

The 7-DAY Hormone Balancing MEAL PLAN

 **WELLNESS**
is female





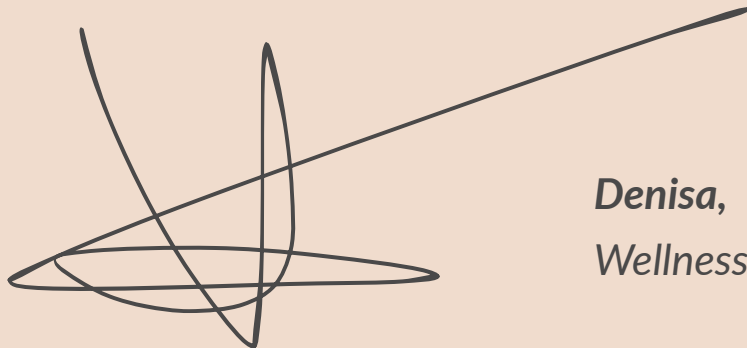
A Letter to You

Dear woman,

This 7-day plan is your first step toward feeling more balanced, more energized, and more in tune with your cycle.

Every meal you'll find here is designed to support your hormones by keeping your blood sugar stable, lowering inflammation, and nurturing your gut. You don't need to be perfect, just consistent. Your body is always listening.

Let's begin, gently.



*Denisa,
Wellness Is Female*



How to Use This Plan

- **Stick to the structure:** breakfast, lunch, dinner + optional snack
- **Eat your meals in the right order:** fiber → fats → protein → carbs
- **Focus on real, whole foods** — limit sugar and processed foods
- **Move daily, sleep deeply,** and take time to breathe
- **Hydrate,** even when you forget to eat

Food order

FIBER → FATS → PROTEINS → CARBS





The 3 Principles of Hormonal Nutrition





What to Eat

(and What to Avoid)

Eat More Of	Eat Less Of
Leafy greens	Refined carbs
Wild fish, eggs	Sugary snacks
Lentils, quinoa	Seed oils
Berries	Cow milk & cheese (limit)
Chia, flax, pumpkin seeds	Alcohol, caffeine excess

Why These Foods Matter for Your Hormones

The right foods can support hormone production, reduce inflammation, and stabilize your blood sugar.

- Greens and seeds help eliminate excess estrogen.
- Healthy fats and wild fish reduce cortisol and support hormone balance.
- Lentils and quinoa keep energy and mood steady.
- Berries offer antioxidants that protect your cycle.

Avoiding sugar, seed oils, and excess caffeine prevents spikes, crashes, and hormonal disruption.

Small changes = big hormonal shifts.



DAY 1

Gentle Start & Grounding Energy



Breakfast

Hormone-Friendly

Chia Pudding

Ingredients

- 3 tbsp chia seeds
- 200 ml unsweetened almond milk
- 1 tsp flaxseeds (ground)
- A handful of blueberries (fresh or frozen)
- ½ tsp cinnamon
- Optional: a few drops of stevia or 1 tsp maple syrup

How to prepare

1. Mix chia seeds, almond milk, flax, and cinnamon in a jar or bowl.
2. Stir well and let sit for 5–10 min, then stir again to avoid clumps.
3. Cover and refrigerate overnight (or at least 3 hours).
4. Top with blueberries before serving.



Why it helps:

Chia + flax = fiber, omega-3 and gentle estrogen detox. Cinnamon balances blood sugar.



DAY 1

Gentle Start & Grounding Energy



Lunch

Quinoa Chickpea Avocado Bowl

Ingredients

- ½ cup cooked quinoa
- ½ cup cooked chickpeas (or canned, rinsed)
- ½ avocado, sliced
- ½ cucumber, chopped
- A handful of arugula or baby spinach
- 1 tbsp olive oil
- Juice of ½ lemon
- Salt + pepper to taste

How to prepare

1. Cook quinoa in water (1:2 ratio), add a pinch of salt. Let it cool.
2. Assemble the bowl: base of greens, then quinoa, chickpeas, cucumber, and avocado.
3. Drizzle with olive oil and lemon juice. Mix gently.



Why it helps:

This bowl is high in fiber, healthy fats and plant protein → stabilizes glucose + supports gut health.



