

The Original Plant Based Approach For Hormone Health: 60 Recipes To Nourish Body

Hormones play a vital role in our overall health and well-being. They regulate everything from our metabolism to our mood. When our hormones are out of balance, it can lead to a variety of problems, including weight gain, fatigue, skin problems, and infertility.

The good news is that there are things we can do to improve our hormone health. One of the most effective ways is to eat a healthy diet that is rich in plant-based foods.



The Happy Balance: The original plant-based approach for hormone health - 60 recipes to nourish body and mind by Megan Hallett

★★★★☆ 4.4 out of 5

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Plant-based foods are a good source of phytoestrogens, which are compounds that have estrogen-like effects. Phytoestrogens can help to balance hormones and reduce the risk of hormone-related problems.

In addition to phytoestrogens, plant-based foods are also a good source of other nutrients that are important for hormone health, such as fiber, antioxidants, and vitamins.

Eating a plant-based diet can be a great way to improve your hormone health and overall well-being. Here are 60 recipes that will help you get started.

Breakfast

- Oatmeal with berries and nuts
- Fruit smoothie
- Tofu scramble
- Whole-wheat toast with avocado and hummus
- Chia seed pudding

Lunch

- Salad with grilled tofu
- Lentil soup
- Vegetable stir-fry
- Hummus and vegetable wrap
- Quinoa salad with black beans and corn

Dinner

- Grilled salmon with roasted vegetables
- Baked tofu with sweet potato and broccoli

- Lentil tacos
- Vegetable curry
- Chana masala

Snacks

- Trail mix
- Fruit salad
- Vegetable sticks with hummus
- Yogurt with berries
- Whole-wheat crackers with cheese

Smoothies

- Green smoothie
- Fruit smoothie
- Protein smoothie
- Detox smoothie
- Immunity smoothie

Soups

- Lentil soup
- Vegetable soup
- Tomato soup
- Creamy tomato soup

- Broccoli cheddar soup

Desserts

- Fruit salad
- Baked apples
- Brown rice pudding
- Chocolate avocado pudding
- Chia seed pudding

Eating a plant-based diet is a great way to improve your hormone health and overall well-being. These 60 recipes are a great place to start.

With so many delicious options to choose from, you're sure to find something you love. So what are you waiting for? Start eating your way to better hormone health today!

Recipes

Oatmeal with berries and nuts

Oatmeal is a great source of fiber and protein, which are both important for hormone health. Berries are a good source of antioxidants, which can help to protect cells from damage. Nuts are a good source of healthy fats, which are essential for hormone production.

Ingredients:

- 1 cup rolled oats
- 2 cups water or milk

- 1/2 cup berries
- 1/4 cup nuts
- 1 tablespoon honey (optional)

Instructions:

1. Combine the oats, water or milk, and berries in a saucepan. Bring to a boil over medium heat. 2. Reduce heat to low and simmer for 5 minutes, or until the oatmeal is cooked through. 3. Stir in the nuts and honey, if desired. 4. Serve immediately.

Fruit smoothie

Fruit smoothies are a great way to get a quick and easy dose of nutrients. They're also a good source of phytoestrogens, which can help to balance hormones.

Ingredients:

- 1 cup fruit (such as berries, bananas, or mangoes)
- 1 cup yogurt or milk
- 1 tablespoon nut butter
- 1 tablespoon honey (optional)

Instructions:

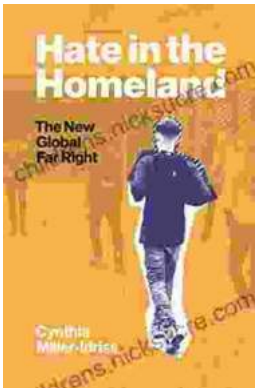
1. Combine all of the ingredients in a blender and blend until smooth. 2. Serve immediately.



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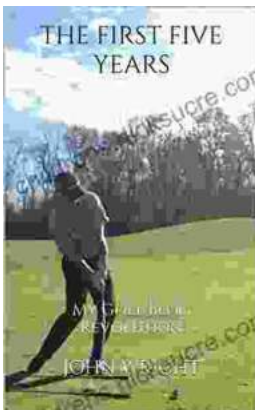
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