6 HEALTY RECIPES

to make your hormones happy and start balancing your metabolism.

Monique SALAZAR

FEMALE HORMONE AND WEIGHT LOSS EXPERT



Contents & Key

- 4 Omelet Wraps
- **6** High Protein Blueberry Pancakes
- 8 Waldorf Chicken Salad
- 10 Egg & Turkey Stuffed Peppers
- 12 Slow Cooker Chicken Fajitas
- Antioxidant Blueberry Protein Smoothie

- GF Gluten Free
- Dairy Free
- Low Carb (20g- serve)
- Meal Prep/Freezer Friendly
- High Protein (20g+ per serve)
- v Vegetarian
- Quick (under 30 mins)
- N Contains Nuts





Omelet Wraps

Serves 4

7 oz. (200g) cottage cheese

4 handfuls watercress

1 lemon, peel only

6 eggs

1/4 cup (60ml) soy milk

1 tsp. mixed herbs

4 tsp. coconut oil

3.5 oz. (100g) smoked salmon, chopped

What you need to do

- Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
- 2. Beat the eggs with the milk and herbs in a separate bowl.
- 3. Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.
- 4. Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
- 5. To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.

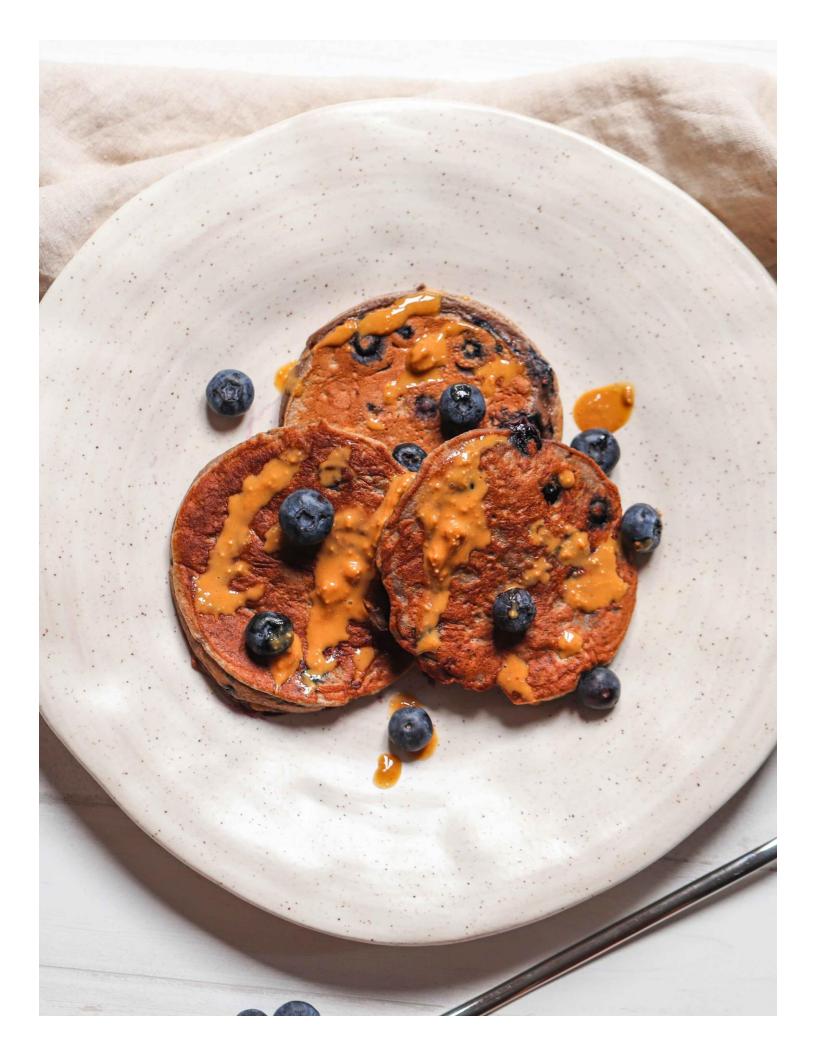
		GF	DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	237	15	3	20









High Protein Blueberry Pancakes

Serves 1

4 cup liquid egg whites (around 4 eggs)

1 scoop (25g) of vanilla whey powder

½ banana, mashed almond milk, if needed

¼ cup (25g) fresh or frozen blueberries

½ tsp. coconut oil

What you need to do

- 1. Whisk together the egg whites and protein powder.
- 2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
- 3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
- 4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
- 5. You can also make 3 small pancakes instead of 1 large.
- 6. Serve with your favorite toppings.