DAY 1

Gentle Start & Grounding Energy



Dinner

Baked Salmon with Steamed Broccoli & Sweet Potato

Ingredients

- 1 salmon fillet (120–150g)
- 1 small sweet potato
- 1 cup broccoli florets
- 1 tsp olive oil
- Spices: turmeric, paprika, garlic powder, sea salt



Why it helps:

Salmon = omega-3 + anti-inflammatory. Sweet potato = slow carbs. Broccoli = liver support.

How to prepare

1. Preheat oven to 180°C (350°F).
2. Place salmon on parchment paper. Season with turmeric, paprika, salt. Drizzle with olive oil.
3. Slice sweet potato into rounds or cubes. Steam or bake until soft (20–25 min).
4. Steam broccoli for 5–7 min until tender but still bright green.
5. Bake salmon for 15–18 min, or until cooked through.



DAY 1

Gentle Start & Grounding Energy



Snack (optional)

Hummus + Veggie Sticks

Ingredients:

- 2 tbsp hummus
- Raw carrots, cucumber, or celery

Quick Tip:

Eat this between lunch and dinner only if you're truly hungry, not just bored or tired.



DAY 2

Hormone Stability & Gentle Detox



Breakfast

Scrambled Eggs with
Spinach & Sauerkraut

Ingredients

- 2 organic eggs
- A handful of fresh spinach
- 1 tsp ghee or olive oil
- 2 tbsp sauerkraut (raw, unpasteurized)
- Pinch of turmeric + sea salt

How to prepare

1. Heat ghee in a non-stick pan.
2. Add spinach and sauté until wilted.
3. Crack eggs into the pan, add turmeric and salt, and scramble gently.
4. Serve warm with sauerkraut on the side.



Why it helps:

Eggs = full amino acid profile. Spinach = magnesium + folate.

Sauerkraut = gut flora + estrogen metabolism.



DAY 2

Hormone Stability & Gentle Detox



Lunch

Warm Lentil Stew with Turmeric & Greens

Ingredients

- ½ cup dry red lentils
- 1 carrot, diced
- A handful of chopped chard or kale
- 1 tsp olive oil
- ½ tsp turmeric
- ½ tsp cumin
- Sea salt to taste
- Water or vegetable broth (2–3 cups)

How to prepare

1. Rinse lentils and place them in a pot with water/broth.
2. Add carrot, turmeric, cumin, salt. Bring to boil, then simmer ~15–20 min.
3. In the last 5 min, add greens.
4. Drizzle olive oil before serving.



Why it helps:

Lentils = plant protein + fiber. Turmeric = liver support. Warm meals = easier on digestion.



DAY 2

Hormone Stability & Gentle Detox



Dinner

Grilled Chicken with Wild Rice & Zucchini

Ingredients

- 100–120g organic chicken breast
- ½ cup cooked wild rice
- 1 zucchini, sliced
- 1 tbsp olive oil
- Herbs: thyme, garlic, oregano

How to prepare

1. Cook wild rice per package instructions.
2. Grill or pan-cook chicken with herbs until fully cooked.
3. In another pan, sauté zucchini slices in olive oil until golden.
4. Plate together with a drizzle of lemon juice.



Why it helps:

Wild rice = complex carb + magnesium. Chicken = lean protein.
Zucchini = hydration + potassium.



DAY 2

Hormone Stability & Gentle Detox



Snack (optional)

Pumpkin Seeds & Dark Chocolate

Ingredients:

- 1 tbsp raw pumpkin seeds
- 1–2 squares 85% dark chocolate

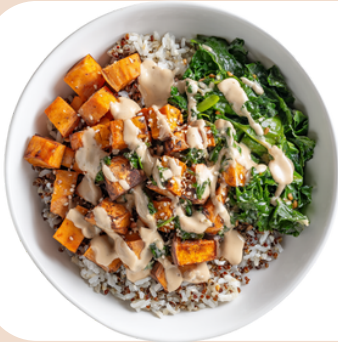
Quick Tip:

Pair fats (seeds) with a small treat (chocolate) to reduce glucose spike and satisfy cravings mindfully.



DAY 3

Glucose Balance & Gut Support



Breakfast

Sweet Potato & Tahini Power Bowl

Ingredients

- 1 small sweet potato (steamed or baked)
- 1 tbsp tahini
- 1 tsp ground flaxseed
- 1 tsp cinnamon
- A handful of blueberries
- Optional: 1 tsp honey or maple syrup

How to prepare

1. Cook the sweet potato until soft (steam or bake).
2. Mash it in a bowl and mix in tahini, flaxseed, and cinnamon.
3. Top with blueberries.
4. Add a drizzle of honey or maple syrup if needed.



