



7 Day Hormone Reboot

Challenge

Welcome to the 7 Day Hormone Reboot Challenge

Feeling sluggish and tired? Do you suffer from frequent headaches, mood swings, and/or irritability? Are you experiencing menstrual problems, weight issues or skin conditions like adult acne? More importantly, do you feel like you want a body makeover?

If you answered yes to any of those questions, this 7-day challenge is for you. Hormone issues can be complicated because there are so many factors that play a role in how you feel and function on a regular basis. Serious hormone problems will take more time to fix, so working with your health practitioners can provide you with the help you need in the long-term.

However, this program can help you put the brakes on what is happening in your body right now. Your body will be given a break from your current habits and instead, will receive nutrients from foods that will aid your hormone health.

Don't be surprised if you have more energy and vitality after seven days. This challenge is a great way to start your health journey.

If you have any questions, please feel free to contact me at blueskyfitnessandhealthcoach@gmail.com

Enjoy the foods and be good to yourself.

Medical Disclaimer

All information contained in the Healthy Hormones program is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing and we do not assume liability for the information within this program, be it direct or indirect, consequentially, special exemplary or other damages. In all circumstance, it is always wise to consult your physician before changing your diet, taking supplements or starting any exercise or health program.

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The Challenge

Here is the Challenge:

The Challenge starts with a four-day food cleanse (no fasting required) followed by three days of reintroducing key foods.

Step 1 – Buy your ingredients ahead of time using the shopping list provided. The list is designed for the exact amount noted. If you are going to prepare larger portion sizes, then you need to adjust the shopping list accordingly. See the “Instructions” section for portion size information.

Step 2 – Make enough veggie or bone broth for five days. This can be frozen if made more than a week ahead of time. Separate it into four 2 – 3 cup servings in containers for freezing. If you are making the broth the day before, store it in the refrigerator. For broth recipes see page 10 and 22. If you are not making your own broth, purchase it at a health food or specialty store. Choose organic, if possible.

Step 3 – Schedule the 7-day challenge. When foods are restricted, even for a few days, the mind can play tricks on you. Suddenly, food becomes an obsession because there are things you cannot have. Foods you do not usually eat suddenly seem tasty, and seeing tempting recipes and dishes on TV or in magazines can make this program very challenging.

There are two schools of thoughts to help you stay on track:

1. Pick a time frame where you have a light schedule, perhaps starting on a weekend when you are not working. Take it easy, get plenty of rest and use the time to meditate, contemplate and be with yourself.
2. Schedule the challenge during a time when you have a lot of enjoyable, nonstrenuous activities taking place to keep yourself occupied. Think about your work schedule – is it reasonable or stressful? If your work life is not overwhelming, but rather, something that you think will keep you busy and allow the time to pass quickly, this can help you stay on course. For time outside of work, prepare by getting books to read, movies to catch up on, and hobbies to revisit.

Spending time with family and friends can be helpful but not if it involves unplanned meals.

During this time, the goals are to stay relaxed, find ways to enjoy yourself and remember that it is only seven days.

Step 4 – Tell family and friends what you are doing so they can be supportive and not plan an eating event you will have to miss, or worse, force you to watch people eat foods outside of your plan. The temptation will be too great.

Perhaps a friend or family member will want to do this alongside you, which is a great motivational factor. A companion can help you plan enjoyable and relaxing activities, as well as keep you accountable to your menu.

What can you expect during the first four days?

- You may be hungry. If so, you can have more vegetables or a piece of fruit.
- As the first day progresses, you may show signs of a headache. This is a common detox reaction. If not the first day, then likely the second day. This should pass by day three.
- Ailments you typically have may worsen. For example, if you have achy joints, you may feel stiffer. If you have adult acne, you may have a break out. This will pass quickly and by day four, you should feel really great. The only reason you may not feel great is if your previous diet was really poor, if you consumed a lot of alcohol and caffeine, or if you were on a lot of medications. For people like this, repeating the 7-day challenge two or three times is the way to go. Do not continue the eating regimen of the first four days past the four-day mark – it is better to follow the full 7 days as planned and repeat.
- You may feel very tired. Take naps if necessary. This will generally pass by day four.