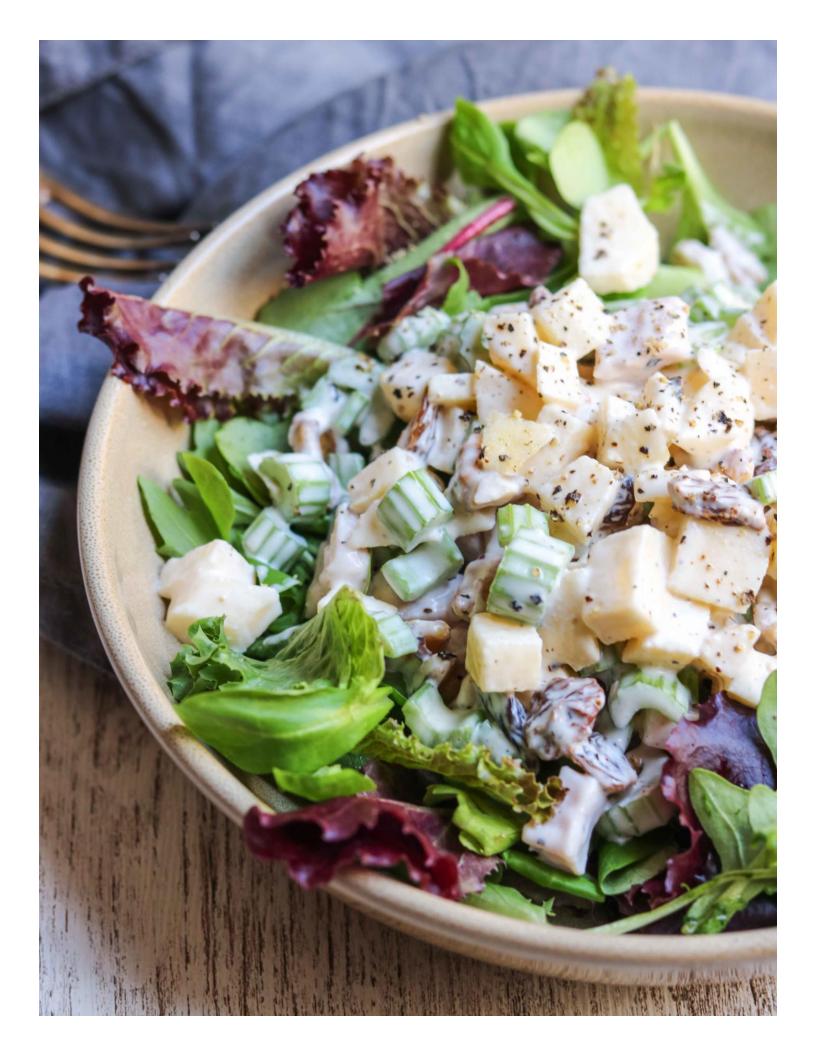
GF LC HP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36









Waldorf Chicken Salad

Serves 2

3.5 oz (100g) chicken, cooked, shredded or chopped

3 celery stalks, chopped

1 apple, peeled, deseeded, chopped

1/4 cup (40g) raisins

1/4 cup (30g) walnuts, chopped

1 tbsp. mayonnaise

1 tbsp. natural low fat yogurt

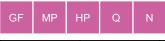
1 tbsp. lemon juice

3 oz. (90g) mixed salad leaves

What you need to do

- 1. Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.
- 2. Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

Vege Option: Instead of chicken add tofu.