Why it helps:

Sweet potatoes are low-glycemic and rich in beta-carotene. Tahini and flax provide healthy fats and hormone-supporting lignans. This combo helps stabilize morning cortisol and blood sugar.



DAY 3

Glucose Balance & Gut Support



Lunch

Arugula Salad with Sardines & White Beans

Ingredients

- 1 small can of sardines in olive oil
- ½ cup cooked white beans
- A big handful of arugula
- ½ avocado, sliced
- Juice of ½ lemon
- 1 tbsp olive oil
- Black pepper + parsley

How to prepare

1. In a bowl, combine arugula, beans, and avocado.
2. Add the sardines (drain slightly but keep some oil).
3. Dress with olive oil, lemon juice, pepper, and parsley.

Why it helps:

Sardines offer omega-3s and calcium. White beans provide fiber and prebiotics. Avocado helps keep your blood sugar stable with healthy fats.



DAY 3

Glucose Balance & Gut Support



Dinner

Creamy Broccoli & Cauliflower Soup

Ingredients

- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 clove garlic
- 1 tbsp olive oil or ghee
- 1 cup vegetable broth
- Salt, pepper, nutmeg
- Optional: 1 tbsp nutritional yeast

How to prepare

1. Steam the broccoli and cauliflower until soft.
2. Blend with garlic, oil, broth, and spices until creamy.
3. Reheat gently before serving.

Why it helps:

Cruciferous veggies help your liver metabolize excess estrogen. This soup is easy to digest and calming before sleep.



DAY 3

Glucose Balance & Gut Support



Snack (optional)

Apple & Almond Butter

Ingredients:

- 1 small apple, sliced
- 1 tbsp almond butter (unsweetened)

Quick Tip:

Eat a few slices of apple first, then follow with almond butter. This order helps slow glucose absorption and avoid energy crashes.



DAY 4

Liver Love & Blood Sugar Calm



Breakfast

Savory Oats with Egg & Greens

Ingredients

- ½ cup rolled oats
- 1 cup water or unsweetened almond milk
- 1 tsp olive oil or ghee
- A handful of spinach
- 1 egg (soft-boiled or poached)
- Sea salt, black pepper
- Optional: nutritional yeast or turmeric

How to prepare

1. Cook oats in water or almond milk until creamy.
2. In a pan, sauté spinach with olive oil until wilted.
3. Serve oats in a bowl, top with greens and a soft-boiled or poached egg.
4. Season with salt, pepper, and a pinch of turmeric or nutritional yeast.

Why it helps:

Savory oats keep blood sugar stable in the morning. The egg and greens add choline and fiber to support estrogen detox and liver health.



DAY 4

Liver Love & Blood Sugar Calm



Lunch

Detox Bowl with Brown Rice & Roasted Veggies

Ingredients

- ½ cup cooked brown rice
- ½ zucchini, sliced
- ½ cup cauliflower florets
- ½ red onion, sliced
- ½ avocado
- 1 tbsp olive oil
- Lemon juice, cumin, paprika, sea salt

How to prepare

1. Roast zucchini, cauliflower, and onion with olive oil, cumin, paprika, and salt at 200°C (400°F) for 20–25 min.
2. Assemble the bowl: base of brown rice, topped with roasted veggies and avocado.
3. Drizzle with lemon juice before serving.

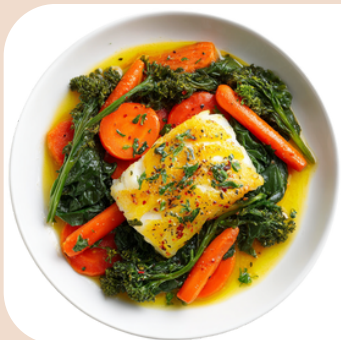
Why it helps:

Roasted cruciferous vegetables + healthy fats = powerful liver support. Brown rice offers steady energy and B vitamins.



DAY 4

Liver Love & Blood Sugar Calm



Dinner

Turmeric Cod with Steamed Greens & Carrots

Ingredients

- 120–150g cod filet (or other white fish)
- 1 tsp olive oil
- ½ tsp turmeric + pinch of black pepper
- 1 cup chard or kale, steamed
- 1 small carrot, sliced and steamed
- Optional: squeeze of lemon

How to prepare

1. Rub cod with turmeric, olive oil, and pepper.
2. Bake or steam gently until fully cooked (12–15 min).
3. Steam greens and carrots until tender.
4. Plate with a splash of lemon.

