

composed
NUTRITION

7 Smoothies & 7 Salads for Happy Hormones

Created by Composed Nutrition



7 Smoothies & 7 Salads for Happy Hormones

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry Avocado Smoothie	Chocolate Zucchini Bread Smoothie	Strawberry Almond Protein Smoothie	Tahini Green Smoothie	Chocolate Collagen Smoothie	Raspberry Zinger Smoothie	Chocolate Cherry Green Smoothie
Lunch	Curried Kale Salad	Raw Cauliflower Salad	Chopped Veggie Salad	Shredded Creamy Brussels Sprouts Salad	Kale Salad with Roasted Red Pepper Dressing	Kale Caesar Salad	Beet & Lentil Salad

7 Smoothies & 7 Salads for Happy Hormones

63 items

Fruits

- ☐ 1 Apple
- ☐ 1/2 Avocado
- ☐ 2 Banana
- ☐ 1 cup Cherries
- ☐ 2 Lemon
- ☐ 1/3 cup Lemon Juice
- ☐ 2 tbsps Lime Juice
- ☐ 1 1/2 cups Strawberries

Breakfast

- ☐ 1/2 cup Almond Butter
- ☐ 1 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/2 tsps Curry Powder
- ☐ 1 tbsp Ground Flax Seed
- ☐ 2 tsps Ground Mustard
- ☐ 2/3 cup Pumpkin Seeds
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Sliced Almonds

Frozen

- ☐ 1/2 cup Frozen Berries
- ☐ 1 1/2 cups Frozen Cauliflower
- ☐ 1 cup Frozen Raspberries

Vegetables

- ☐ 2 1/2 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 4 Beet
- ☐ 2 cups Broccoli
- ☐ 4 cups Brussels Sprouts
- ☐ 2 Carrot
- ☐ 1 head Cauliflower
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 1/2 Cucumber
- ☐ 3 Garlic
- ☐ 1 tsp Ginger
- ☐ 2 stalks Green Onion
- ☐ 17 cups Kale Leaves
- ☐ 1/4 cup Mint Leaves
- ☐ 1 3/4 cups Parsley
- ☐ 1 cup Radishes
- ☐ 1/2 Red Bell Pepper
- ☐ 4 1/4 ozs Roasted Red Peppers
- ☐ 5 leaves Romaine
- ☐ 2 tbsps Shallot
- ☐ 1 1/4 Zucchini

Boxed & Canned

- ☐ 1/2 cup Lentils

Baking

- ☐ 1 tsp Cacao Nibs
- ☐ 3 tbsps Cacao Powder
- ☐ 1 tsp Coconut Sugar

Bread, Fish, Meat & Cheese

- ☐ 2 tbsps Hummus

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 2 1/2 tbsps Balsamic Vinegar
- ☐ 2 tbsps Capers
- ☐ 1 tbsp Coconut Aminos
- ☐ 2 tsps Dijon Mustard
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Sesame Oil
- ☐ 3 tbsps Tahini
- ☐ 1 tbsp Tamari

Cold

- ☐ 1 cup Plain Coconut Milk
- ☐ 1/4 cup Plain Greek Yogurt
- ☐ 6 1/4 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 1/2 oz Collagen Powder
- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 1 1/4 cups Water

Berry Avocado Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seeds instead.

No Avocado

Use almond butter or sunflower seed butter instead.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 cup Plain Coconut Milk (unsweetened, from the box)

1/2 Zucchini (chopped, frozen)

1/4 cup Frozen Cauliflower

1/2 cup Frozen Berries

1/4 Avocado

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Chocolate Zucchini Bread Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
2. Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk

Use coconut milk or cashew milk instead.

Smoothie Consistency

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 cup Strawberries (frozen)

1/2 Banana (small, frozen)

1/4 cup Vanilla Protein Powder

1 1/2 tbsps Almond Butter

1 tbsp Ground Flax Seed

1 1/4 cups Unsweetened Almond Milk

Tahini Green Smoothie

8 ingredients · 10 minutes · 1 serving



Directions

1. Combine all ingredients into your blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Protein

Add a scoop of protein powder or collagen.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini

Use fresh zucchini.

