

Hormone Reset Diet Recipes

Effective & Delicious Hormone Reset Recipes for Weight Loss & Health

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A physician has not written the information in this book. Before making any serious dietary changes, I advise you to consult with your physician first.

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Now, let's jump into the recipes!

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Introduction

The human body is a complex machine with many individual parts that work together as a whole. Each and every day, your body produces a variety of different substances which spark and facilitate certain reactions. Hormones are a type of biochemical that affect the way your body and your mind works – they also play a role in combating stress, maintaining muscle tissue, and storing fat. If you are looking for a way to lose weight and improve your energy levels, balancing your hormones by following a hormone reset diet might be the secret trick you’ve been looking for.

A hormone reset diet should last about 21 days – that is how long researchers suggest it takes for something to become habit. During the 21 days of the diet you will systematically remove 7 key foods or food groups in 3-day bursts to reset your hormones. First you will give up meat and alcohol to help reset your estrogen levels. Next, give up sugar to help reset your body’s insulin receptivity. Third, remove fruits to target your leptin, the hunger hormone. Next, give up caffeine to reset your body’s response to stress and the stress hormone, cortisol. Fifth, go grain-free to activate your thyroid hormone then go dairy-free to reset your growth hormone. Finally, give up toxins to help reset testosterone levels while also supporting the reset of all other hormones.

Recipe Measurements

I love keeping ingredient measurements as simple as possible- this is why I stick to tablespoons, teaspoons and cups.

The cup measurement I use is the American cup measurement. I also use it for dry ingredients. If you are new to it, let me help you:

If you don't have American Cup measures, just use a metric or imperial liquid measuring jug and fill your jug with your ingredient to the corresponding level. Here's how to go about it:

1 American Cup= 250ml= 8 fl.oz

For example:

If a recipe calls for 1 cup of almonds, simply place your almonds into your measuring jug until it reaches the 250 ml/8oz mark.

I know that different countries use different measurements and I wanted to make things simple for you.

Hormone Reset Shakes and Beverages

Avocado Walnut Lime Smoothie

Servings: 1 to 2

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup ice cubes
- 1 cup chopped kale or spinach
- 1/2 medium ripe avocado, pitted and chopped
- 1/4 cup chopped walnuts
- 2 tablespoons fresh lime juice
- 1/2 teaspoon fresh lime zest

Instructions:

1. Place the spinach and avocado in a high-speed blender together.
2. Pour in your almond milk then blend the ingredients well.
3. Add in your other smoothie ingredients and then push the pulse button a few times.
4. Blend for about 30 to 45 seconds until the ingredients are smooth.
5. Pour your smoothie into a large glass to serve.