

# HORMONE BALANCING *1 week meal plan*

Your hormones operate in delicate coordination with one another: when one or more is out of balance, it can affect all the others. Hormone health is dependent on balanced blood sugar, abundant minerals, and adequate healthy fats. This meal plan is designed to support those 3 goals.

*A week of eating nourishing foods can have a profound impact on hormone health.*

The order of this plan is entirely flexible. You can choose to use all the recipes in a given week or cook less by incorporating leftovers.

	BREAKFAST	LUNCH	DINNER
DAY 1	Ginger Peach Smoothie	Turkey Spinach Skillet	Whole Oven-Roasted Chicken
DAY 2	leftover Turkey Spinach Skillet w/ Eggs & Kraut	Chicken Salad Wraps	Keema Matar: Curried Lamb w/ Baked Sweet Potato
DAY 3	Blueberry & Tart Cherry Smoothie	leftover Chicken Salad OR Keema Matar	Thai Red Chicken Curry
DAY 4	Veggie Frittata Skillet	leftover Chicken Salad OR Thai Chicken Curry	Salmon Patties
DAY 5	Leftover Veggie Frittata	leftover Chicken Salad OR Salmon Patties	Stuffed Carnival Squash
DAY 6	Ginger Peach Smoothie	leftover Carnival Squash	Pan-Seared Salmon
DAY 7	leftover Veggie Frittata	leftovers from the week	Hearty Beef Stew

# Functional Nutrition Meal Plan Nyc

**Padhraic Smyth**



## **Functional Nutrition Meal Plan Nyc:**

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