No Fresh Ginger

Use a pinch of dried ginger instead.

No Chia Seeds

Omit or use flax seeds instead.

Extra Creamy

Replace the fresh avocado with cubed, frozen avocado.

Ingredients

1 cup Water

1 1/2 cups Baby Spinach

1/4 Avocado

1/4 Zucchini (diced, frozen)

1/2 Banana (frozen)

1 tbsp Tahini

1 tsp Ginger (fresh)

1 tbsp Chia Seeds

Chocolate Collagen Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!

Notes

No Almond Milk

Use any other kind of milk like cashew, hemp or rice instead.

No Collagen Powder

Omit or use protein powder instead.

No Romaine

Use spinach or kale instead.

Ingredients

1 1/2 cups Unsweetened Almond Milk

5 leaves Romaine (washed and torn)

1/4 cup Frozen Cauliflower

1/2 cup Strawberries

1/2 Banana (frozen)

2 tbsps Chia Seeds

2 tbsps Cacao Powder

1 tbsp Almond Butter

1/2 oz Collagen Powder

Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk

Chocolate Cherry Green Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients in a blender and blend very well until smooth. Divide into glasses and enjoy!

Notes

Likes it Sweet

Add more cherries.

Extra Chocolate

Add some cacao or cocoa powder.

Extra Thick

Add ground flax seeds or chia seeds.

No Protein Powder

Use a blend of hemp seeds and cocoa powder instead.

Ingredients

1 cup Cherries (fresh and pitted, or frozen)

1/4 cup Chocolate Protein Powder

1 cup Baby Spinach

1 cup Unsweetened Almond Milk

Curried Kale Salad

8 ingredients · 15 minutes · 2 servings



Directions

1. In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.
2. Add the kale leaves to a large bowl and add the dressing. Massage the dressing into the kale leaves using your hands. Garnish with pumpkin seeds. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. To keep longer, store the dressing separately from the kale.

Additional Toppings

Top with protein of your choice, such as tofu, chickpeas or chicken.

No Coconut Aminos

Use tamari instead.

Ingredients

- 1/4 cup** Lemon Juice
- 2 tbsps** Tahini
- 1 tbsps** Coconut Aminos
- 1 tsp** Maple Syrup
- 1 1/2 tps** Curry Powder
- 1/8 tsp** Sea Salt
- 5 cups** Kale Leaves (washed, dried and thinly sliced)
- 2 tbsps** Pumpkin Seeds

Raw Cauliflower Salad

12 ingredients · 25 minutes · 6 servings



Directions

1. Place the chopped cauliflower, radishes and carrots in a large bowl.
2. Add the almond butter, lime juice, garlic, water, sesame oil, tamari and coconut sugar to a blender. Blend until smooth and creamy.
3. Toss the sauce with the veggies and coat well. Top with green onion and mint. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Use sunflower seed butter instead of almond butter.

More Flavor

Add chili flakes or hot sauce.

Additional Toppings

Top with extra chopped almonds, roasted chickpeas, shredded chicken or tofu.

Ingredients

- 1 head Cauliflower (sliced into thin pieces)
- 1 cup Radishes (thinly sliced)
- 2 Carrot (thinly sliced)
- 1/4 cup Almond Butter
- 2 tbsps Lime Juice
- 1 Garlic (clove, minced)
- 1/4 cup Water
- 1 1/2 tsps Sesame Oil
- 1 tbsp Tamari
- 1 tsp Coconut Sugar
- 2 stalks Green Onion (chopped)
- 1/4 cup Mint Leaves (chopped)

Chopped Veggie Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

More Flavor

Use additional herbs like cilantro, chives, basil or dill.