Be sure to drink lots of clean water. Fibre and beneficial bacterial have been built into the cleanse to keep the bowels moving because it is essential to poop every day.

What to do during the challenge:

- Keep a food diary. Be sure to journal every day, writing down how you feel and any symptoms you experience.
- Plan some light exercise such as going for a short walk once or twice a day, doing light stretching or yoga, or deep breathing exercises.
- Treat yourself. Take a nice long bath, get a manicure or pedicure, a massage – think of ways you can reward yourself. Doing so is very healing and will create many positive chemicals in the brain. Whatever you do, do not feel guilty... you deserve it.
- Smile! Even if you do not feel like it. Forcing the muscles in your face into a smile has been shown to increase serotonin in the brain (our anti-depression neurotransmitter).
- Get plenty of rest and don't be afraid to take a nap; just do not nap too much during the day, as you want to be tired enough at night to go to sleep when you are ready for bed. Our body likes to detox and repair while we sleep at night. Be sure to go to bed at the same time each night and try to get up at the same time each morning.

- Breathe. This does not just mean doing deep breathing exercises at a specific time each day; it means you should be aware of your breath. When we are stressed, we tend to breathe in short shallow breaths rather than from our diaphragm. Whether you are watching TV, driving in your car or sitting at your desk at work, focus on your breath and practice breathing deeply. This helps move toxins through the bloodstream to the liver. If you do it often enough, it will become more natural and you will eventually be able to do it without thinking about it.

The Instructions

What to eat during the first four days:

The first four days contain foods to support the adrenals, the thyroid, the liver, digestion and intestinal health. All of these systems need to be supported for hormones to function properly.

To keep it simple, you are consuming the same menu each day. This makes grocery shopping easier and cheaper. The food list is divided between the first four days and the last three. You may change the fruits and vegetables as well as the spices and herbs from day to day, just try to keep it relatively similar. For example, a pear can be substituted for an apple. Cauliflower or kale can be a substitute for broccoli. Limes can be used instead of lemons, oranges instead of grapefruits.

Portion sizes can be adjusted. Taller, bigger or very active people may need to have a larger portion size. The goal is to eat enough to feel like you are not starving. However, you are also not eating to be full. Your stomach should feel comfortable and you should feel hungry by the time of your next meal or snack.

Prepare two litres or 2 quarts of clean water with the juice of 2 fresh lemons or 4 limes, and 4 teaspoons of fresh grated ginger and drink it throughout the day

Other option: 2 litres or 2 quarts of clean water with 4 tablespoons of pure apple cider vinegar. Look for vinegar that says, "with mother". There will be sediment from the fermented apple in the vinegar.

7 Day Challenge Menu Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Fruit 'n' Fibre Smoothie	Fruit 'n' Fibre Smoothie	Fruit 'n' Fibre Smoothie	Fruit 'n' Fibre Smoothie	Cocoa Kefir Smoothie	Steel Cut Oats with Blueberries	½ Grapefruit, Veggie Egg Stir Fry
Lunch	Green Energy Salad	Green Energy Salad	Green Energy Salad	Green Energy Salad	Nut Butter Toast, Mixed Green Salad	Raw Cauliflower and Tomato Soup	Kale, Beet and Carrot Salad, Flax Crackers
Snack	Green Maca Smoothie	Green Maca Smoothie	Green Maca Smoothie	Green Maca Smoothie	Apple with Cinnamon	Hummus with Carrots and Celery Sticks	Orange Hemp Smoothie
Dinner	Bone or Veggie Broth with Vegetables	Bone or Veggie Broth with Vegetables	Bone or Veggie Broth with Vegetables	Bone or Veggie Broth with Vegetables	Coconut Curry with Brown Rice or Non-Curry Option	Baked Mustard Salmon, Mixed Green Salad, Baked Sweet Potato	Marinated Baked Chicken, Spaghetti Squash Au Gratin
After Dinner	Granny Smith Apple, Cup of Milk Thistle Tea	Granny Smith Apple, Cup of Milk Thistle Tea	Granny Smith Apple, Cup of Milk Thistle Tea	Granny Smith Apple, Cup of Milk Thistle Tea	Cup of Schizandra Tea, 10 Raw Almonds (soaked)	Licorice Tea, 50g (1 ½oz) Dark Chocolate 70-85% cocoa solids	Mixed Berries, Cup of Milk Thistle Tea