Why it helps:

Cod is light, anti-inflammatory, and easy on digestion. Greens + turmeric = hormone-clearing powerhouse combo.



DAY 4

Liver Love & Blood Sugar Calm



Snack (optional)

Seed Mix with Herbal Tea

Ingredients:

- 1 tbsp mix of pumpkin, sunflower, and sesame seeds
- Unsweetened herbal tea (like ginger, dandelion, or lemon balm)

Quick Tip:

Chew seeds slowly and sip tea calmly, ideal for a mid-afternoon nervous system reset.



DAY 5

Anti-Inflammatory & Gut-Soothing



Breakfast

Coconut Yogurt Bowl with Berries & Seeds

Ingredients

- ½ cup unsweetened coconut yogurt (or almond-based yogurt)
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- A handful of raspberries or blueberries
- 1 tsp ground flaxseed
- Optional: a few drops of vanilla or cinnamon

How to prepare

1. In a bowl, combine coconut yogurt with chia, hemp, and flax.
2. Add berries on top.
3. Optional: stir in cinnamon or a hint of vanilla for flavor.

Why it helps:

Dairy-free probiotic-rich yogurt supports gut health. Seeds = fiber + hormone-cleansing lignans. Low sugar, high stability.



DAY 5

Anti-Inflammatory & Gut-Soothing



Lunch

Detox Bowl with Brown Rice & Roasted Veggies

Ingredients

- ½ cup cooked quinoa
- 1 small beet, roasted and cubed
- A handful of arugula or baby greens
- 1 tbsp walnuts or pumpkin seeds
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- Salt, pepper

How to prepare

1. Roast beet at 200°C (400°F) until soft (about 25–30 minutes).
2. In a bowl, mix quinoa, beets, greens, and seeds/nuts.
3. Dress with olive oil, balsamic, and season to taste.



Why it helps:

Beets support liver methylation (detox pathway). Quinoa = complete protein + slow carbs. Great for PMS and estrogen balance.



DAY 5

Anti-Inflammatory & Gut-Soothing



Dinner

Turkey Meatballs with Zucchini Noodles

Ingredients

- 100–120g ground turkey
- ½ clove garlic, minced
- 1 tbsp fresh parsley or oregano
- Salt, pepper
- 1 small zucchini (spiralized or thinly sliced)
- 1 tsp olive oil

How to prepare

1. Mix turkey with garlic, herbs, salt, and pepper.
2. Form into small balls and bake at 180°C (350°F) for ~15 minutes, or pan-cook.
3. Lightly sauté zucchini noodles in olive oil until tender.
4. Serve together with a dash of lemon juice or tomato passata (no added sugar).

Why it helps:

Turkey = tryptophan for mood. Zucchini is light, anti-inflammatory, and supports hydration.



DAY 5

Anti-Inflammatory & Gut-Soothing



Snack (optional) Golden Milk Latte

Ingredients:

- 200 ml almond or oat milk
- ½ tsp turmeric
- Pinch of black pepper
- ½ tsp cinnamon
- (Optional) 1 tsp coconut oil or maple syrup

Quick Tip:

Warm slowly and drink before bed. The turmeric reduces inflammation while the healthy fat and cinnamon support blood sugar and deep sleep.



DAY 6

Nourish Deeply & Soothe PMS



Breakfast

Protein-Packed Oat Bowl

Ingredients

- ½ cup rolled oats
- 1 scoop unflavored or vanilla protein powder (plant-based or whey)
- 1 tbsp ground flaxseed
- 1 tbsp almond butter
- A few slices of banana
- 1 tsp cinnamon
- 1 cup almond milk or water

How to prepare

1. Cook oats in almond milk or water over medium heat.
2. Once cooked, stir in protein powder, flaxseed, and cinnamon.
3. Top with banana and almond butter.

Why it helps:

A slow-carb breakfast rich in protein keeps blood sugar balanced and supports serotonin production — crucial in PMS days.



DAY 6

Nourish Deeply & Soothe PMS



Lunch

Chickpea & Roasted Veggie Wrap

Ingredients

- ½ cup cooked chickpeas
- ½ zucchini, roasted
- ½ red bell pepper, roasted
- A handful of spinach
- 1 whole-grain or chickpea wrap
- 1 tbsp tahini or hummus
- Lemon juice, salt, and cumin

How to prepare

1. Roast zucchini and red pepper with olive oil and cumin.
2. Mash chickpeas slightly and mix with tahini and lemon juice.
3. Assemble everything in the wrap with spinach and roll tightly.



