

ESTROGEN RESET

GETTING STARTED

SHOPPING LIST

WEEKLY MEAL PLANNING

SUPERFOODS

BATCH RECIPES

GETTING STARTED

Planning ahead of time will set you up for success; giving you clarity what to eat and how to shop.

PREPARE DAILY:

Warm Lemon Water: Add 2 tablespoons freshly squeezed lemon juice to 8 to 16 ounces of warm water. Lime juice or apple cider vinegar can also be used.

Bone Broth: Sip 1 to 2 cups of broth per day with a dash of coconut milk, freshly grated ginger, lemon juice, and sea salt.

MAKE THESE AHEAD:

Simple Tahini Dressing (pg 38)
Pumpkin Seed Halvah Drizzle (pg 126)
Savory Sweet Potato Herb Muffins (pg 89)
Turmeric Golden Paste (pg 47)
Pumpkin Seed Pesto (pg 44)
Chimichurri Sauce (pg 41)
Artichoke & Olive Tapenade (pg 48)
Two-Ingredient Coconut Yogurt (pg 88)

COMMON ITEMS FOR MEAL PREP

Before you go shopping, check your supply, you may have some of these staples in your kitchen.

Week One:

Bay leaves
Dried thyme (5 tbsp)
Black peppercorns (1 tsp)
Cardamom (2 tsp)
Cumin (7 tsp)
Cinnamon (8 tbsp)
Dried oregano (2 tbsp)
Sea salt (4 tbsp)
Vanilla (3 tsp)
Garlic (4 cloves)
Apple cider vinegar (¾ cup)
Raw honey (2 ½ cups)
Extra virgin olive oil (5 cups)
Baking powder (3 tsp)
Baking soda (1 tsp)
Red lentils (1 cup)
Coconut oil (½ cup)
Ghee (1 cup)
Tahini (3 cups)

Week Two:

Black peppercorns (5 tsp)
Garlic (12 cloves)
Ground cardamom (1½ tsp)
Salt (11 tsp)
Cumin (4 tsp, ground)
Vanilla (4 tsp)
Cinnamon (10 tsp ground)
Apple cider vinegar (2 cups)
Raw honey (4 ½ cups)
Coconut oil (½ cup)
Extra-Virgin olive oil (4½ cups)
Mustard (4 tsp)
Baking powder (3 tsp)
Loose leaf chamomile tea (2 tsp or two tea bags)
Loose leaf mint tea (2 tsp or two tea bags)
Red lentils (1 cup)

SHOPPING LIST - WEEK ONE

If you are following the meal plan, here is the shopping guide for week one.

FRUIT

17 lemons
2 cups fresh berries, such as blueberries, raspberries, or blackberries
2 cups pitted olives
12 pitted Kalamata olives
3 cups fresh or frozen pineapple
4 limes
4 tablespoons shredded coconut
2 oranges
16 pitted dates
8 avocados

VEGETABLES

6 medium yellow onions
3½ pounds carrots
4 celery stalks
6 sweet potatoes
2 cups tightly packed baby kale or arugula
½ cup capers
1 medium head broccoli
½ cup snow peas
½ cup cabbage
2 large heads cauliflower
2 bunches asparagus
1 cup daikon radish

1 cup shiitake mushrooms
1 large bulb fennel
½ medium red cabbage
2 portabella mushrooms
½ red onion
1 cup shredded beets
3 cups sauerkraut
1 shallot

MEAT

6 pounds beef marrow and/or knuckle bones/1 cow's foot (optional)
or 5½ cups store-bought broth
2 pounds chicken thighs, bone and skin on
2 pounds beef stew cubes

SEAFOOD

8 to 12 ounces of smoked salmon
2 raw or smoked wild salmon fillets,
6 to 8 ounces each
1 quart seafood stock
¾ pound wild cod

HERBS/SPICES

4 (6-inch) pieces of fresh ginger
2 tablespoons fennel seed
5 bunches parsley
2 cups oatstraw (*Avena sativa*)

SHOPPING LIST - WEEK ONE

2 cups stinging nettles (*Urtica dioica*)
 1 cup red raspberry leaf (*Rubus idaeus*)
 1 cup peppermint (*Mentha piperita*)
 1 cup marshmallow leaf (*Althaea officinalis*)
 4 tablespoons licorice root (*Glycyrrhiza glabra*)
 8 cups fresh cilantro
 2 tablespoons dandelion root,
 roasted or unroasted
 2 tablespoons dandelion leaf
 1 tablespoon whole cumin seeds

OILS & VINEGARS

4 tablespoons blackstrap molasses
 1 cup coconut aminos
 2 tablespoons whole-grain mustard
 2 to 4 tablespoons Hummus (store bought)

MILK/YOGURT/FATS

7 cups coconut yogurt
 2½ cups nut milk
 8 cups any nut, seed or tuber milk
 1 cup coconut milk (from a carton)
 1 can full-fat coconut milk
 ¾ cup unsweetened coconut flakes