Making Broth

Bone Broth

Bone broth is a great source of gelatin and glutamine, which can be very healing for the body. Bone broth can be purchased at health food or specialty stores. Store-bought will not be gelatinous and will probably not taste as good as the one you make at home. However, it is a time-saver which may be what you need and using it with the other ingredients in another recipe will add to the flavour.



- 4 lbs or 1.8 kg bones (chicken, turkey, beef)
- 1 onion, cut into quarters (leave the skin on)
- 2 carrots, each cut in half (do not peel)
- 2 stalks of celery, each cut in half
- 2 tbsp apple cider vinegar
- 6 peppercorns
- 1/2 bunch parsley
- 2 bay leaves (optional)

Place all of the ingredients in a 16 or 20-quart pot. Fill the pot with water. Bring to a boil and lower to a simmer. Cover but leave it slightly ajar to let out the steam or it will take much longer. Let it simmer until the water level is reduced by half. As it simmers, use a sieve to remove any froth that surfaces. It can take 10-14 hours to do this depending on the temperature and how much the lid is left ajar exposing the broth to air and increased evaporation. Strain out the broth using a large sieve or a metal colander. Transfer the broth into containers with lids in 2 – 3 cup portions. Store in the freezer or put in the refrigerator if using within 7 days. Broth can be seasoned with sea salt and pepper if desired.

Tips:

- Bones can be purchased at large health food stores or local butchers. Try to get organic, if possible.
- Leftover cooked bones are fine to use. For example, if you roast a chicken, remove the meat and save the remainder. Freeze the bones to use when you are ready to make a big batch.
- If using chicken bones, chicken feet are great for extra gelatin.
- If using raw beef bones, roast them in the oven at 350°F for 30 minutes to brown the bones and give the broth more flavour.

- To remove the bones, you'll need a large stock pot to cook the broth in, a strainer such as a large metal sieve or colander, and a bowl to sit the colander or sieve in. Freezer-safe containers with lids will also be needed. Broth can keep for a week in the refrigerator.
- A good broth is clear and gelatinous when chilled in the refrigerator. It takes time for this to occur because the gelatin comes from the bones.
- The more vegetables you put in, the less water will be needed. However, this also means that there will be less broth. Try not to fill it more than half full.
- If you cook the broth overnight, it will be ready in the morning.

Vegetable Broth

Unlike bone broth, vegetable broth does not contain gelatin and glutamine. These can be added if desired. Vegetable broth has great minerals and flavour, and makes a great base for soups, stews, or just to drink as is.



- 1/2 cabbage, loosely chopped
- 1/2 bunch kale, loosely chopped
- 4 carrots, each cut in half
- 4 stalks celery, each cut in half
- 2 medium onions, cut into quarters, do not peel
- 6 peppercorns
- 2 bay leaves (optional)
- 1 or 2 apples, cored and cut in quarters, do not peel
- Agar agar – for gelatin (optional) 1-2 tbs per cup
- Fermented glutamine powder (optional) 1 scope per cup

Note: Other vegetables can be used but they may change the neutral taste. For example, broccoli has a strong taste and beets will change the colour and taste.