Why it helps:

Chickpeas provide phytoestrogens that help modulate estrogen. Roasted veggies and fiber reduce bloating and stabilize energy.



DAY 6

Nourish Deeply & Soothe PMS



Dinner

Stir-Fried Tofu with Broccoli & Tamari

Ingredients

- 100g firm tofu, cubed
- 1 cup broccoli florets
- ½ red onion, sliced
- 1 tsp sesame oil
- 1 tbsp tamari or coconut aminos
- 1 tsp grated ginger
- Optional: sesame seeds for topping

How to prepare

1. Lightly pan-fry tofu cubes in sesame oil until golden. Set aside.
2. In the same pan, sauté onion and broccoli with ginger until tender.
3. Add tofu back in, pour tamari on top, toss to coat.
4. Sprinkle with sesame seeds and serve warm.



Why it helps:

Tofu provides gentle plant estrogen. Broccoli supports hormone clearance. Ginger soothes cramps and inflammation.



DAY 6

Nourish Deeply & Soothe PMS



Snack (optional)

Golden Milk Latte

Ingredients:

- 2 squares of 85% dark chocolate
- 1 small handful of walnuts

Quick Tip:

This combo is perfect for PMS cravings: magnesium-rich, hormone-friendly, and emotionally satisfying, without the crash.



DAY 7

Gentle Reset & Inner Calm



Breakfast

Warming Buckwheat
Porridge with Pear &
Cinnamon

Ingredients

- ½ cup buckwheat groats (or buckwheat flakes)
- 1 cup water or almond milk
- ½ ripe pear, sliced
- 1 tsp cinnamon
- 1 tbsp ground flaxseed
- Optional: 1 tsp maple syrup

How to prepare

1. Cook buckwheat in water or milk until soft and porridge-like (10–12 min for groats, 5–6 for flakes).
2. Stir in flaxseed and cinnamon.
3. Top with sliced pear and maple syrup if desired.

Why it helps:

Buckwheat is gluten-free, mineral-rich and great for blood sugar. Pear provides prebiotic fiber and natural sweetness.



DAY 7

Gentle Reset & Inner Calm



Lunch

Nourishing Soup with Carrots, Ginger & Red Lentils

Ingredients

- ½ cup red lentils
- 2 carrots, chopped
- 1 small sweet potato, cubed
- 1 clove garlic
- 1 tsp grated fresh ginger
- 1 tbsp olive oil
- 2 cups vegetable broth
- Salt, cumin, turmeric

How to prepare

1. In a pot, sauté garlic and ginger in olive oil.
2. Add carrots, sweet potato, lentils, spices and broth.
3. Simmer until soft (~20 minutes).
4. Blend partially or fully for a creamy texture.



Why it helps:

A soothing anti-inflammatory soup that supports digestion, balances hormones, and warms the gut.



DAY 7

Gentle Reset & Inner Calm



Dinner

Baked Eggplant & Chickpeas with Tahini Sauce

Ingredients

- ½ medium eggplant, cubed
- ½ cup cooked chickpeas
- 1 tbsp olive oil
- Salt, cumin, smoked paprika
- 1 tbsp tahini
- 1 tsp lemon juice
- Water to thin

How to prepare

1. Toss eggplant with oil and spices, roast at 200°C (400°F) for 25–30 min.
2. Add chickpeas in the last 10 min to heat.
3. Mix tahini, lemon juice, and water to create a drizzle sauce.
4. Serve roasted mix with sauce on top.



Why it helps:

Eggplant and chickpeas are grounding and support digestion. Tahini brings in calcium and healthy fat, ideal for menstrual or late luteal phase.



DAY 7

Gentle Reset & Inner Calm



Snack (optional)

Chamomile Tea & Brazil Nut

Ingredients:

- 1 cup chamomile tea
- 1 Brazil nut

Quick Tip:

Just one Brazil nut contains your daily selenium dose, a mineral essential for thyroid + hormone metabolism. Sip and let go.



7 Days of Showing Up for Your Body

You've just completed a full week of intentional nourishment, hormone-supportive habits, and self-awareness. That's not a diet, that's healing.

You supported your liver. You lowered inflammation. You balanced blood sugar. You reconnected with your rhythm. Even if you weren't perfect every day (nobody is), you planted real seeds. And your body noticed.



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