Ingredients

2 cups Broccoli (chopped)
1 cup Cherry Tomatoes (chopped)
1/2 Red Bell Pepper (chopped)
1/2 Cucumber (chopped)
2 1/2 tbsps Extra Virgin Olive Oil
2 1/2 tbsps Balsamic Vinegar
1/2 cup Parsley (chopped)
Sea Salt & Black Pepper

Shredded Creamy Brussels Sprouts Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a bowl, combine the extra virgin olive oil, apple cider vinegar, mustard, yogurt, maple syrup, sea salt and pepper. Mix well and set aside.
2. Add the thinly sliced brussels sprouts to a bowl and pour the dressing over top. Add the parsley, apple and pumpkin seeds then toss well to coat. Enjoy!

Notes

Dairy-Free

Use plain coconut yogurt instead of Greek yogurt.

Leftovers

Store in an airtight container in the fridge for up to 3 days.

More Protein

Add sliced chicken breast, bacon or toasted chickpeas.

Ingredients

2 tbsps Extra Virgin Olive Oil

1 tbsps Apple Cider Vinegar

2 tsps Dijon Mustard

1/4 cup Plain Greek Yogurt

2 tsps Maple Syrup

Sea Salt & Black Pepper

4 cups Brussels Sprouts (trimmed and very thinly sliced)

1 cup Parsley (chopped and packed)

1 Apple (cored and thinly sliced)

1/3 cup Pumpkin Seeds (toasted)

Kale Salad with Roasted Red Pepper Dressing

9 ingredients · 15 minutes · 2 servings



Directions

1. To a food processor, add the roasted red pepper, fresh basil, garlic, lemon juice, salt and half of the olive oil. Blend for 15 seconds until mostly smooth. Scrape down the sides of the bowl, then while the food processor is running stream in the remaining olive oil.
2. In a large mixing bowl, add the chopped kale. Pour half of the dressing over top of the kale and massage the leaves for about a minute or until the kale is wilted and tender.
3. Divide the kale evenly onto plates and top each plate equally with tomatoes and almonds. Drizzle salad with remaining dressing. Enjoy!

Notes

Nut-Free

Use sunflower seeds instead of almonds.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 4 1/4 ozs Roasted Red Peppers (from the jar)
- 1/4 cup Basil Leaves
- 1 Garlic (clove, small)
- 2 tbsps Lemon Juice
- 1/2 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 cups Kale Leaves (chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Sliced Almonds

Kale Caesar Salad

8 ingredients · 5 minutes · 4 servings



Directions

1. In a small bowl combine minced garlic, capers, hummus, mustard, avocado oil, lemon juice, salt, and pepper.
2. Massage dressing into kale.

Notes

Store

Store in an airtight container in the fridge for up to 5 days.

Ingredients

4 cups Kale Leaves (Chopped)
1 Garlic (Tbsp Minced)
1 tbsp Capers
2 tbsps Hummus
2 tsps Ground Mustard
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (Juice)
Sea Salt & Black Pepper (To Taste)

Beet & Lentil Salad

10 ingredients · 1 hour · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 45 to 50 minutes, or until tender when pierced with a fork. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, chop them into quarters.
2. In a pan over medium-low heat, add the capers and fry until just crispy, about 4 to 5 minutes.
3. Whisk together the lemon juice, zest, extra virgin olive oil, maple syrup and sea salt in a small bowl.
4. Add the beets to a bowl and top with lentils, shallots and pumpkin seeds. Drizzle with the lemon dressing and top with parsley. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Capers

Use pitted olives instead.

Cheese-Lover

Top with crumbled goat or feta cheese.

Meal Prep

Cook the beets and lentils ahead of time and assemble for a quick meal.

Ingredients

- 4 Beet (medium)
- 1 **tbsp** Capers
- 1/2 Lemon (juiced and zested)
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **tsp** Maple Syrup
- 1/4 **tsp** Sea Salt
- 1/2 **cup** Lentils (cooked)
- 2 **tbsps** Shallot (thinly sliced)
- 3 **tbsps** Pumpkin Seeds (raw)
- 1/4 **cup** Parsley (chopped)