Place the vegetables in a 16 or 20-quart stockpot. Fill with water to the top of the pot (leave about an inch of space). Bring to a boil and lower to a simmer. Cover but leave the lid slightly ajar, and let the water reduce by half. This may take 6 – 8 hours. It can simmer at a higher temperature than the bone broth as there is no gelatin to draw from the bones. Once it is ready, strain out the broth using a large sieve or a metal colander. Add the agar agar and the fermented glutamine powder, if using. The liquid needs to be piping hot for this, so if you let it cool before straining, return it to the stove and reheat before adding these two ingredients. Transfer the broth into containers with lids in 2 – 3 cup portions. Store in the freezer or put in the refrigerator if within 7 days. Broth can be seasoned with sea salt and pepper if desired.

Tips:

- This is a great way to use up wilted vegetables that are past their prime.
- You can use any vegetables as long as you like their taste, such as broccoli or beets.
- Glutamine in vegetables is actually a glutamic acid and needs to be converted to glutamine, which will occur when it is in the intestines. By choosing a fermented vegetable glutamine powder, it is already converted. North Coast Naturals makes a fermented glutamine powder.
- Agar is a type of algae that is used as a vegetable source of gelatin in recipes. It is also a good source of iodine and other minerals, making it helpful for the thyroid as well as the ridding of body toxins.
- The more vegetables you put in, the less water will be needed. However, this also means that there will be less broth. Try not to fill it more than half full.
- You will need a large stock pot to cook the broth, a strainer such as a large metal sieve or colander, and a bowl to sit the colander or sieve in to remove the vegetables once the broth is done. Freezer-safe containers with lids will also be needed. Broth can keep for a week in the refrigerator.

Recipes

Smoothies

Fruit 'n' Fibre Smoothie

Serves 1

- Juice of one grapefruit or one orange, poured through a strainer
- 1/2 cup frozen wild blueberries or strawberries
- 1/4 cup sauerkraut (do not rinse and include some of the juice)
- 4 soft dates
- 1 tsp chia, ground
- 1/4 cup water, if needed to adjust the consistency
- 1/2 tsp schizandra powder

Place all of the ingredients in a blender and blend until smooth.

Tips:

- Don't judge the sauerkraut – it blends in with the other flavours beautifully and gives you added good bacteria benefits.
- Dried dates can be used. They will just take longer to blend.
- Juicing the grapefruit or orange can be as simple as using a citrus hand juicer. Squeeze with your hands to make sure you get all the juice. Pour the juice through a sieve or strainer to remove any seeds.
- Measure out the chia before grinding in a coffee grinder. Grind enough for several days to save time. You can throw the whole seeds into the blender but they may not break down completely. If you do not have a coffee grinder, soak the chia in some water for at least 30 minutes to make it easier to blend. This could be done the night before to save time. You can also soak enough for several days and keep it in the refrigerator to use as needed.
- If you cannot find the schizandra powder, look for dried schizandra berries which are available in health food stores, Asian stores and on Amazon. One tablespoon dried berries can replace the half teaspoon powder. Schizandra capsules from Nature's Ways can be opened up as they just contain the whole dried berry, ground up. Don't use standardized extract capsules of schizandra. Schizandra tea would also just be the berry and you can use that as well. Schizandra tincture can be used but it would not be a good idea to add it to the smoothie for taste reasons.

Green Maca Smoothie

Serves 1



- 1/2 tbsp Maca powder
- A handful or cup of kale or spinach
- 1-2 tbsp raw cacao powder
- 1/4 avocado, peeled and pitted
- 1 kiwi, peeled
- 2 tbsp shredded, unsweetened, sulfite-free coconut
- 3/4 cup cold water (more can be added for desired consistency)
- 2-3 tsp raw honey

Place all of the ingredients in a blender and blend until smooth.