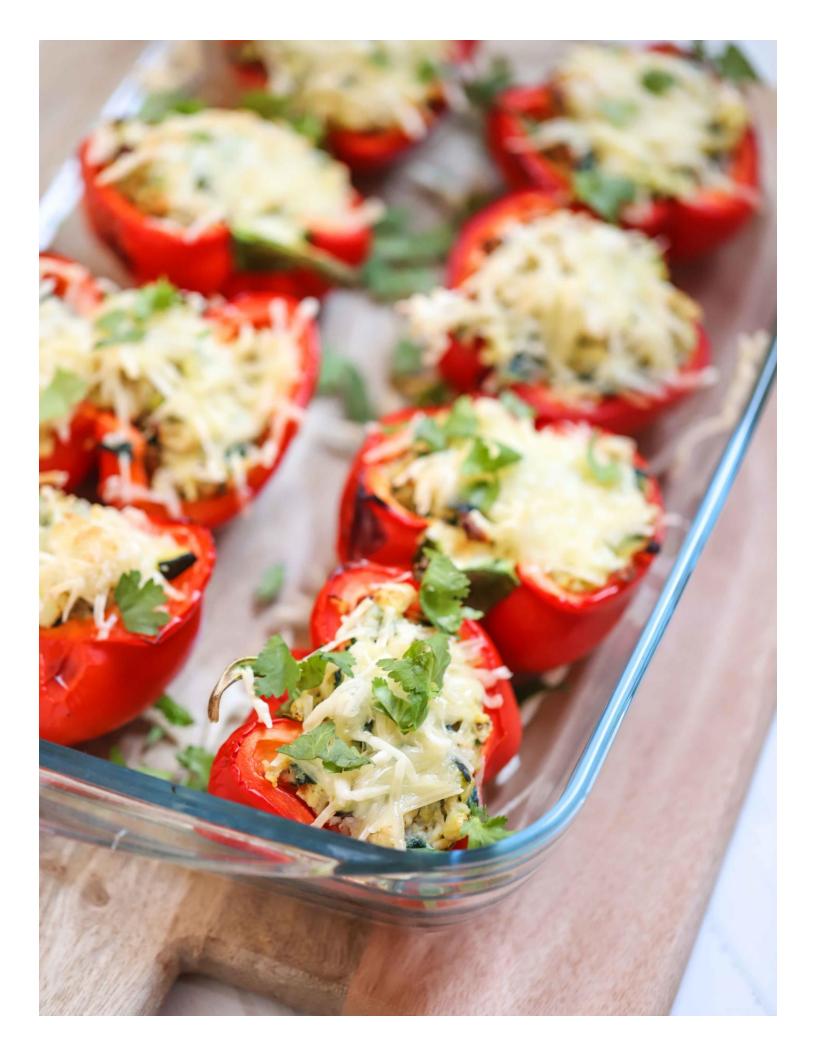


Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	354	16	33	20

*Nutrition per serving







Egg & Turkey Stuffed Peppers

Serves 4

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb. (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)

parsley, chopped to serve

What you need to do

- 1. Heat oven to 400°F (200°C).
- 2. Beat the eggs, egg whites and milk, then set aside.
- 3. Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.
- 4. Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.
- 5. Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.
- 6. Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.
- 7. Place the peppers in a baking dish and sprinkle them with grated cheese.
- 8. Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.
- 9. To serve, sprinkle with chopped parsley.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	329	12	11	43

*Nutrition per serving





Slow Cooker Chicken Fajitas

Serves 8

- 2 lbs. (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 cup chopped tomatoes

What you need to do

- Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.
- 2. Lastly, add the remaining peppers and onions and cook for 4 hours on high.
- 3. Remove the chicken and shred it with a fork, then return it in in the slow-cooker. Mix well and cook for another 10 mins, on low.
- 4. Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info): tortillas, cream, guacamole, cilantro

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	3-4 hrs	183	3	12	28

^{*}Nutrition per serving







Antioxidant Blueberry Protein Smoothie

Serves 1

½ cup (125ml) coconut water

½ cup (125ml) almond milk, unsweetened

1 scoop vanilla whey protein

½ cup (50g) frozen blueberries

1 tsp. ground cinnamon

1 tsp. chia seeds

What you need to do

1. Blend all the ingredients in a high-speed blender until smooth and serve.



GF LC V Q N		GF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

*Nutrition per serving

