

Hormone Focused Meal Plan

WEEKDAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Super Slimming Porridge(S) p.102 THF	Pearl's Olive Salad (S) w/ added protein	Pumpkin BAM Cake (E) p.385 THT	<u>Mediterranean Chicken Bake (S)</u>
TUESDAY	Berrylicious Oatmeal (E) p.101 THF	<u>Get Methylating Soup (E)</u>	<u>Carrot Cake Bars (S)</u>	<u>Garlic Butter Salmon (S)</u> , <u>Weight Busting Veggie Hack (S)</u>
WEDNESDAY	Happily Ever After Omelet (S) p.87 THF	Rotisserie Chicken or Deli Meat with Leftover <u>Weight Busting Veggie Hack (S)</u>	Leftover Pumpkin BAM Cake (E) p.385 THT	<u>Instant Pot Chicken and Mushrooms (S)</u>
THURSDAY	Chocolate Covered Strawberry Shake (E) p.70 THF	Leftover Get Methylating Soup	Tummy Tucking Ice Cream p.363 THM Cookbook	Wipe Your Mouth BBQ (E) p. 43; FP Coleslaw p.231 THM Cookbook
FRIDAY	Pearl's PPP Porridge(S) poddy episode 182	Leftover Instant Pot Chicken and Mushrooms (S)	Brown Rice Cakes and 8 oz unsweetened almond milk with 1 scoop THM protein powder	<u>Spicy Egg Roll in a Bowl (S)</u>
SATURDAY	Berrylicious Oatmeal (E) p.101 THF	Leftover BBQ and Coleslaw	Leftover Pumpkin BAM Cake p.385 THT	Happy Dance Fish Skillet (E) p. 140 THF
SUNDAY	Happily Ever After Omelet (S) p.87 THF	<u>Hormone Balancing Carrot Salad* (this is a THM Membership recipe; can sub a fresh green salad with protein)</u>	Tummy Tucking Ice Cream p.363 THM Cookbook	Addictive Baked Fish p.168 (FP) with Orange Sesame Green Beans p. 250 (FP) THF