Tips:

- This smoothie is meant for later in the day so if you are working, make it in the morning and take it with you to work. Keep it in the refrigerator
- You can adjust the ingredients to suit your taste.
- Using some ice in place of some of the water can make it colder. If you do not have a blender that can handle ice, add it after the smoothie is made and let it melt
- The range for the amount of honey and raw cacao powder is to help make this adjustable to your palette
- If you are not used to kale in a smoothie, then spinach may be the better choice.

Cocoa Kefir Smoothie

Serves 1

- 1/4 cup kefir
- 1/2 cup milk of choice
- 1 scoop unsweetened protein powder of choice (such as rice, hemp or whey concentrate)
- 1/2 tbsp raw cacao powder
- 4 dates, pitted
- 1/2 cup frozen strawberries
- 1/2 tbsp Maca powder
- 1 tsp chia seeds

Place all of the ingredients in a blender and blend until smooth.

Orange Hemp Smoothie

Serves 1

- Juice of one orange
- 1/4 cup frozen strawberries
- 2 tbsp hemp seeds
- 1/2 tsp schizandra powder
- 1/4 cup kefir or yogurt
- 4 dates, pitted
- 1/8 tsp cinnamon or nutmeg
- 1/4 cup water

Place all of the ingredients in a blender and blend until smooth.



Breakfast

Steel Cut Oats with Blueberries

Serves 1

- 1/2 cup steel cut oats
- 1 cup water
- 1/4 tsp cinnamon or nutmeg
- Pinch sea salt
- 1 cup fresh blueberries
- 1/2 cup milk (whole dairy milk, preferably organic, almond or coconut)
- 1 tbsp maple syrup
- 1/2 banana, sliced

Rinse the steel cut oats and put them in a small pot. Add water, cinnamon, sea salt and bring to a boil. Lower to a simmer and cook for 20 minutes or until water is absorbed. Remove from the pot and place in a bowl. Top with milk, maple syrup and blueberries and banana.



Veggie Egg Stir Fry

Serves 1

- 1 tbsp olive oil
- 2 tbsp onion, chopped
- 1 small Yukon Gold potato, grated
- 1/2 cup green beans, cut in half
- 1/2 cup red peppers, sliced
- 1/2 cup zucchini, sliced
- 1 tsp arame
- 1/2 tsp dried basil, or 1 tbsp fresh
- 2 eggs, cracked and whisked
- Sea salt and pepper to taste

Place a skillet on medium-high heat. Add the oil, onion, potato and beans. Cook until the onions are soft. Add the red pepper and zucchini and cook until all vegetables are soft. Add the basil and the eggs and stir until eggs are cooked. Season with sea salt and pepper. Serve.

Salads

Green Energy Salad

Serves 1

- 2 cups Romaine lettuce leaves
- 2 cups baby spinach or baby greens mix
- 1 carrot, grated
- 1/2 cup English cucumber, sliced
- 1/2 cup soaked walnuts, or hemp seeds (not soaked)
- 1/2 cup goji berries, cut into small pieces or goldenberries or fruit-sweetened cranberries
- Other vegetables can be added as desired
- 2 tbsp raw milk aged cheddar cheese or dairy-free alternative cheese (optional)

Dressing

- 2 tbsp extra virgin olive oil or avocado oil (alternatively, rice bran oil or cold pressed high-oleic sunflower oil)
- 1/2 tbsp apple cider vinegar or real aged balsamic vinegar (2 years or older) or lemon or lime juice
- 1/2 small clove garlic, chopped (about 1/4 tsp)
- 1 tbsp fresh dill or parsley
- 1/4 tsp mustard powder
- Arame or nori flakes to taste
- Black pepper to taste



Mixed Green Salad

Serves 1

- 2 cups romaine or leaf lettuce
- 1 cup spinach leaves or mixed greens

Vegetable options:

- 1 carrot, grated
- 1 celery stalk, sliced
- 1/4 cup cucumber, sliced
- 5 cherry tomatoes, cut in half
- 1/4 cup broccoli
- 1/4 cup cauliflower
- 1 stalk green onion, chopped

