sea salt and pepper to taste

Use a non stick frying pan on medium-high heat. Add veggies and cook until tender. In a separate skillet, cook turkey bacon. Add eggs to the veggies and scramble until cooked. Add olive oil and chopped bacon to the pan and stir everything together. Place on plate, and enjoy with apples or berries on the side.

Cals 252 protein 28g fat 9g carbs 23g fiber 6g

Anti-inflammatory Chicken Curry (serves 4)

4 chicken breasts (approx 4-5 ounces each)
2 teaspoons olive oil
1/2 cup chopped onion
2 garlic cloves, minced
1 tbsp minced ginger
2 tsp medium curry powder
1 cup low-sodium chicken broth
1/2 cup chopped green onions
½ lemon, juiced
½ tsp cayenne pepper
Salt and Pepper to taste
2 tbsps slivered almonds
1 cup basmati rice or couscous, cooked

Cook chicken in a separate non stick pan until done. In a separate large skillet, heat oil over medium heat. Add onion, garlic, tomato paste, green onions and ginger; sauté 2 minutes. Add curry powder, salt and pepper and stir to coat. Add chicken and broth. Bring to a boil, reduce heat and simmer 10-15 minutes. Remove chicken from skillet, top with lemon juice and almond slivers. Place one chicken breast on each plate, along with ¼ cup cooked basmati rice or couscous. Enjoy.

Cal 340 protein 35g fat 10g carbs 28g fiber 2g

Sweet and Easy Salmon (serves 4)

4 Salmon Filets
1 tbsp extra virgin olive oil
7-8 Walnut halves
1 pinch of Cinnamon
2 cups couscous, cooked

Crush walnut halves. In a bowl, mix walnuts and cinnamon. Coat salmon filets with walnut-cinnamon mix . In a non-stick pan, coated with olive oil, cook salmon on both sides for 5 minutes or until the fish begins to flake. Serve with ½ cup of couscous and either a mixed green Salad or side of asparagus.

Cal 234 protein 26g fat 11g carbs 26g fiber 1g

Greek Tilapia Delight (serves 2)

2 Tilapia Filets (6oz each)
1 Tbsp Olive Oil
1 Tbsp Vinegar
1 Tbsp Lime Juice
1 cup Red Pepper
1 cup Green Pepper

2 oz fat-free feta cheese or goat cheese, crumbled
1 cup Basmati rice, cooked
Salt and pepper to taste

In a non-stick cooking pan, cook each fillet approximately 3-4 minutes on each side or until fish starts to flake. Remove fish from pan and crumble the tilapia. In the same pan, coated with olive oil, cook red pepper and green pepper until tender. Mix with tilapia. In a bowl, mix oil, vinegar, lime juice, salt, pepper and Feta. Pour mixture onto tilapia and veggies. Serve over ½ cup basmati rice or mixed greens.

Cal 313 protein 27g fat 9g carbs 32g fiber 4g

Red Raspberry Chicken (serves 1)

Chicken Breast, cooked and diced
½ cup fresh raspberries
2-3 tbsp water
1 tbsp Red Wine Vinegar
1 tsp Olive Oil
1 tbsp parsley or desired spice
½ cup couscous, cooked
Salt and pepper to taste

Cook chicken separately. In a blender, combine blueberries, water, vinegar, and salt and pepper until the raspberries are pureed. Add parsley to the mixture. Pour over chicken and serve with side of couscous or asparagus.

Cal 295 protein 28g fat 9g carbs 26g fiber 5g

Mandarin Tuna Salad (serves 1)

1 can flaked light tuna
2 mandarin oranges, peeled and quartered
1/2 cup green apple, sliced
1-2 tbsp Lemon Juice
1/2 cup Celery, chopped
1 tbsp Olive oil Mayonnaise
2 cups mixed greens
1 tbsp Fresh Parsley
Salt and pepper to taste

Mix everything together in a large bowl and enjoy.

Cal 361 protein 34g fat 13g carbs 27g fiber 6g