

Menstrual Bloob Smoothie

Ingredients

Blueberries
Banana
Flax seeds
1 TBSP of all seeds
 Pumpkin Seeds
 Sesame Seeds
 Sunflower Seeds
1 scoop Collagen
Milk of choice- or water
(cover dry ingredients)

Directions

1. Throw everything in the blender and enjoy!
2. I usually drink this in tandem with Red Raspberry Leaf Tea and any and all period cramps vanish!!!

Follicular Breakfast

Ingredients

3-4 eggs
1/2 Avocado
Handful of Arugula
2 slices Sourdough
1/4 cup Pumpkin Seeds
Goat Cheese
Sauerkraut

Directions

Who needs a \$15 avo toast from a restaurant that isn't even as good as this...

1. Make your eggs any way you like, I like fried with a runny yolk and yes we are eating 3-4 eggs. Eggs have 6g of protein per egg so 1 or 2 is just not enough...
2. Toast your sourdough.
3. Make a little salad with arugula, pumpkin seeds, goat cheese, and drizzle some olive oil
4. Sauerkraut on the side or on top! Up to you. Fermented food is key in follicular!!!

Ovulation Salmon & Cauliflower Rice

Ingredients	Directions
1 filet Wild Caught Salmon	1. Preheat oven to 400F
1/2 Lemon	2. Put salmon and broccoli in a dish drizzle with melted butter or coconut oil. Season with lemon juice, salt and pepper. I always like to shred some lemon zest as well (amazing anti-inflammatory benefits)
1/2 head Cauliflower	3. Bake for 12-15 minutes.
2 cups Broccoli	4. Shred Cauliflower, sauté until it gets soft (about 10ish minutes) add whatever seasonings you like.
Salt & Pep	a. Could also toss some spinach, onions, garlic, bell pepper in to add some more flavors and plant diversity.
	5. Literally so easy and so delish

Luteal Beef Stew (makes 4-6 servings)

Ingredients	Directions
2 lbs beef stew meat	1. Remove beef from the fridge and allow to come to room temperature for about 20 minutes
4 cups beef broth	2. Finely mince garlic, chop onion, carrots, & celery into 1/2 inch pieces, peel & cut sweet potatoes into 1 inch pieces
2 large sweet potatoes	3. Heat a dutch oven or large heavy bottom pot over medium heat. Add 1/2 tbsp olive oil and brown beef in batches, about 3 minutes per side. Remove from pot and add in onions, carrots, & celery
1 large white onion	4. Sauté veggies until softened, about 4 minutes. Add in minced garlic and sauté another minute
2 stalks celery	5. Pour in beef broth and use a wooden spoon to scrape off browned bits on the bottom of the pot
1 cup carrots (about 2 large carrots)	6. Add seasonings into pot along with beef, sweet potatoes, bay leaves, & stir well
4 garlic cloves	7. Bring stew to a boil, put on lid, lower heat to low and cook for about 1.5 hours
2 bay leaves	8. Serve in a bowl with fresh parsley on top
1 tsp dried thyme	
1 tsp black pepper	• This recipe can also be made in an instant pot, using the sauté function to brown beef & veggies. Use the manual function to cook for 12 minutes at high pressure, allowing pressure to naturally release at the end.
1/2 tbsp salt	

Immune Supporting + Spicy Sinus Clearing Soup

Ingredients

5 cloves garlic
1 small yellow onion
1 shallot
2 tbsp grated ginger
1 small head of cabbage
4 carrots
4 cups bone broth
1 tsp turmeric
1/2 tsp cayenne pepper
1.5 cups cooked shredded chicken
Salt and Pepper

Directions

1. Mince garlic, onion, and shallot
2. Grate ginger
3. Chop up cabbage, carrots, and sweet potato
4. Melt 1 tablespoon ghee or olive oil in a large pot
5. Add in garlic, onion, shallot, and ginger. Mix until fragrant and onions are translucent
6. Add in cabbage, carrots, and sweet potato
7. Add salt, pepper, turmeric, and cayenne. Sauté for a few minutes
8. Cover with bone broth
9. Bring to a simmer, then lower heat and cover
10. Cook for 30 minutes, adding chicken toward the end

Healthy Blueberry Muffins

Ingredients

1 banana
2 cups almond flour
1/2 cup arrowroot
1.5 tsp baking powder
1 tsp ground cinnamon
1/2 tsp cardamom
2 eggs
1/4 cup extra virgin olive oil (or use coconut oil, or grass fed butter)
1/4 cup maple syrup
1 tbsp vanilla extract
2 cups frozen blueberries (or more)

Directions

1. Preheat the oven to 350F (180c).
 2. Use grass fed butter or extra virgin olive oil to grease the inside of a muffin tray.
 3. Mash the banana with a fork in a mixing bowl. Add the remaining ingredients besides the blueberries, then use an electric mixer to blend everything on slow/medium speed together until blended.
 4. Fold through blueberries with a spatula until just combined
 5. Pour the batter into the muffin tray and bake for 20 minutes. Use a toothpick to test that the muffins are cooked through.
 6. Let them cool and enjoy!
- You can add some collagen into them for an extra boost of nutrients if you'd like! Just mix in the collagen with the blueberries