Other options:

- Raw milk cheddar
- Cultured vegetables
- Sauerkraut



Balsamic Vinaigrette

- 2 tbsp olive oil or sunflower oil
- 1 tbsp aged balsamic vinegar or apple cider vinegar
- 1 tbsp kefir or yogurt (or coconut yogurt)
- 1/2 tsp raw honey, maple syrup or coconut sweetener
- 1 small clove garlic, chopped (optional)
- Fresh herbs of choice: basil, dill, parsley, cilantro, oregano (optional)
- Sea salt and pepper

Mix all of the ingredients for dressing in a measuring cup and whisk together. Pour on salad ingredients and toss just before serving. Dressing can be made ahead of time and kept in the refrigerator for several days.

Kale, Beet and Carrot Salad

Serves 1

- 1/2 cup carrot, shredded
- 1/4 cup sunflower seeds
- 1 cup beets, shredded
- 1 cup kale, chopped
- 1/2 cup cooked canned chickpeas, rinsed



Dressing

- Juice of one lime
- 1 tsp raw honey
- 1 tbsp olive oil
- 1 tsp garlic, chopped
- 1 tsp fresh ginger, grated
- 1 raw miso
- Black pepper to taste

Combine the carrots, sunflower seeds, beets, kale, and chickpeas in a bowl. Put all of the dressing ingredients in a small bowl or jar and whisk until smooth. Pour dressing on the mixed veggies and toss to mix. Make ahead of time as the flavour will develop after it sits for a few hours.



Lunch

Nut Butter Toast

Serves 1

- 2 pieces sprouted bread, whole grain sourdough or whole grain gluten-free bread (as much whole grain as possible)
- 2 tbsp almond or cashew butter
- 2 tsp raw honey

Lightly toast the bread. Spread nut butter on each piece. Drizzle on the honey.

Raw Cauliflower and Tomato Soup

Serves 1

- 1/2 cup cauliflower, chopped
- 1 tbsp fresh basil, or 1 tsp dried
- 1 clove garlic
- 15 cherry tomatoes
- 1/2 avocado
- 1/2 cup cucumber, sliced
- 1/8 tsp cayenne powder
- Juice of 1 lime
- 1/2 cup water
- Arame or sea salt and pepper to taste



Place all of the ingredients in a blender and blend until smooth. Add more water if necessary. Adjust to taste.



Dinner

Bone Broth or Veggie Broth with Veggies

Serves 1

- 2 cups bone broth or veggie broth
- 1 cup green beans (cut into pieces), or peas (sugar snaps, snow peas or frozen peas)
- 1 cup broccoli or kale
- 1/2 cup red or white onions, diced
- 2 carrots, sliced
- 1 celery stalk, sliced
- 2 tsp organic or non-GMO raw miso
- 1 small sweet potato or Jerusalem artichokes, peeled and cut into one-inch pieces (about 1 cup)
- 1 small beet (red or yellow), peeled, cut into one-inch pieces (about 1/2 - 3/4 cup)
- 1 tsp oregano
- 1/8 tsp cayenne powder (optional)
- Black pepper to taste

Pour the broth into a pot and add the vegetables and herbs. Bring to a boil and cook until vegetables are tender. Remove from the heat and pour into a bowl. Add the miso and mix. Taste and adjust seasoning as needed.