FLOURS / POWDERS

11 scoops collagen powder
 ¾ cup chickpea flour
 1 cup millet flour
 2 tablespoons arrowroot powder
 ½ cup turmeric powder

2 tablespoons raw cacao powder
 2 teaspoons reishi powder
 ¾ cup brown rice flour
 ½ cup white rice flour
 ⅔ cup arrowroot or tapioca flour
 1 teaspoon xanthan gum (for Rustic Olive Bread)

GRAINS & LENTILS

14 slices gluten-free bread
 1½ cups forbidden black rice (or substitute
 brown rice)
 1 cup wild rice
 ¾ cup black lentils

SEEDS & NUTS

8 tablespoons ground flaxseed
 ¼ cup seed mix: pumpkin, sunflower,
 and hemp seeds
 ⅔ cup chopped nuts and seed mix, such
 as pecans, pumpkin seeds, or sesame
 seeds
 4 cups pumpkin seed butter or tahini
 1 cup hemp seeds
 1 cup sesame seeds
 4 cups walnuts
 6 tablespoons pumpkin seeds
 ½ cup sunflower seeds

SEAWEED

5 (8-inch) kelp strips
 ¼ cup wakame

SHOPPING LIST - WEEK TWO

If you are following the meal plan, here is the shopping guide for week two.

FRUIT

18 lemons
10 avocados
2½ cups fresh or frozen pineapple
4 limes
12 pitted Kalamata olives
2 cups fresh berries, such as blueberries, raspberries, or blackberries
2 oranges
20 pitted dates
2 cups pitted olives
4 tablespoons shredded coconut
½ cup capers

VEGETABLES

1 shallot
7 cups broccoli sprouts
9 yellow medium onions
8 carrots
12 celery stalks
4 cups chopped cauliflower
2 portabella mushrooms
1 cup shredded beets
½ red onion
6 cups firmly packed fresh arugula
2 cups artichoke hearts
1 cup broccoli florets
1 cup sprouts or broccoli

3 sweet potatoes
1 cup daikon radish
1 cup shiitake mushrooms
1 large fennel bulb
½ medium red cabbage
4 cups sauerkraut
2 whole dill pickles

MEAT

6 pounds beef marrow and/or knuckle bones/1 cow's foot (optional)
2 pounds chicken thighs, bone and skin on
2 pounds beef stew cubes

SEAFOOD

24 ounces smoked salmon
12 quarts seafood stock, Healing Bone Broth (page 40), or vegetable stock
1½ pounds wild cod, cut in two pieces
12 ounces cooked salmon

HERBS/SPICES

4 (6 inch) pieces of fresh ginger
2 bay leaves
5 tablespoons dried thyme
5 bunches parsley
2 cups oatstraw (*Avena sativa*)
2 cups stinging nettles (*Urtica dioica*)
1 cup red raspberry leaf (*Rubus idaeus*)

SHOPPING LIST - WEEK TWO

1 cup peppermint (*Mentha piperita*)

1 cup marshmallow leaf
(*Althaea officinalis*)

4 tablespoons licorice root
(*Glycyrrhiza glabra*)

8 cups fresh cilantro

2 tablespoons dried oregano

OILS & VINEGARS

4 tablespoons blackstrap molasses

3 cups tahini (sesame paste)

2 to 4 tablespoons (store-bought)
hummus

2 tablespoons whole-grain mustard

MILK/YOGURT/FATS

8 cups Coconut Yogurt, page (88) or
store-bought

13 cups any nut, seed, or tuber milk
(page 46)

2 cups full-fat coconut milk

2 cups ghee

2 cups coconut aminos

FLOURS/POWDERS

1 teaspoon xanthan gum (for rustic
olive bread)

$\frac{3}{4}$ cup brown rice flour

$\frac{1}{2}$ cup white rice flour

$\frac{2}{3}$ cup chickpea flour

1 cup millet flour

$\frac{3}{4}$ cup arrowroot powder

11 scoops of Hormones Balance
Nutritionals Collagen Powder

8 teaspoons spirulina

2 tablespoons raw cacao powder

2 teaspoons reishi powder

$\frac{1}{2}$ cup turmeric powder

$\frac{1}{4}$ cup nutritional yeast

GRAINS & LENTILS

$1\frac{1}{2}$ cups forbidden rice (or substitute
brown rice)

16 slices Gluten Free Bread

SEEDS & NUTS

8 tablespoons freshly ground flaxseed

$\frac{2}{3}$ cup chopped nuts and seed mix, such
as pecans, pumpkin seeds, or sesame
seeds

2 cups pumpkin seeds

$\frac{1}{2}$ cup sunflower seeds

$1\frac{1}{2}$ cup pumpkin seed butter or tahini
(sesame paste)

$\frac{1}{2}$ cup seed mix: pumpkin, sunflower, and
hemp seeds

$\frac{1}{2}$ cup hemp seeds

$\frac{1}{2}$ cup sesame seeds

2 cups walnuts, finely chopped

2 tablespoons fennel seed, coarsely
ground

SEAWEED

2 sheets of nori

$\frac{1}{2}$ cup wakame

9 (8-inch) kelp strips