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
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.