Coconut Curry with Brown Rice

Serves 1-2

- 1 tbsp coconut oil
- 1 tsp cumin seed powder
- 1 tsp coriander seed powder
- 1/4 cup white onion, chopped
- 2 cloves garlic, chopped
- 1 1/2 cup bone broth or vegetable broth
- 1 cup water
- 1 tsp fresh ginger, chopped
- 2 tsp turmeric
- 1/2 tsp cayenne powder (optional)
- 2/3 cups brown lentils (dried, not canned)
- 2 cups broccoli
- 2 cups spinach
- 1 cup full-fat coconut milk
- Sea salt and pepper to taste
- 1/2 cilantro, chopped
- 1 cup brown rice, cooked

Heat the coconut oil in a large pot or skillet over medium-high heat. Add the onion, cumin and coriander seeds and sauté for 1 minute. Add the garlic and cook for one minute. Add the broth, water, ginger, turmeric, cayenne and lentils. Bring to a boil and lower to a simmer. Cover and cook for 25 to 30 minutes or until the lentils are cooked. Add the broccoli and cook for another 10 minutes. Add the spinach and coconut milk and heat through. Season with sea salt and pepper to taste. Add the cilantro and stir. Serve.



*To cook brown rice: Rinse 1/2 cup dried brown rice and add to a pot with at least 1 1/2 cups water and 1/8 tsp sea salt. Bring to a boil, lower to a simmer and cover. Let cook for about 35 to 40 minutes or until all the water is absorbed and the rice is soft. Remove from the heat and rinse to remove the starch or it will be sticky. Brown rice can be cooked exactly to your liking. If it is not soft enough, add more water and cook longer.

Non-Curry Version: If the curry flavour is not for you, eliminate the cumin, coriander, ginger and turmeric. Replace with 1 tsp dried oregano and 1 tsp dried basil. Cut 6 – 10 cherry tomatoes in half and add at the same time as the broccoli.

Mustard Baked Salmon and Sweet Potato

Serves 1

- 1 tsp Dijon mustard
- 2 tsp olive oil
- 2 tsp lemon juice
- Sea salt and pepper
- 1 salmon fillet (6oz or 180g), with skin
- 2 tsp fresh dill or 1 tsp dried



Preheat the oven to 400°F. Mix together 1 tsp of the olive oil, mustard, lemon juice and dill in a small bowl. Brush the remaining olive oil in a baking dish. Bake for 6 to 10 minutes or until the fish is cooked. It will flake with a fork. Season with sea salt and pepper. Serve.

Baked Sweet Potato

- 1 sweet potato
- 1/4 cup full-fat yogurt
- 1 green onion, chopped
- Sea salt and pepper to taste

Preheat the oven to 400°F. Prick a sweet potato with a fork. Place in the oven and bake it for 40 to 45 minutes or until soft. Mix the yogurt and green onion together. Cut the sweet potato in half. Spread the yogurt mixture on the sweet potato and season with sea salt and pepper to taste.



Spaghetti Squash Gratin

Serves 1

- 1/2 spaghetti squash
- 1 tbsp olive oil or coconut oil
- 1/2 small onion, chopped
- 1 clove garlic, chopped
- 1/4 cup milk of choice such as organic, whole cow's milk or coconut milk
- 1/4 cup water
- 2 tbsp parsley
- 1/2 cup raw milk aged cheddar or dairy-free alternative
- Sea salt and pepper to taste



Preheat the oven to 350 degrees F. Scrape out the seeds of the spaghetti squash. Then scrape the squash out of its shell with a fork and spread in a greased baking dish. Heat a skillet and sauté the onion and garlic in the olive oil until the onion is soft. Remove from the heat and add the milk, water, parsley, cheese, sea salt and pepper to taste. Cover and place in the oven in the baking dish with the spaghetti squash. Bake for 20 minutes. Remove the cover and bake for another 10 minutes. Serve.

Marinated Chicken Breast

Serves 1

- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Pinch sea salt
- Pinch black pepper
- 4oz or 112g chicken breast cut into cubes

Place all the ingredients in a bowl. Cover and place in the refrigerator and chill for at least one hour (longer if possible.). Heat a skillet on medium high heat. Place the chicken and marinade into skillet. Cook for about 10 minutes or until the chicken is cooked in the middle, stirring frequently. Season with sea salt and pepper to taste. Serve.