

## Hormonally Balanced Meals and Snacks

### Breakfast:

- Veggie Omelet (spinach, mushroom, pepper); roasted potatoes
- Plain yogurt with blueberries and slivered almonds; celery w/peanut butter
- Cottage Cheese w/peach; buttered toast; mixed raw nuts; raw veggie sticks

### Lunch:

- ½ baked potato with mozzarella cheese and broccoli florets; edemame (soy beans)
- Tuna salad on mixed greens w/cherry tomatoes and red onions; whole grain crackers
- Caesar salad with chicken, shrimp or salmon (healthy dressing); rice crackers; small apple

### Dinner:

- Grilled Chicken or Tofu, brown rice, lentils, roasted red peppers and snap peas
- Steak w/sautéed onions, mushrooms and peppers, baked potato, Caesar salad
- Ricotta stuffed bell peppers w/rice, salad w/light vinaigrette

### Snacks:

- 1 ½ cup whole strawberries and goat cheese
- Medium grapefruit and hard boiled egg
- Kiwi and walnuts
- Cherries and mozzarella cheese
- Cottage cheese and applesauce
- Hummus and crackers with raw veggies
- Crackers and egg salad with raw veggies

My favorite raw veggies to cut into “sticks” for snacking or to quickly round out a meal

- Peppers (go for the color: red, green, yellow, orange – a mix looks beautiful in the lunch box)
- Carrots
- Celery (try with peanut butter or cream cheese)
- Cucumber
- Zucchini
- Raw green beans or wax beans (great because there is not chopping involved)

Chop veggies once every couple of days and keep a baggie or container of them front and center in the fridge. Pack for snacks or to eat with lunch at work.